MATES Junior Activity Resource Guide

Goal: Positive Attitude & Identity

Activity Type: Individual
Relationship Stage: Mid-late

Activity Name:
"Handling Change"

Objective:
To help mentees cope with change.

Preparation Time:
5 minutes to make flashcards

Activity Duration:
15-20 minutes

Required Material:
• Flashcards

Instructions:
• Create 5-6 flashcards with incidents of change on them (e.g., a friend no longer being able to go out as planned, a school trip or other event being cancelled, moving house, etc).
• Briefly talk to your mentee about change and how it can be hard to deal with, even for adults! But change can also be an opportunity for new and exciting things to happen. Since change is inevitable, it's important to be aware of our complex emotions during times of change, and try and be as prepared as possible for change.
• One by one, go through each scenario on the flashcards and ask them (a) how they would feel in each situation and (b) what would help them handle the change positively?
• If they are comfortable discussing these emotions with you, ask them if there have been any major changes in their life involving family, friends, school, or something else important to them. Use these as examples for how they can cope with change in the future.

Further Notes:
• Remember that your mentee will be going to a new school next year, and this change can be scary, upsetting, or exciting for them! This is a good activity for laying the groundwork for a positive transition to secondary school.
• Mentees may have experienced negative change (such as divorce or family separation) which is upsetting to them. Be sensitive and supportive, and do not push them to disclose anything they aren't comfortable with.
• Have some examples of how you have experienced change, positively and negatively, in the back of your head. Use these examples to show them it is hard for everyone but there are strategies which can help.