

# Jungle Jive

## Lesson #7

### Behavioral Issue:

Does not accept changes in established routine

### Objective:

- Students will recognize their fears regarding change in their routine at school or at home.
- Students will accept changes in an established routine.
- Students will demonstrate appropriate behaviors when dealing with changes in their routine.

### Materials:

Jungle Jive by Julie Woik

Letter size paper

Print out the sheet that correlates with this lesson

### Activity:

Read the Jungle Jive book to the child/children who will be participating in this activity. Talk about how everyone felt afraid, worried, and out of balance, when everything started to change in their environment. Discuss how indeed changes can be scary, however, they are most important to help us recognize what's going on in or around us, and helps us assess the situation. From there, we may need to make a better choice to get things back in balance. Have the child/children write about their experiences with change. Help them to recognize where their fears are coming from, and how to deal with them.

### Assessment:

Students will be able to write about the fears and anxiety they feel when it comes to changes in their routine. They'll uncover the reasons for their fear, and try to find ways to deal with changes in and around them in better ways.