

The Big Change

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What this builds (transformative SEL): Agency (“I can do it”) with a thread of Identity (“Who I am”).

This story helps a child manage the feelings of a big change by giving the change a *shape*: a beginning, a middle, and an end. Two things you can do alongside it: (1) name what stays steady (“our family, your name, Bear: those come with us”), and (2) tell the change as a story together, in order, so your child hears that they are *in the middle*, and middles lead somewhere.

One quick swap

Instead of “*You’ll be fine,*” try “*This is the wobbly middle, and middles don’t last forever.*”

This is a practice tool for rehearsing skills, not therapy, counseling, or a clinical service.

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