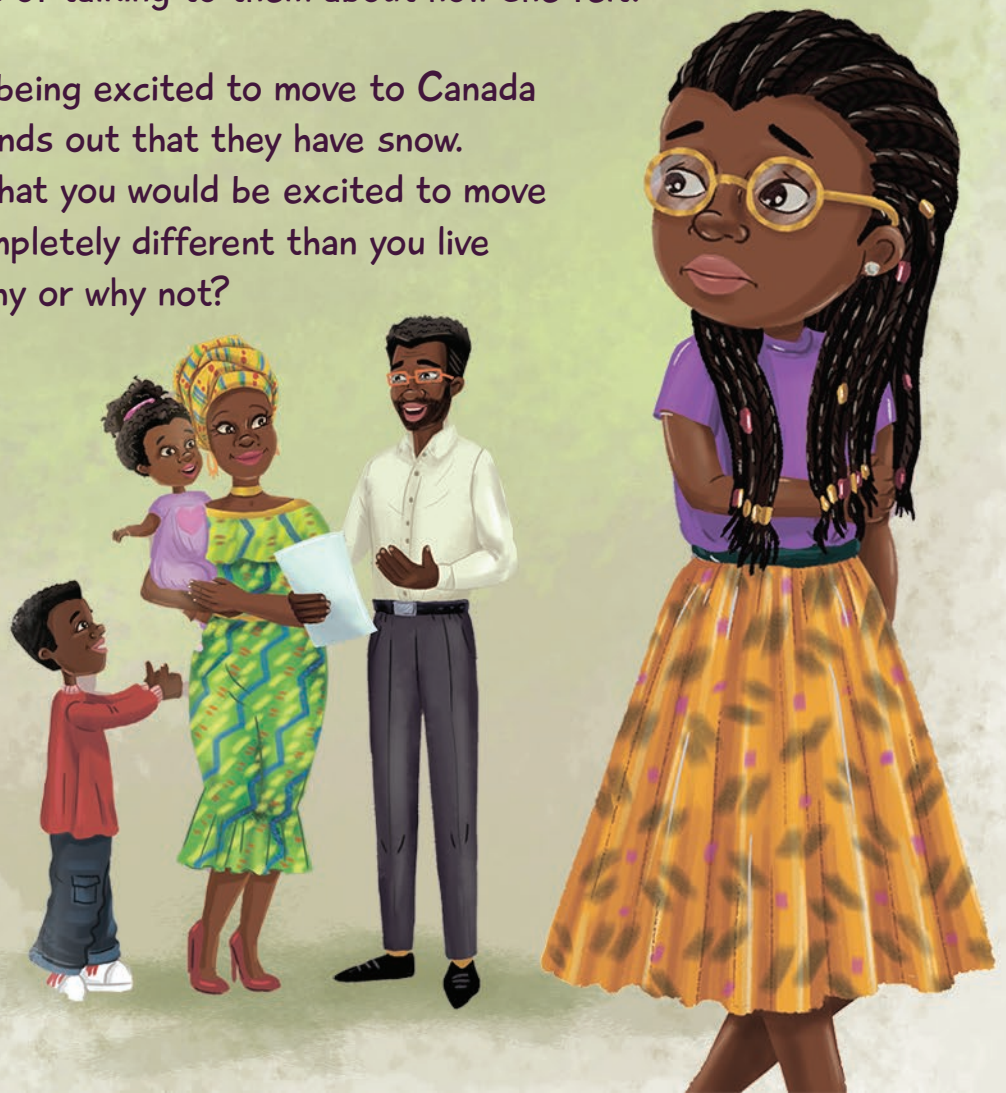




**DEALING WITH AND ADAPTING  
TO CHANGE**

# Discussion Questions for Sade: We're Moving to Canada!

1. Sade leaves the room after she learns that her family is moving to Canada. Why do you think she leaves the room? Have you ever been in a situation where you feel differently than everyone else? How did you feel? What did you do?
2. Have you ever been in a situation where everyone around you was excited but you were not? How did you feel and what happened?
3. Would you want to leave your home? What would you miss?
4. Why do you think that Sade tried to trick her parents in to staying Nigeria instead of talking to them about how she felt?
5. Sade ends up being excited to move to Canada because she finds out that they have snow. Do you think that you would be excited to move someplace completely different than you live right now? Why or why not?



# Discussion Questions for Sade and the Language Mix-Up

1. Sade had a hard time understanding what the teachers and students in her new school were saying. How would you feel if you did not understand what someone was saying to you because the words had different meanings?
2. Sade speaks up and tells Mrs. Johnson that the pants she is being handed are really trousers. Mrs. Johnson helps her to understand the differences in the words that are being used. Do you think that you would speak up and tell someone if you were confused? Why or why not?
3. Sade's mom says, "If you are building a house and a nail breaks, you don't stop building. You use a different nail." Sade says that this is an African proverb that means, "You don't give up. You find a solution." Can you think of a time that you didn't give up even though you had a hard time?
4. The students in Sade's class help her with her dictionary. When is a time that you helped someone who needed help? How did it make you feel to help?



# Discussion Questions for Sade and the Fish Head Adventure

1. Sade is excited to eat her lunch because she thinks there is a fish head in it and that is her favorite food. What is your favorite food to eat for lunch? Do you think everyone likes what you eat for lunch? Why or why not?
2. Do you ever wonder where your food comes from like Sade wondered about the fish that were used to make her fish fingers?
3. Sade gets to see how fish fingers are made. What food would you like to see being made?
4. Sade still loves to eat fish head even though her friends at school do not like it at all. Was there ever a time that you did something that you liked even though your friends did not like it? What did you do?



## Related Activities:

1. Draw a picture of a place that you would like to move to. Is it someplace that has snow? Is it someplace that never has snow? Is it a farm? Is it a city? Write about
2. Make your own dictionary of words. Are there new words that you hear and do not know what they mean? Do you use words that are different from someone else? Write them down.
3. Write a letter to a company or a person asking a question about how something you like or are interested in is made.

## Worksheets:

1. Sade's mom says, "Change can be hard. You lose some things, but you gain some, too." Can you think of a time that something in your life changed? Maybe you moved, got a new sibling or got a new pet. Use the chart to write down what changed, what you lost and what you gained.
2. Change can be really scary. Give a list of different strategies to use when dealing with change. Give different scenarios and decide which strategy you would use for each situation.
3. Word search using words that are helpful for dealing with change
4. Match what happened to Sade to how she dealt with the situation

# Change Can Be Hard

Sade's mom says, "Change can be hard. You lose some things, but you gain some, too." Can you think of a time that something in your life changed? Maybe you moved, got a new sibling or got a new pet. Use the chart to write down what changed, what you lost and what you gained.

This is what changed:



## What I Lost



## What I Gained



# Strategies for Change

Change can be really scary. Below is a list of strategies that you can use to help you when something changes. Read each of the different scenarios and then decide which strategy you would use.

- ➡ Talk to a grownup
- ➡ Take deep breaths
- ➡ Ask questions about the change before it happens
- ➡ Think about how the change could be good
- ➡ Draw a picture that shows my feelings

1. Your mom told you that she was going to make your favorite meal for dinner. You get home from school and she tells you that she did not have one of the ingredients that she needed. She tells you that she will make it another day after she goes to the store.

What strategy could you use?



2. Your teacher tells you that she is going to be having a baby and will be gone for the rest of the year. She explains that you will have a new teacher and tells you that she will miss you a lot.

What strategy would you use?





3. You are really excited to go to your soccer game in the morning. When you wake up, it is raining and your game is canceled. What strategy would you use?

Blank response area for question 3.

4. You go to your favorite ice cream place and know before you get there what you want. When you get there, you find out that the ice cream you wanted is not available today. What strategy would you use?

Blank response area for question 4.

5. One of your good friends tells you that they are moving away. They will be moving to another state next month. What strategy would you use?

Blank response area for question 5.

# Strategies for Change Wordsearch

I D W B T T Q W T Q N N N J E  
Q X L E S N S Q N A V M G I G  
G R O W N U P Q K B L H J C N  
E U R A B S A U R W Q K A Q A  
L A K M N Y U E X N G O D D H  
Q J U T G N A S F X C O T O C  
P O X Y X T H T G C O E K C M  
B A X U H X V I V G H Q Y O I  
W P K E W P B O N R U V W F R  
Z P X B Z X D N M E Y W T W D  
L R L K Z R O S Y N B A A Y L  
M F W A R D Z N Y Q A M W L T  
O T M O O M D P D N S Z F W N  
K T X V U O E X G U Z D W Y O  
P C N V C K D O D J U Q Q M B

BREATHE CHANGE DRAW GOOD  
GROWNUP QUESTIONS TALK

# Matching

How does Sade deal with change? Draw a line from what happened to Sade on the left, to how she dealt with the situation on the right. Put a star next to Sade's reactions that used one of the strategies for dealing with change.

Sade learned that her family was moving to Canada.

Sade learned that she could not take Eeny, Meeny, Miny and Mo with her on the airplane.

Sade's art teacher, Mrs. Johnson, told her to go change her pants when she got paint on them.

Sade didn't understand a lot of the words that her new classmates were using.

Sade realized that she did not have a fish head in her lunch.

Sade told her teacher that they were trousers, not pants. She was very confused.

Sade talked to her mom and then made a dictionary to help her.

Sade leaves the room and goes to talk to her friend, Uzo.

Sade talks to the lunch supervisor because she doesn't understand what she has for lunch.

Sade made a plan to try to keep her family in Nigeria.