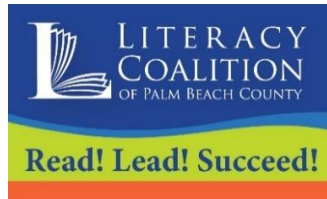


READ and THINK before you ACT.



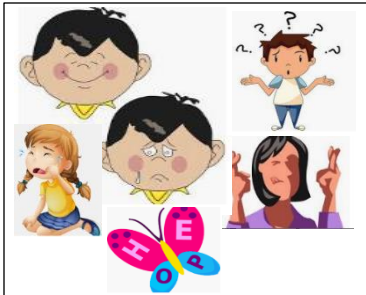
Leading through Reading

Dealing with Change (K-2)

READ



When things change suddenly, it can be very difficult. You may feel a bit lost and confused.



You may feel as if someone stole your happiness, but be hopeful.



When you learn how to accept and adjust to change, you will find a way to be happy again.



To help you understand change, read: [A Perfect Square](#) by Michael Hall and [The Little Tree](#) by Loren Long. To help when change makes you miss your family and friends, read: [The Invisible String](#) by Patrice Karst.

THINK

When you are sad about a change or a loss, why is it important to talk about who or what you are missing and discuss your feelings? Is it only possible to talk about loss and sadness with certain friends and family? Or is it possible to talk to others who might be missing the same people and things? Can you only chat about loss in person or can you make a phone call or text too? How does it help to write your feelings down?

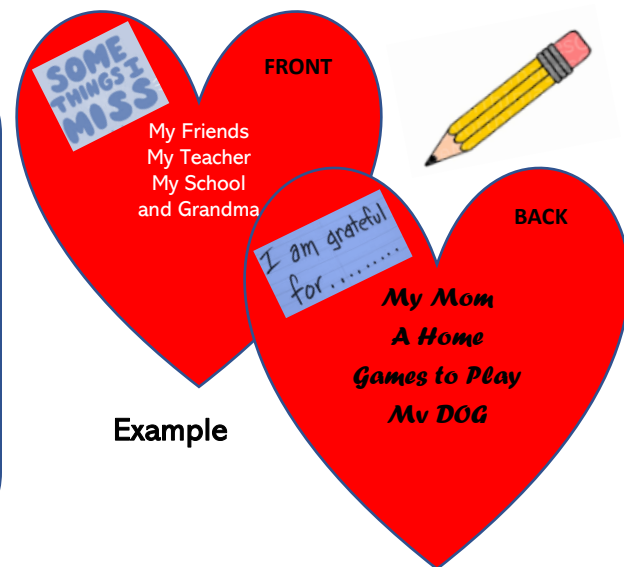


ACT

Ask your parents if you can try this activity:

Step 1: Draw a heart on a piece of paper. Cut it out with scissors. Write the things, people or places that you miss on one side of the heart. Turn the heart over and write the new things that you added to your life and the things that you are glad to still have from before.

Step 2: When you are sad and missing something, look at the side of the heart where you wrote everything you miss. Allow yourself a few minutes to feel the sadness. Then, turn the heart over and read everything you are glad to have. Leave your heart with this side up for the rest of the day. If you feel sad again tomorrow, repeat. Eventually, there will be a day where you do not need to read the side with all the things you miss. Give it time.



Example

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program. *Read! Lead! Succeed!* is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to nbirardi@literacypbc.org