

# Change



**“This is a new year, A new beginning. And things will change.”**

Taylor Swift

**“When things change inside you, things change around you.”**

- How do you feel about change? Is it unsettling, or does it feel like a new opportunity? Perhaps both things can be true. It may depend on whether we feel in control of the change, or whether we feel something is being imposed on us that we have no control over.
- Most of the time, we can't necessarily change the world around us. All we can change is ourself, and our reactions to what is happening.
- Sometimes, the small changes we make can have a ripple effect on those around us. Perhaps we could create a more joyful, kinder, calmer school or classroom, by cultivating those qualities in our own lives?
- How can we be the change we want to see in the world?
- We know that many of our children live lives that are constantly changing. How can we provide the stability and security they need in order to flourish?

