

Everything Changes: And That's OK
Discussion Guide
Grades Pre-K-2

Before Reading: to activate schema, build background knowledge, and set a purpose.

- What does it mean to change? As a class, discuss what types of things change. Make a list on the whiteboard or chart paper. Notice how there are many different types of things that change.
- Say, “As we read think about all the things that change in this book and try to make connections to the changes that occur in your life. How can we learn to embrace change and see it as an opportunity for growth?”

During Reading: to engage students, check for understanding, and make connections.

- As you read, pause and ask, “What do you see that changes on this page?”
- What happens to the apple seeds?
- How do the kitten and the puppy change?
- What do you notice about the girl and the elderly lady?
- What are some ways that friendships change?
- How is change natural?
- How do your feelings and emotions change?

After Reading: to summarize, question, and reflect.

- Reflect on the book’s title. What do you think it means “Everything changes, and that’s OK”?
- Extend students’ understanding of the concept of change through a hands-on project about change. In pairs or small groups, have students select a natural change like seasons, day and night, and growth of plants. They may also select changes in technology, communities, and in themselves. Have students investigate different types of change through observations, experiments, and discussions to explore why change happens and how they can respond to these changes positively. Then have students choose a way to demonstrate their understanding such as by creating drawings, writing stories, making models, or even performing skits to showcase what they've learned.

If your students enjoyed this book...

- Encourage them to continue to discuss it and refer to it in other lessons and conversations.
- Let them explore more books about change such as [A Kids Book About Change](#) and [Dear Treefrog](#).