

MOVING ON: The Change Challenge

AN RE WORKSHOP TO HELP
CHILDREN THINK THROUGH AND
PROCESS THE ISSUES WHICH
ARISE FROM CHANGING SCHOOL



Moving On: The Change Challenge - outline

Information for Teachers: This is a workshop designed to help the children you are working with feel more prepared for their move to secondary school. Ideally this session will take approximately 3 hours, however it can be extended or adapted to suit each school's timetable.

Resources required:

Workshop Activity Sheets/pens/pencils

A 'Moving On' wall or board - to display the names of the children's secondary schools (for use during the final reflection)

Blank outlines leaves/butterflies/stars for children who would like to display work in the classroom or on the 'Moving On' wall.

Equipment to show video/Animated YouTube Bible Story - [click here for link](#).



Introduction

Welcome to 'Moving On - The Change Challenge.' The aim of this workshop is to think about the changes you will face this summer, how you feel about them and what you can do to respond to them. You will have an opportunity to look back on your time at primary school and look forward to moving on to your secondary school with confidence.

I wonder - how good are you at CHANGE? The psychologists (*those are the people who study our minds and behaviour for their job*) tell us that humans don't really like change much, on the whole. Apparently, when things change, it makes us feel as if we are not in control and that makes us feel afraid? What do you think?

And sometimes, if we are a bit scared of change, we try to resist it. We try to stop it happening. But we can't control everything in our lives. Change will happen. Perhaps, the more important question is - how do we respond to change?

One of the most well known Bible characters, Joseph, was faced with many changes. Let's consider how he responded to change.

Joseph's Story - Read Joseph's Story or watch the video ([click here for video](#)). Show the following four questions and ask the children to keep them in mind while listening/watching.

- What changes did Joseph experience?
- How did he respond to change?
- How do you think he felt?
- Did anyone help him with the changes? Who?

After the story, discuss the questions in small groups and feed back to the class.

continued

Moving On: The Change Challenge - outline continued

Activities - There are four worksheet activities with tasks to do in class and a chance to reflect on at home. They can be completed as group or whole class activities, in any order. There are also outline shapes to use for class display. The activities are:

- Considering Change - Changes I look forward to, changes I worry about
- Thank You - What are the things and people you're grateful for from primary school?
- A Fresh Start - What would you like to do differently at your new school?
- Hopes and Dreams - What would you like to do?

Allow an opportunity to share. *[Additional Class Activity - Know Your Worth]*

Reflection Activity - Moving On Wall List all the secondary schools your class is moving on to. (Group together those schools where only one child is going). Ask each child to write their name under the Secondary School they're going to. Look at together, also remembering their responses from the activities, and consider these questions:

- What is going to change for you?
- How will you respond to this change?
- How do you feel about this change?
- Who are the people and friends who can help you cope with change with confidence?
- What is your attitude to change now? - do you resist it, or are you prepared to embrace it with confidence as Joseph did?

Christians believe that no matter what changes we are going through, God is with us and will help us get through every change. He had a special plan for Joseph's life and he has a special plan for us too!

Having friends alongside you can give you support and encouragement to cope well with all the changes of moving on to secondary school.

I hope that you will be inspired to appreciate your friends, be encouraged to make your friendships stronger and look forward to new friendships, so that whatever you may face in the future you are not alone. We all need friends!

Prayer (Optional): Dear God, Thank you for being with us wherever we are, whatever we are doing. Thank you for our friends and people who can help us embrace change in a positive way, helping us, encouraging us and supporting us. Please help each one of us adapt to all the changes as we 'Move On' to secondary school. Amen.



'All Change!'

The Bible Story of Joseph

[\(click here for animated YouTube version\)](#)

Joseph was the son of Jacob. He had 10 older brothers and one little brother, but ALL the brothers hated Joseph. They were jealous and angry that Joseph was the most loved. They thought it unfair that their father was always giving Joseph nice things.

One day, Joseph's father gave him a brand-new, beautiful, amazingly colourful coat. When his brothers saw it, they were furious and filled with jealousy.

One night, Joseph had a dream. In the dream he saw that while cutting corn in the fields into bundles, all the brother's bundles of corn bowed down to Joseph's bundle. When Joseph told the dream to his brothers, they hated him even more. "Who do you think you are?" they shouted, "Do you really think you will rule over all of us?" They hated Joseph so much they plotted to get rid of him. This unbearable situation had to change. They were so spiteful they wanted to kill him.

His brother Reuben tried to save him and said, "Throw him into this well instead!"

So, they did! They tore off Joseph's colourful coat, now stained with mud and blood, and threw him down into an empty well. As they sat down to eat their food and think about what to tell their father, a group of traders came by on their way to Egypt. The brothers sold Joseph to them as a slave. He would be taken far away to another country, with another language, with no friends or family, no comfort, with not even his beautiful coat to give him comfort.

When the brothers returned home to their father with Joseph's torn, stained coat, they told him that Joseph must have been killed by a wild animal. Jacob was heartbroken. How would he cope without his most loved son?

But God had a special plan. When Joseph arrived in Egypt he was put in prison. Joseph shouldn't have been in prison as he'd done nothing wrong. It was all a mistake, but the prison governor liked Joseph and put him in charge of all the other prisoners.

It wasn't a comfortable or cosy place to be but while in prison Joseph helped interpret the dreams of the Pharaoh (the king of Egypt) who had been trying to understand what they meant. With God's help, Joseph was able to tell the Pharaoh about the future of Egypt and how they would need to store up food as there would be seven years of plenty followed by seven years when there would be no harvest.

'All Change!'

The Bible Story of Joseph - continued

Pharaoh was so impressed that he had Joseph released from prison and put him in charge of his kingdom. He put a ring on Joseph's finger. He hung a great gold chain around his neck and gave him a chariot to ride in. This was certainly very different to his life in prison and soon Joseph became the most important man in Egypt, after the king. Joseph stored up food for the Egyptians so that when the famine came there was plenty of food for everyone.

There was hunger and famine in many other countries, including back in Joseph's homeland. When Joseph's father heard that there was grain and food in Egypt he said to his sons, "You must go to Egypt to buy us food".

Joseph's brothers all went to Egypt except for Benjamin, the youngest. Their father couldn't bear for any harm to come to him, having already lost his son Joseph. The brothers felt terrible. They often thought about Joseph and wished they had not been so cruel.

When the brothers arrived in Egypt, they approached Joseph asking to buy food. They didn't recognise him as they all bowed down to him (just like in the dream!) He had changed so much. Surely, he looked like an Egyptian now?! Joseph could see that his youngest brother Benjamin wasn't with them, and so before revealing his identity to his brothers, he made a plan in order to get the whole family together.

He ordered his interpreter to send for Benjamin who had stayed at home. Then he then put his brothers into prison for 3 days. "Let's see how they like that," he thought to himself. After 3 days Joseph provided all of the brothers, apart from one, with grain and silver and sent them back home to return with Benjamin. The brothers did exactly as they were told. They certainly didn't want to make any more mistakes after what they had done to their brother Joseph so many years before. They travelled home and returned to Egypt, this time with Benjamin.

On seeing all his brothers, Joseph could no longer contain his emotions. He burst into tears. "It's me, Joseph!" he said as he hugged and kissed them. He told his brothers of his life and all he had experienced, and he forgave them for what they had done. "God has taken care of me all this time, and now I will take care of you," he said. So, the whole of Joseph's family came to Egypt and lived there together for many years.

THANK YOU

A lot has happened to you since you started primary school! What are the things and people you are most grateful for?

Sometimes, when we are anxious or upset, we allow that to take over. Having an 'Attitude of Gratitude' can really help to keep perspective. It can also make us people who enjoy our lives more. Being grateful changes the way we view everything: our family, our friends, our school, our whole life.



You might think about all the different adults who have helped you, all the other pupils who have been part of your life and then all the activities at school; lessons, clubs, trips, concerts, plays, special days, sports, music, books, cooking...

Your class could create a Thank You Tree with all your leaves



Continue "An Attitude of Gratitude" by keeping a record, every day or every week, of all the things you are grateful for.

"Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart." The Bible - Philippians 4:6

Hopes and Dreams

Close your eyes and imagine what you hope for, and dream of, at secondary school, eg new friends, subjects, sports, skills, activities, trips, clubs, volunteering, fundraising...

Write your **hopes** and **dreams** for your new school on the star.

You can use this heart in the weeks and months ahead. Write down dreams that perhaps you know are not for now but for the future.

It is good and healthy to have big plans for our lives. If we have goals we are reaching towards, it helps us to reach our potential - and reaching our potential makes us more likely to be happy, fulfilled, generous people.

"God can do much, much more than anything we can ask or think of." The Bible - Ephesians 3:20

Considering Change

Secondary School is different to Primary School. You're probably looking forward to some changes but are a bit worried about others.

Things I am looking forward to

What might change?

Things I am a bit nervous about

Do you have a place at home where you can go to think through your thoughts and feelings?
You might like to spend some more time thinking about your lists. They might change too.

*You might want to do something to prepare for these changes. What could you do?
You might like to ask for help with some changes - from an adult, a friend, God...*

"Give all your worries to God, because he cares for you."

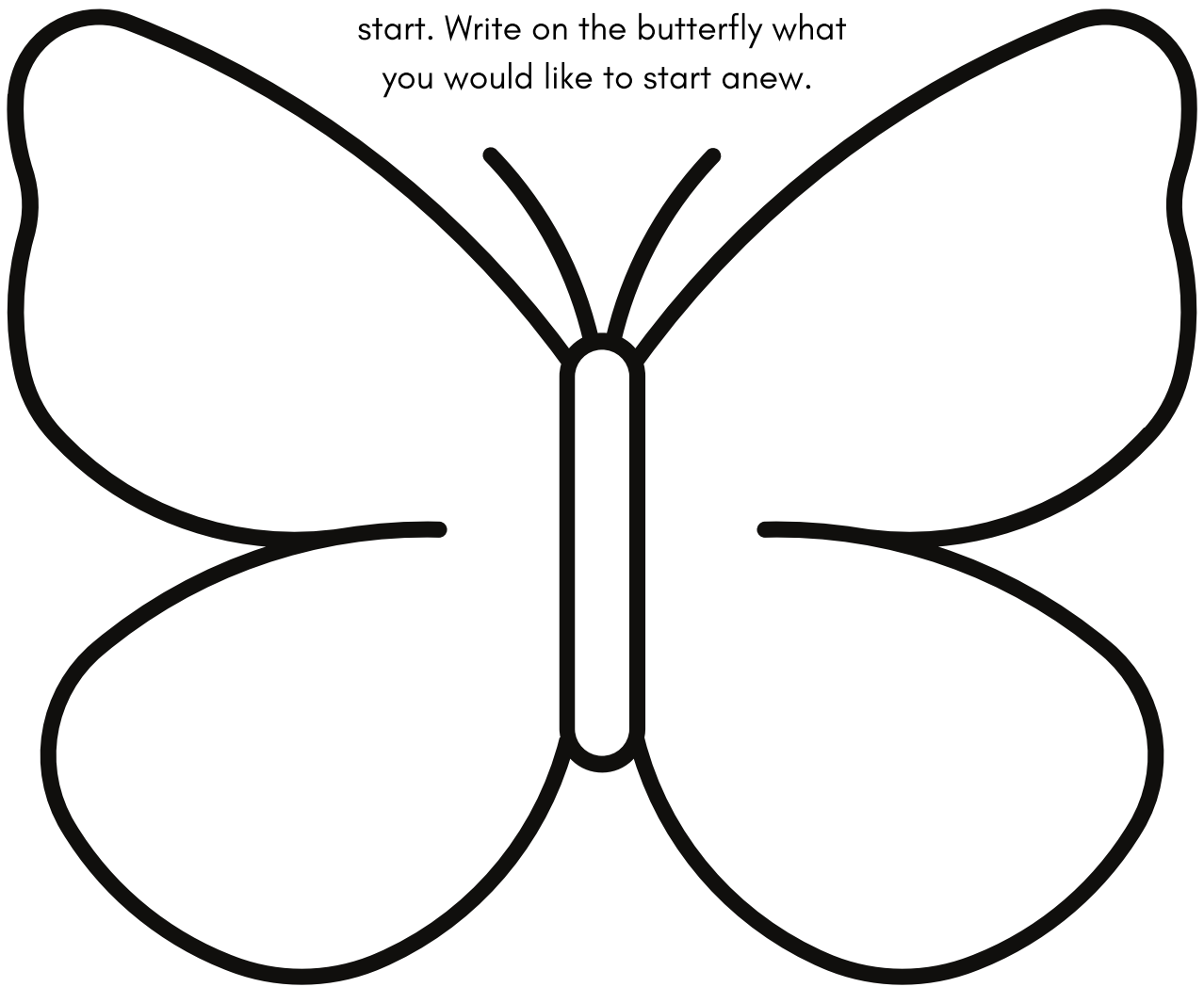
The Bible - 1 Peter 5:7

A Fresh Start

Is there something you wish you could do better or differently, or want to try harder at, when you are at your new school? It's a chance for a fresh start.

Maybe... try something new, try harder to be friends with anyone who is lonely, never give up, share, do things for others, be more independent, conquer a fear, value others, join more clubs.....

Butterflies can represent a fresh start. Write on the butterfly what you would like to start anew.



How can you make your fresh start happen? Can someone else help?

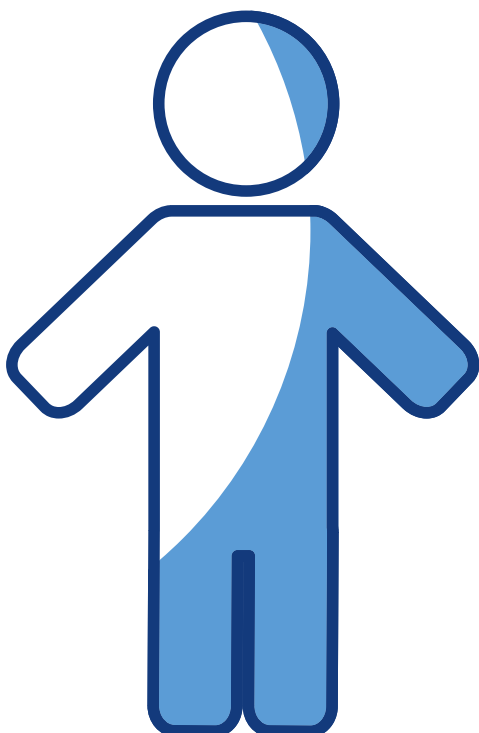
"I forget what is behind me and do my best to reach what is ahead. So I run straight toward the goal." The Bible - Philippians 3:13-14

Know Your Worth

You are valued and you have worth. Knowing our incredible value and worth is a key to being resilient and having perseverance. Knowing who we are and being confident in ourselves helps us to respond positively to change.

You need two people outlines. Write down in one all about you: what you think are your qualities (kind, friendly, funny, listener), what you like doing, what you are good at.

Now swap with someone else. Ask them to write about you, in the second outline. It's interesting to see how other people see us. You might be surprised and pleased.



Helpful
Accepting
Courageous Caring
Relaxed Clever
Grateful Gentle
Purposeful Honest
Responsible Content
Gracious Peaceful
Self-controlled
Talented Strong
Inspirational Kind
Strong HAPPY
Forgiving Fun
Faithful Lively



