



# Change Booklet

For Students

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**Wherever you are reading this, the chances are, like most of us, you're sitting at home wondering how the world became so weird.**





Whether you're **bored** out of your mind, **DESPERATE** to leave the house or enjoying doing nothing and relishing time away from school, our world feels very different to a few weeks ago and a lot of you out there are having to react to some truly horrible situations.

You may well be hating every minute of this. If you feel **trapped, frustrated, anxious** and not sure what will happen next, we get it. Most people are feeling like that. Students like you, up and down the country, find themselves adjusting to something that not many of us like: **change**.

Whether **we like it or not**, change is now a part of our daily lives. No matter what your current circumstances, even though you might feel like there's **nothing to do** and you have no control, **you do** have some choice. You can choose to spend this time sitting on your phone or try and rise, somehow, to the challenge we are all facing and use this time (this unique, crazy, heart-breaking time) and find some good in it.

**THIS IS NOT EASY**, but it might just be worth it. Many of you out there are already doing amazing things. Keep it up. You're making a difference. But, if you're feeling like you're not doing enough, or getting it wrong, remember: **feelings aren't facts** and this isn't a race or a competition.

**You are** doing what the vast **majority** of us are doing: trying to get through these days. **These strange, boring, scary days..**





**In this booklet, you will  
find some ideas to try.  
You don't have to do it all;  
you don't have to do any  
of it. It's not a test...**



But maybe, just maybe, it can help you to feel like positive change is possible and **not** something to **fear**.





COVID-19 is a reminder to us all that sometimes things happen that are so far

**beyond**  
**our**  
**control**

that even the most organised or adaptable among us **struggle to cope.**

The real lesson for us all right now is that **it's ok not to be ok.** Wherever you are, whatever you're facing, remember this: your teachers **miss you.** They can't wait to see your brilliant faces again soon and hear you clatter down the corridors, filling our schools with noise and hope for the future.

**This time will pass, but  
so will the moment of  
opportunity to change  
things we never usually  
have time to try.**





# Time.

Most of you are finding yourselves with a lot of time right now. If we're not careful, the days and weeks can just **slip away in a haze** of Fortnite and TikTok.

**So, we have time. What can we do with it?**

Right now, there are two types of time: **'You time'** and **'Them time'**.

Time for you:





This is **'you time'**, where you are free to choose what you do. In these moments, you aren't needed by school or family and you can spend some time doing things that **you want to do.**

# Time for them:



Whoever **'they'** are, this is **time given to others** - maybe you're helping out at home, or looking after your siblings. Either way, this time is usually controlled by somebody else.

So, try dividing your day into these two chunks of time.

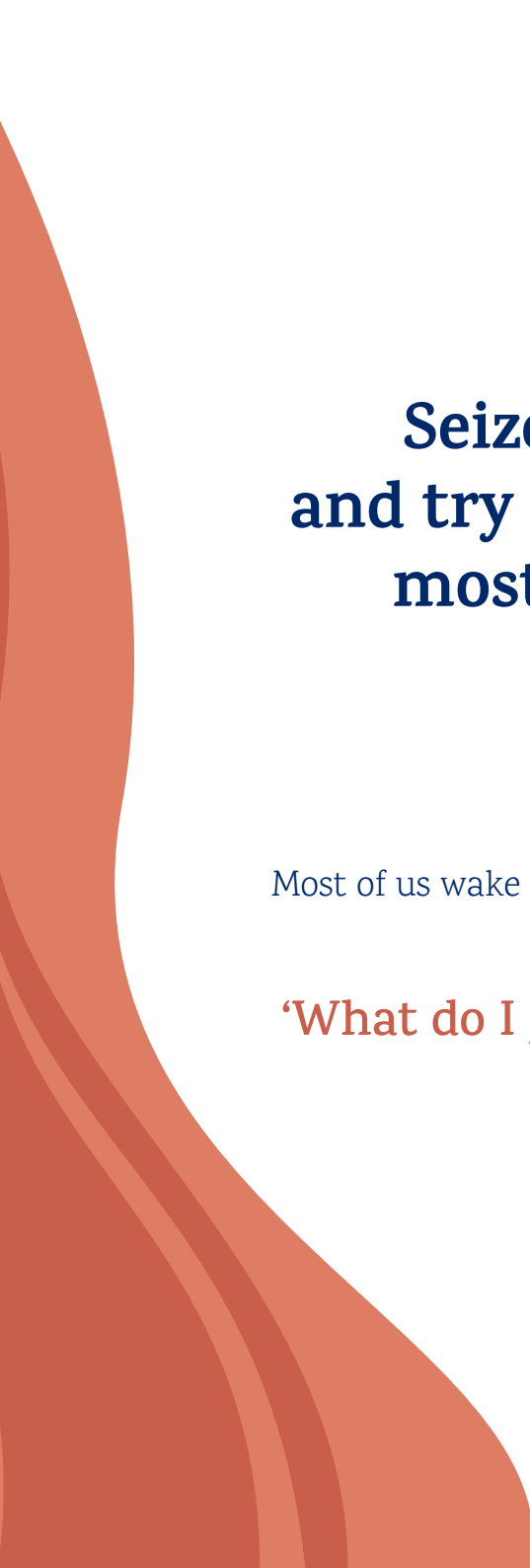
**So, try dividing your day into these two chunks of time.**



‘You time’/‘Them time’.








# Seize the moment and try and make the most of ‘you time’.

Most of us wake up in the morning and ask  
ourselves this question:

‘What do I HAVE to do today?’

Let's try starting the day by asking a slightly different question:



'What do I WANT to do today?'

By asking this question, we can **give ourselves** some of the **control** that has been taken away.

Your answer to that question may well not be allowed currently. If what you want is to head to the airport and fly to a beach somewhere, that's not going to happen anytime soon. So, we must answer the question within the constraints of now and of our own lives. Answers will depend on money, circumstance, family and, of course, this virus.

**Be specific to now and to what is possible.**

**What do you want to do today?**

# 5 things you can do with ‘you time’/‘them time’.

## Do nothing.

The internet is alive with thousands of ways we can kill time, and yet a valuable life skill for us all to learn is the **ability to be ok with nothing to do**. There may well be huge challenges you are currently facing, besides the obvious. If this applies to you, there’s even more reason to **give yourself time and space** to reflect. If you find yourself with ‘nothing’ to do, don’t be afraid to do just that: nothing. Set yourself a little challenge: put your phone down and see how long you can last, **just doing nothing**.



# Write a one-sentence diary.



Many people are using this time to write a diary so that they can **look back on this time** and recognise the significance. However, if diary writing doesn't sound like something you want to do, try writing a one-sentence diary. At the end of each day, **write the date and one sentence**. This sentence can be something you've done or something you felt; it can be positive or negative - it's totally up to you.

- I discovered a new band I like today.
- I like how quiet everything is during lockdown.
- I ate three donuts today.
- I made my sister laugh until she cried.

Set yourself a challenge of not complaining for one whole week. So many things that we are used to being able to do we now can't. **It's tempting to complain**, but you'll soon realise that the people who are usually there to listen to us aren't there. Complaining, much like worrying, doesn't actually do anything and very often it **makes us feel worse**, especially when we are complaining about things that haven't actually happened yet. If you think you don't complain much, try this for a couple of days... you might be surprised.

## No complaints week.









## **Make an 'everything plan'.**

As the title suggests, **allocate time for everything** you want to do today. Plan your study time, 'you time', exercise time, plan it all. Why? Because we are far more likely to feel negatively about things when we don't have anything to do. It's very easy for lockdown days to pass without realising it, or drag on forever. With planning comes a **feeling of control**. You don't have to stick to the plan and the plan is allowed to change, but having a plan in the first place can help an otherwise daunting day feel manageable. Don't forget to **plan to 'do nothing'** too.

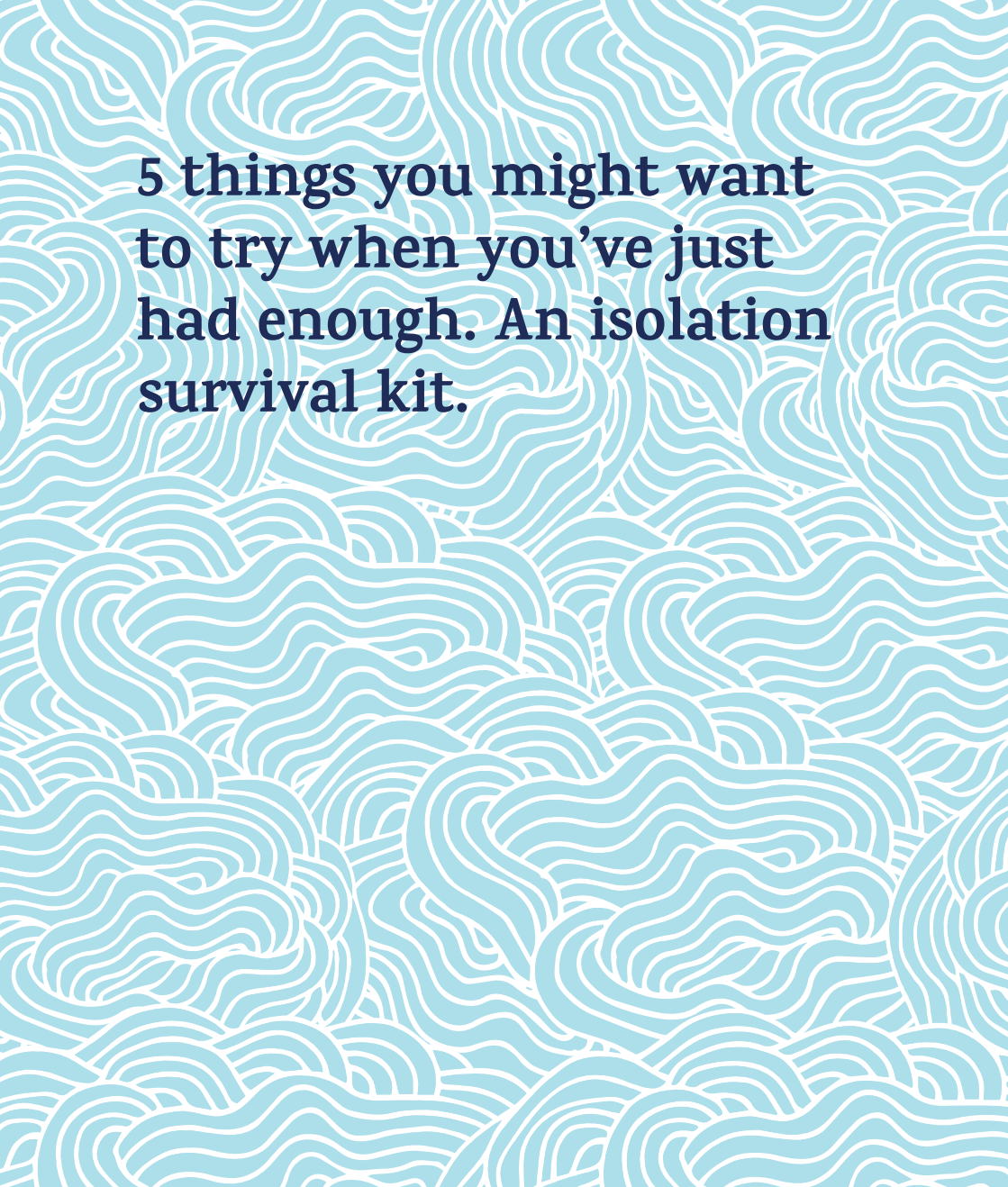




# Opposite land.

We know who we are, we know what we like, what scares us, what delights us. Why not **use this time to experiment?** Many people are using this time to try **new hobbies**. Why not use this time to actually try and be a **new version of you?** If you are usually someone who organises everything, try being spontaneous. If you are usually late for everything, try being on time. If you never read, pick up a book and give it a go. We are all having to do things we don't want to do. Maybe this is the time to learn **new ways** of doing things.

We either kill time, spend time or make time  
- **it's your choice.**



**5 things you might want  
to try when you've just  
had enough. An isolation  
survival kit.**



## Waves.

Since this began, things have come in waves. **Waves of fear**, waves of **kindness**, waves of **hope**, waves of **panic**. We can't control what the next waves will be or when they will come. But we can choose whether or not we **react to them**. We want to join some of the waves, like clapping the NHS on Thursday nights. Other waves, we could have done without, like the panic buying wave or the wave of 'advice' via WhatsApp on the latest 'cure' and, of course, there is the daily wave of news. **You can choose** which wave you ride, or indeed whether you want to ride it at all. **Pay attention to how you feel**; if something about the latest wave bothers you, remember you have permission not to ride it.

Just be kind.







Let's keep being kind. Let's **keep smiling** at people. Let's keep trying to **help others**. Even if we're scared, even when we feel angry, even when we don't know if it's going to be alright. Maybe **kindness is** even more **important** than we thought. Before you do something, ask yourself if it's kind.

# Lists.



Some people write lists for everything, others never do. Either way, try writing a different kind of list. Writing things down really does make us **identify how we feel.**

**Here are some list ideas:**

- Things you can still do, even in lockdown.
- Things you can do now because you have the time.
- Things you want to do when life gets back to normal.
- Things you want to do in the future.
- Things you want to tell people when you next see them in person.

# Big questions.

Each of us have our **own feelings** on what has happened over the past few months. One thing that **connects all of us** is that none of us really know what will happen next. If you're bored of asking the same questions and having the same conversations, go big.

## Here are some ideas for conversation starters:

- What things would you like to go back to normal?
- What do you want to change after this is over?
- What do you want to keep doing after this is over?
- If you were Prime Minister, what would you do?
- If you could choose only one of your possessions to be isolated with, what would you choose?







## Something to look forward to.

On the days when things feel too much, or you **feel out of control** or so bored you want to scream, ask yourself a simple question: What am I looking forward to? **Choose one thing**, that one thing you can't wait to do when this is over.



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