

Change Happens

**Write about 3 recent changes in your life.
These changes could be big, small, exciting, or scary.**

Change 1: _____

Was it Big or Small? _____

It made me feel: _____

Change 2: _____

Was it Big or Small? _____

It made me feel: _____

Change 3: _____

Was it Big or Small? _____

It made me feel: _____

Name: _____

Date: _____