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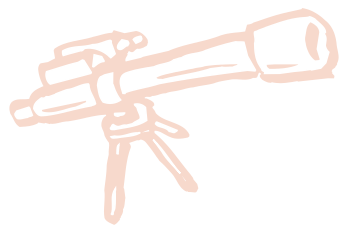
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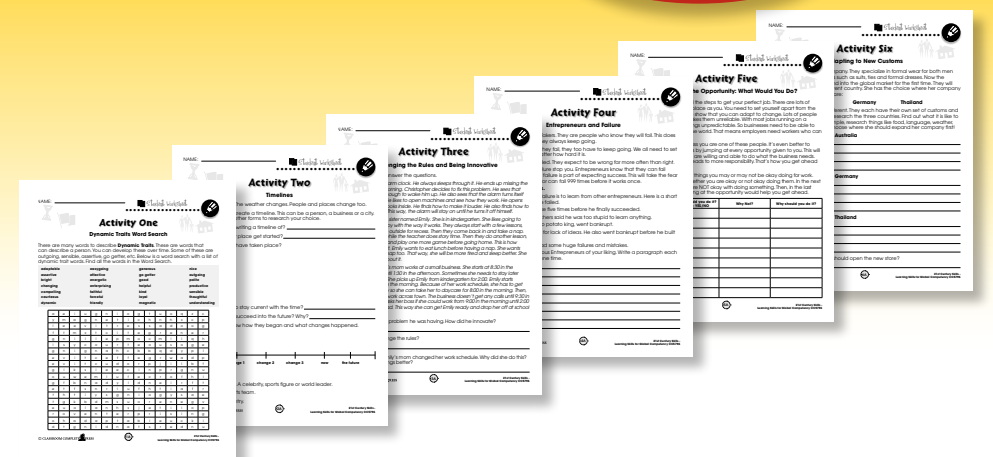
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Adapting to Change

Change Your Look Game

Most people feel uncomfortable with change. Here is a game to introduce students to be more comfortable with doing things a different way. Followed with open discussion questions.

Teacher's note: Explain to students that they are going to help in an experiment about making changes. Get their buy-in ahead of time with their agreement to live with the changes for the rest of the class time.

1. Pair off in groups of two. One student will be the Observer and one will be the Participant.
2. Have each pair stand facing each other.
3. Figure out who will observe and who will make the changes.
4. The Observer will study their partner closely for 5 minutes.
5. Next, the Observer will turn their back (or close their eyes).
6. The Participant will make five changes to what they look like. This could mean moving their watch from one wrist to the other, taking off a shoe, taking off jewelry, taking their glasses off, changing their hairstyle, etc...
7. Participants may face each other again. The Observer will now have to figure out what the Participant changed.

Discussion Questions

1. How did it feel to be asked to make so many changes?

2. Did you like the changes that the Participant made? Why?

3. What are some things that make people unwilling to change?

4. Why is it hard to keep the changes once they are made?

Adapting to Change

How You Are With Change Quiz

How well do you handle change? Take this quiz and find out! For each question, circle the answer that most applies to you. Then, tally up your scores using the key.

1. Change makes me feel:
 - Uncertain and afraid.
 - Hopeful and inspired.
2. When I get bad news, I:
 - Try to find the good in the situation.
 - Eat a lot of chocolate.
3. When I have a fight with a friend, I:
 - Think of their point of view.
 - Focus on why they are wrong.
4. My friends would probably say that I:
 - Avoid change at all costs.
 - Try to accept change.
5. When I am unsure about a change, I:
 - Sleep... a lot.
 - Write in my journal or listen to music.
6. When something changes in my life, I:
 - Long for things to be as they once were.
 - Accept the change and work to move through it.

FOLD HERE TO HIDE THE SCORING KEY

Question	Answer	Score	Answer	Score	Your Score
1	Uncertain and afraid.	1	Hopeful and inspired.	4	
2	Try to find the good in the situation.	3	Eat a lot of chocolate.	1	
3	Think of their point of view.	4	Focus on why they are wrong.	2	
4	Avoid change at all costs.	2	Try to accept change.	4	
5	Sleep... a lot.	2	Write in my journal or listen to music.	3	
6	Long for things to be as they once were.	1	Accept the change and work to move through it.	3	
				TOTAL =	

How to Read Your Score

19-21 points	Change Optimist: Change isn't something you handle, it's something you look for. You welcome every change that comes into your life.
11-18 points	Change Agent: Change is a familiar friend. You accept some change. You feel sure in your ability to change.
9-10 points	Change Novice: You don't like change. You're not alone. Many people find change difficult. Maybe find help from others to guide you through change.

Adapting to Change

Why Change is a Good Thing

Every day we make choices. With each choice we bring change. We have a mini-loss of what we did not choose, and a gain of what we did. Being flexible with these changes helps us to move forward.

Here is a list of why change is a good thing.

1. **Change helps you grow.** Changes will often force us to adapt in ways we are not used to. This can be an important way of helping us grow.
2. **Change teaches you to be flexible.** Try to think of change as a positive thing. By facing change with excitement, you can learn not to be so set in your ways. This can help you keep a more positive attitude.
3. **Change can challenge your values and beliefs.** Be open to learning new ways of taking on problems. The trust in the belief system you already have will become stronger.
4. **Change reveals your strengths.** Being forced to accept changes will help you learn your own strength and adapt in new ways.
5. **Change makes you more sympathetic.** Change reminds you to be kind when you think about the choices other people may make.
6. **Change breaks up routines.** Some routines, like brushing and flossing your teeth, are good. But other routines can leave you stuck and can lead to you feeling sad. Change keeps your mind active and helps keep you away from bad thought patterns.
7. **Change offers new options.** Even in a small way, change can present options that can lead to more options. So you can create a better life for yourself.

Like any new habit, embracing change takes some practice. Keep this list handy. The next time you have to deal with a change that has you scared, you can look at it. Use it to remind yourself of all the positive things that change can have. Not only for your own life, but for the lives of those around you as well.



Adapting to Change

Adapting to Change - Restaurant Class Project

Get into groups of 4-5 people. Choose one person to be the team leader. As a group, you are going to design a new restaurant. Below is a list of different restaurant styles. Have your team leader pick one.

- Chinese
- pizza
- barbecue
- seafood
- coffee shop/café
- steakhouse
- Greek
- Mexican
- breakfast
- sandwich shop

Once you have chosen your topic, start brainstorming as a team. First come up with your restaurant's name. Then, decide what foods you will serve. Next, decide what the restaurant will look like. Your team leader has the final say on all decisions.

Restaurant Name: _____

Food to serve: _____

Restaurant decor: _____

Now we are going to change things up. All leaders come to the center of the classroom. The leaders will now switch and go to a new team. As a group, update your new team leader on your restaurant ideas. If he/she likes the ideas, stick with it. If your new leader does not like your ideas, keep brainstorming and come up with new ones. Remember your leader has the final say on all decisions.

Has your new leader made any changes to your restaurant? Explain.

Now we are going to change things up one more time. Your restaurant has to change the name! As a group, think of a new name for your restaurant. Does this change the type of food you will serve or what the restaurant will look like? Make any new changes and write them down below.

Reflection: How did it feel to adapt to such big changes to your restaurant? Was it easy or hard to adapt? Did you like having to make these new changes? Discuss.



Adapting to Change

Adapting to Different Customs

In this changing world, we must adapt to many things. We might have to work with people far away. We might have to move or visit a different country. How do we join customs we know nothing about?

These three steps can help.

1. Be aware of other customs.

Take the time to think about this topic. It can help your brain be more flexible and open. It can guard you from placing your personal thoughts and feelings onto others.

2. Be curious and ask questions.

Learning the way others live, think and work will help you to understand.

3. Step out of your comfort zone.

This can help you further understand other customs.

With these steps in mind, do research on a different culture. Search on the Internet or talk to someone from another country. Even different areas of a country can have different customs.

1. What region did you find out about?

2. How are things different from what you are used to?

3. If you visit this place, what would you like to try or do?



Adapting to Change

Adapting to Change at Home and in the Classroom

Let's practice adapting to change. This activity will be done in two parts. In part one, you will adapt to changes in the home. In part two, you will adapt to changes in the classroom. Let's get started.

Part 1: Adapting to Change at Home

For a home to run smoothly, there is usually some routine. Sometimes that routine will change. You will need to be able to adapt with that change. Think of 4 things that happen at the same time every day. Do you eat dinner at the same time every day? Is there a certain chore you do every day? Is there somewhere you do your homework? Write down these 4 things below.

1. _____ 2. _____

3. _____ 4. _____

Now, think of ways you can change each thing. Maybe have dinner at a different time. Maybe switch chores with someone. Maybe do your homework in a different room. Write down how you will change each of the 4 things below.

1. _____ 2. _____

3. _____ 4. _____

Try these changes out for a week. Then, write down how you adapted to these changes. Were they easy? Were they hard? Was there anything you did to help the change work well? Explain below.

Part 2: Adapting to Change in the Classroom

A classroom runs similar to a house. Things are done in a routine. This is to keep everything moving smoothly. Do the same activity as you did in part 1. Write down 4 things that happen at the same time every day below.

1. _____ 2. _____

3. _____ 4. _____

Now, think of ways you can change each thing. Write them down below.

1. _____ 2. _____

3. _____ 4. _____



Bloom's Taxonomy

Bloom's Taxonomy for Reading Comprehension

The activities in this resource engage and build the full range of thinking skills that are essential for students comprehension. Based on the six levels of thinking in Bloom's Taxonomy, assignments are given that challenge students to move beyond the worksheet to understand the information through higher-order thinking. By using higher-order skills of remembering, understanding, applying, analysing, evaluating, and creating, students become active learners, drawing more meaning from the information, and applying and extending their learning in more sophisticated ways.

Our resource, therefore, is an effective tool for any Social Studies program. Whether it is used in whole or in part, or adapted to meet individual student needs, this resource provides teachers with the important questions to ask and interesting content, which promote creative and meaningful learning.

Vocabulary

Adaptability: able to change yourself to different conditions.

Change: exchange for something else.

Creativity: to make meaningful new ideas, methods or ways.

Dynamic traits: what sets you apart from everyone else.

Failure: lack of success.

Flexibility: willingness to change or adapt your ideas.

Global Competency: having the skills and mindset to find your way through this world.

Innovation: something new or different introduced.

Invent: to create your own product.

Iteration: a different version of something that already exists.

Mindset: an attitude or mood.

Opportunity: a chance to move forward or succeed.

Risk: putting yourself in a position where there's a chance of loss.

Status Quo: the way things are or have always been.

Technology: deals with the creation and use of technical means.

Versatility: your ability to adapt.

Zero-Based Thinking (ZBT): a way of thinking about things.

Dynamic Traits: The Confident Person

Confidence is a dynamic trait. Being **confident** means being sure of yourself. It means feeling good about yourself. Having confidence gives you a positive attitude. It also gives you the drive to do something. But how do you become confident?

	It's all in the look. Start with the outside. Looking confident is the first step. If you look confident, then you'll start to feel it. Look your best. That means dressing nice, brushing your teeth and combing your hair.
	It's all in the walk. How you walk, stand and sit says a lot about you. Walk tall and with purpose. Stand with your spine straight, shoulders back and chin up. Sit up straight and have a smile on your face.
	It's all in the eyes. Your eyes are powerful. Use them! Look at people in their eyes when you're talking to them. Don't turn away when your eyes meet with others. Give a gentle smile and start a conversation.
	It's all in the approach. Make yourself look welcoming. Don't hide behind your cell phone. Instead, leave yourself open and people will come to you.
	It's all in the mind. Thinking confident is the next step. What are things that you're good at? What do you like about yourself? What do others like about you and what you can do? Think of these positive things always. Don't worry about what others will think of you.
	It's all in the process. Remember, being confident is a process. It's something you work at every day. Once you have it, you need to keep it. Staying positive and putting effort into everything you do will help.
	It's all in the practice. Practice makes perfect. Put yourself into situations that will boost your confidence. Is there something that you're good at? A sport, drawing, writing? If so, work on it. Join a team, an art class or a writing group. The better you get, the more your confidence will build.

Try it out. Get into pairs or small groups. Talk with each other while showing confidence. Do you feel yourself changing?

NAME: _____



Adapting to Change

Adapting to Change - Restaurant Class Project

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EASY MARKING

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Answers will vary.

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Answers will vary, but may include.

1. Melissa
2. Melissa
- 3.

Jamal was afraid of change. He didn't want to change the hours that he worked. He didn't want to move to a new place.

- 4.

Melissa kept getting promotions because she wasn't afraid of change. She was willing to adapt to the positions she was given. This led to more positions.

5. Yes.
- 6.

Answers will vary.



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ANSWER KEY