

# CHANGE IS INEVITABLE

<p><b>OBJECTIVES</b></p>	<p>With living things, we know there will always be change &amp; movement. Let's focus on the old you, the current you and the future you.</p> <p><b>Desired Behavior:</b> Identify growth that has occurred. State behaviors you hope to see in the future.</p>
<p><b>MATERIALS NEEDED</b></p>	<p>Print the template attached Pen or pencil Mirror Photo of your younger self if available</p>
<p><b>STEP BY STEP</b></p>	<p>Find a quiet space. Turn on calming music if it helps you focus. Look at a photo of your younger self if it's available. Close your eyes for at least 10 seconds. Repeat and fill in the phrases that begin with, "In the past..." Record your answers on the worksheet. Look in the mirror. Close your eyes for at least 10 seconds. Repeat and fill in the phrases that begin with, "Now..." Record your answers on the worksheet. Spend time thinking about the phrases that focus on the future. Record your answers.</p>
<p><b>FOLLOW UP ACTIVITIES</b></p>	<p>Share this worksheet with a trusted friend or family member. Ask them to complete and share. Take a photo and save this worksheet. Refer back to it on momentous annual occasions (i.e. your birthday or New Year's Day)</p>
<p><b>MODIFICATIONS</b></p>	<p><b>Younger learners</b> The adult can interview a younger child but use photos to elicit answers for each stage of life; encourage the child to draw pictures that illustrate their recollection or understanding of their answers.</p> <p><b>Older learners</b> Correlate each answer to a specific age.</p> <p><b>Learners with special needs</b> Have your child identify themselves as their younger self and current self in photos prior to completing this activity.</p>

Name:

Date:

PAST

In the past, my attitude about my personality was...

In the past, I would talk about my body by saying...

In the past, I placed value on...

PRESENT

In the present, my attitude about my personality was...

In the present, I would talk about my body by saying...

In the present, I placed value on...

FUTURE

My hope is that my attitude about my personality was...

My plan is that in the future, I will talk about my body by saying...

As I grow, my values change, and I imagine in the future my value would include...