

# Autumn is a time of Change

Lots of things change during Autumn. The leaves change colors. The weather gets a little cooler. Some people start school after a Summer break. The sun starts to go down earlier.

## Change can bring some big feelings.

These feelings are normal and understandable. Change can be scary. Sometimes we get nervous or sad when we think about things changing. Maybe it's because we like how things are now, or maybe it's because we're a little scared of the unknown.

## But, change is a part of life.

Embracing change, even when it makes us scared or nervous is important. That's because there are things we have control over, and things we don't. We can't control when some things change, so accepting them and keeping a positive attitude helps us stay centered.

Remember that breathing can help you calm down, and that I'm always here to help. It's okay to feel upset, and we can work through that together. When you're ready, we can talk.

## "I can breathe through these feelings."

Some changes are big. Some are small. What can I do to make you feel more comfortable with change?

