



CANADIAN CUDDLES



My Mountain of Change Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The My Mountain of Change Worksheet
- ▶ Pens / Pencils

L.O:

- ▶ To understand the benefits of making a change to a routine.
- ▶ To identify habits in my routine that I can change.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together discuss any changes we have made to our lives and the impact it may have had. These could be big life changes or little changes to our day to day routine.

MAIN TEACHING (10mins)

Leading on from the group discussion tell the children that whilst it can feel comfortable to stick with what we know, or have a set routine that we follow every day, it may be a good thing to shake things up by making changes. Whether they are big changes like learning something new or making a new friend, or small changes like taking a new route to school.

Introduce the saying 'a change is as good as a rest' to the children and ask for volunteers to suggest what they think it might mean.

Tell them that ensuring we make time to rest is essential for us to stay mentally and physically well. Rest helps us to recharge, but sometimes, with our busy lifestyles it can be difficult to find the time we need to rest. However making small changes to our daily routine can have a similar effect, as it keeps us engaged and alert.

MAIN TASK - (15mins)

Have the children think about their daily routines and see if they can identify some key things that they do everyday which they think they could change. Such as; wake up then check the phone or turn on the TV. This could be changed to; wake up and open the window to get some fresh air.

Using the Mountainous Change worksheet, have the children make a list of up to five habits in their daily routine that they think they could change down one side of the mountain, and then on the other side list up to five things that they think they could change that habit to.

Remind them that the habits can be anything, from something they do in the morning, a certain route they take or something they eat everyday. Changing these small habits can make a mountainous change.

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share their Mountains of Change and explain why they chose those habits to change up.



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My Mountain of Change Worksheet

CHILDREN'S SHEET

Think about your daily routine and see if you can identify some key things that you do everyday that you think you could change. Such as; wake up then check the phone or turn on the TV. This could be changed to; wake up and open the window to get some fresh air.

Using the Mountain of Change below, make a list of up to five habits in your daily routine that you think you could change down one side of the mountain, and then on the other side list up to five things that you think you could change those habits to.

HABITS	CHANGE

