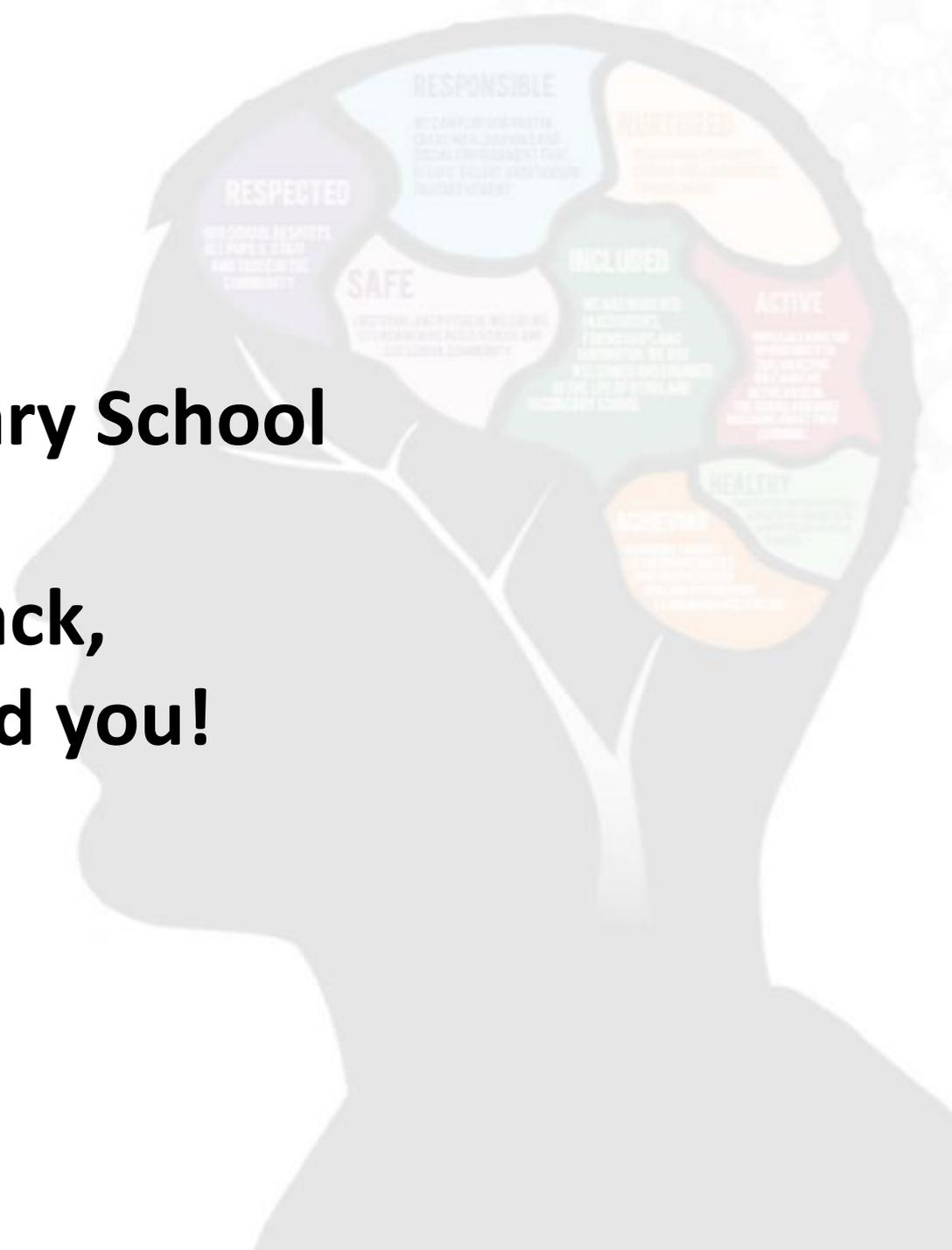


Hyndland Secondary School

Welcome back,
We have missed you!



OUR VISION
OUR VALUES
OUR SCHOOL



Relax



Take a few breaths to help you relax. Imagine you are the sky and your thoughts are the clouds just drifting by.....

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OUR SCHOOL



What do I already know about change and loss?

Change can affect our lives in different ways

Life is full of changes

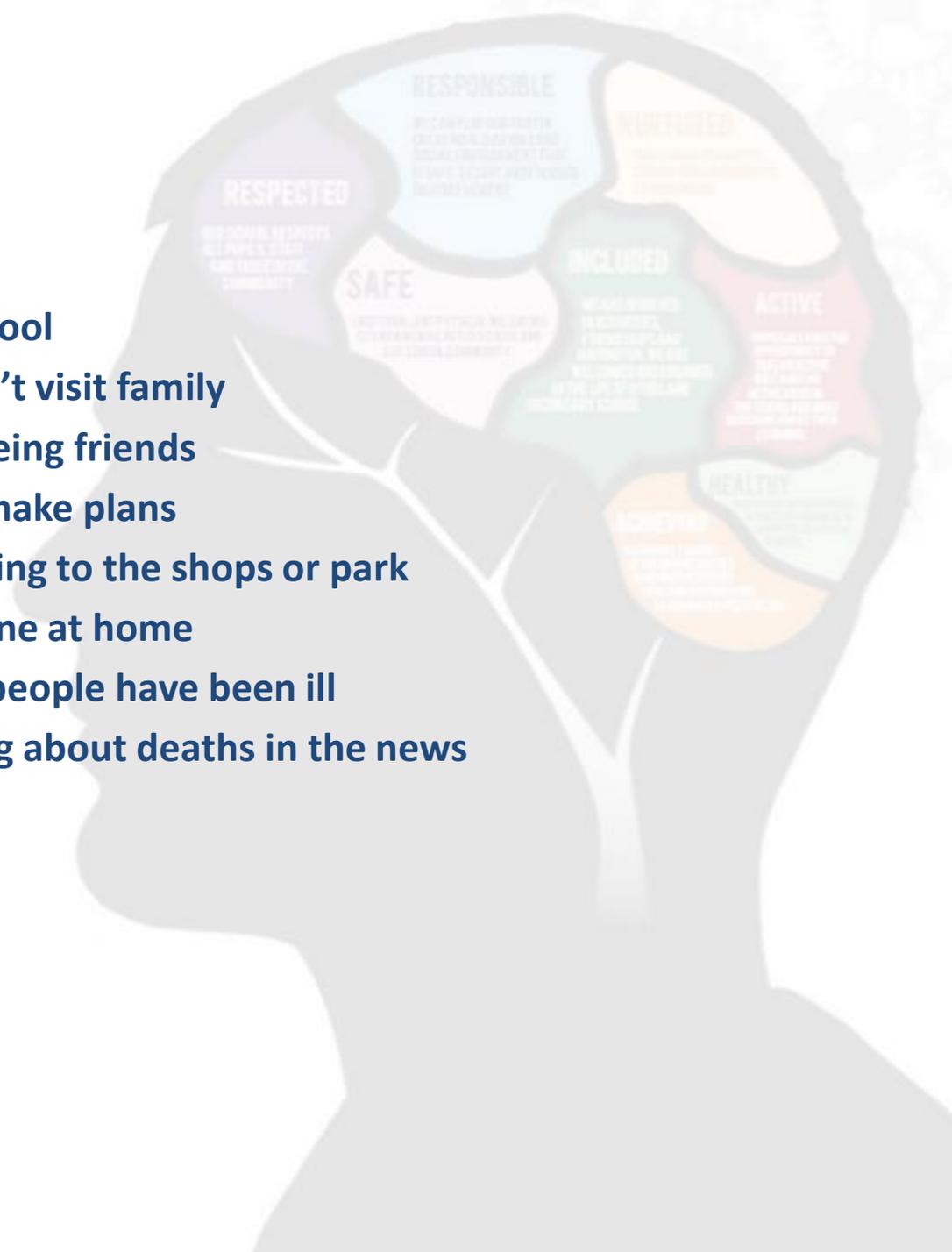
What is the biggest change we have all been through together?

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OUR VALUES
OUR SCHOOL**



What changes have happened?

- No School
- Couldn't visit family
- Not seeing friends
- Can't make plans
- Not going to the shops or park
- Everyone at home
- Some people have been ill
- Hearing about deaths in the news



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Some good

Some harder to deal with

Write down:



3 good changes



**3 changes you have found
difficult to deal with during this time**

**Life is full of
changes**

**OUR VISION
OUR VALUES
OUR SCHOOL**



How do we feel when we think the change has been good?

How do we feel when we have experienced a difficult change?

Change happens to everyone

Some changes are good, and some are more difficult



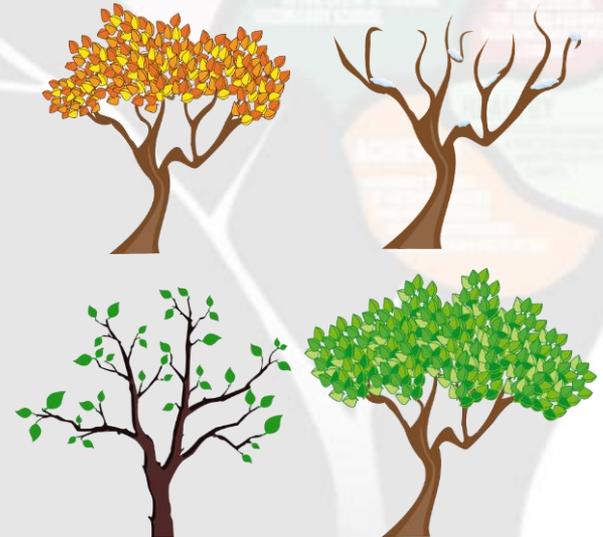
WE LEARN FROM CHANGE AND THIS CAN HELP US GROW

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OUR VALUES
OUR SCHOOL



Life is like the Seasons

- Autumn – leaves fall off the trees
- Winter - bare branches on the trees
- Spring- leaves begin to grow again
- Summer – trees in full bloom



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OUR SCHOOL





The changes we have all experienced are just like the changes in the Seasons



Each season is unique and important for growth



Each season has its own story



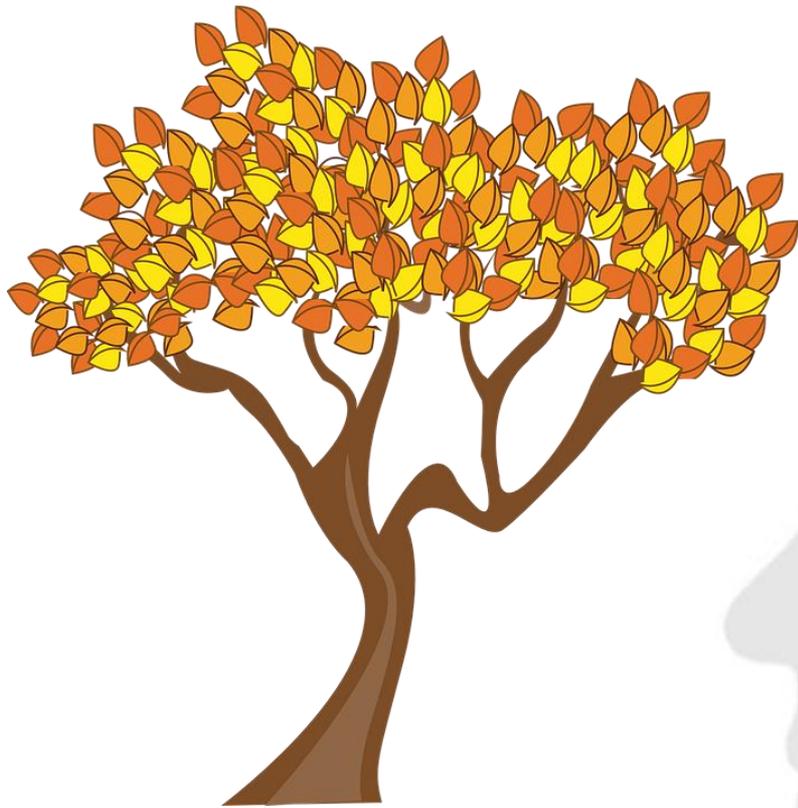
Each season effects us differently



We all need to find ways to get used to change

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Autumn



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OUR SCHOOL



**Autumn is when a big change happens
And we all have experienced a significant
changes during this time of COVID 19**

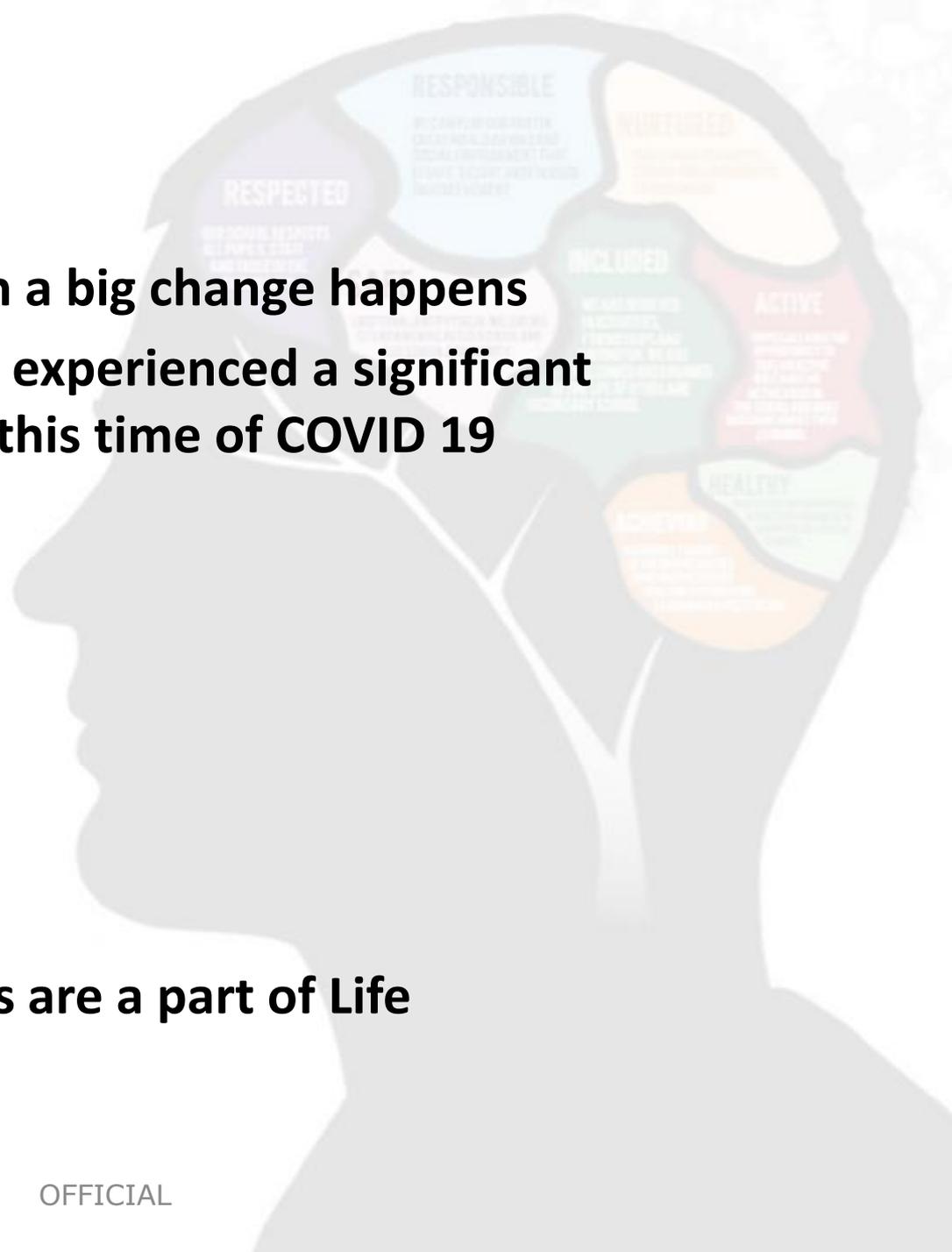
**Life is like the
changing
seasons**

Change and Loss are a part of Life

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OUR VALUES
OUR SCHOOL**



OFFICIAL



Think about something that you have lost that was important to you?

Examples

- **Losing your bike**
- **Losing money**
- **Losing your phone**
- **Losing a pet**

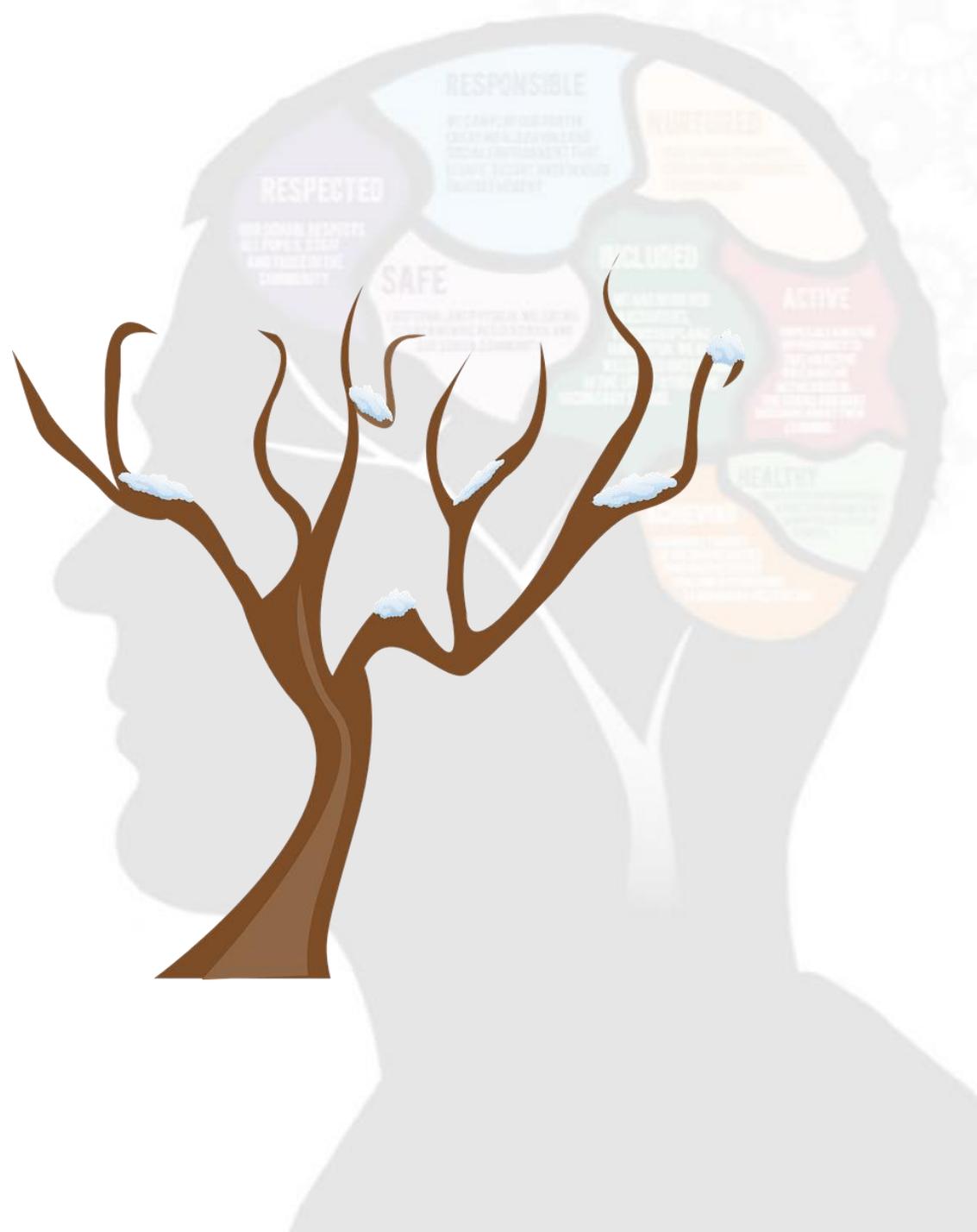
Tell us 2 feelings you had at this time and how did you react?



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OUR VALUES
OUR SCHOOL**



WINTER



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OUR VALUES
OUR SCHOOL





WINTER

**Learning about
different ways
people experience
change
and Loss.**

**We are all in the
same
storm but in
different boats**



WINTER

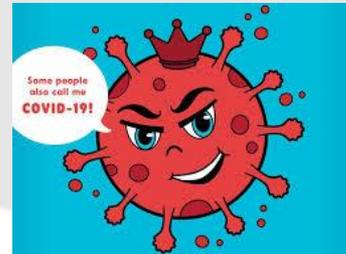
**How big is your storm?
What does your boat look like?
Is it out of the storm yet?**



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OUR VALUES
OUR SCHOOL**



What kinds of things are hard just now?



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OUR SCHOOL



Feelings

Upset

Lost

Lonely

Scared

Isolated

What does isolated mean?

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OUR VALUES
OUR SCHOOL**



SPRING



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OUR VALUES
OUR SCHOOL



Some things may have changed forever.
At the moment we can't go back to the
way things were before COVID 19

How have we been coping?

What things help us to feel
better?

SPRING



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OUR VALUES
OUR SCHOOL**



What kinds of things
are good just now?



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SUMMER



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OUR SCHOOL**



SUMMER



Moving forward



What things can you do in moving forward?



How can you find new ways to connect with others to have fun and laughter at this difficult time?



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OUR VALUES
OUR SCHOOL



When I feel.....

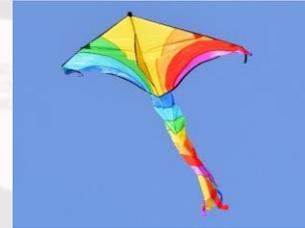
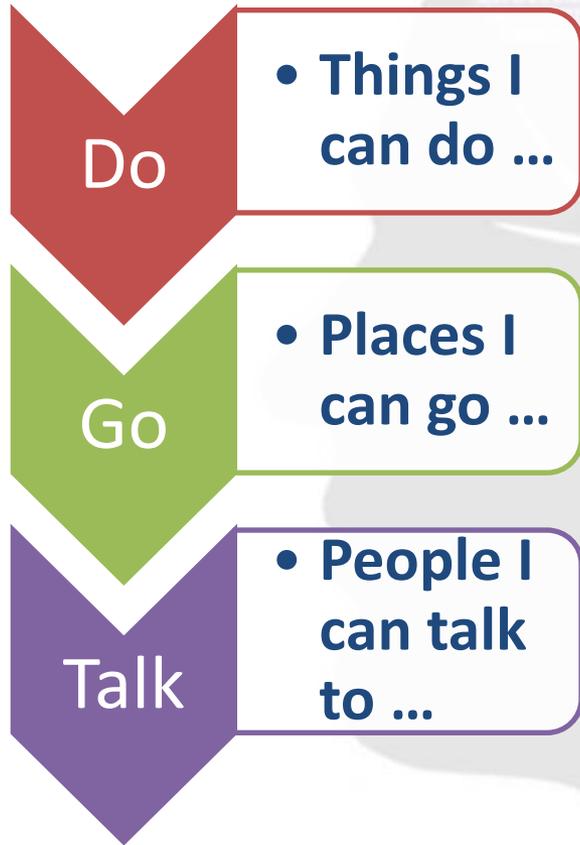


What things can you do to help your feelings?

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OUR SCHOOL**



Who and what supports me?



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OUR SCHOOL



**The storm's end
is the rainbows
beginning**



**OUR VISION
OUR VALUES
OUR SCHOOL**

