

**MAKE ROOM FOR ONE LITTLE MOMENT**

# Something Is Changing

Separate what is different from what is familiar, and make room for the questions nobody can answer yet.



Point, draw, talk, ask a grown-up to write, or pass. Your page can stay private.

**What will be different?**

**What do we know happens next?**

**A familiar thing that can stay**

**A question I would like help with**

**Who will find out, and when will they tell me?**

**USE THE PAGE TOGETHER**

# A note for the grown-up

No correct answers, finished pages or personal stories required.



Point, draw, talk, ask a grown-up to write, or pass. Your page can stay private.

## A small example

"Your class will use a different room on Monday. Your coat can still go on your peg. We don't know where the reading corner will be yet. I will ask and tell you after school."

## Separate change from death

This is a routine-change activity. Do not use it to announce that someone has died. Bereavement needs clear, separate explanation and support.

## Leave room for several feelings

A child can look forward to something and miss the familiar at the same time. Do not promise they will enjoy it, or ask them to feel differently.

Describe what is known and acknowledge what is not. Avoid promises you cannot keep. If someone has died, use clear, separate explanations with a trusted adult; this routine-change page is not a way to announce a death.

Original activity informed by: NHS: Anxiety in children (reviewed 5 September 2026). Not endorsed by the source organisation.

Guidance and support: [littlewoodlandsfeelingslab.digidantai.com/support](https://littlewoodlandsfeelingslab.digidantai.com/support)