**Bendable Banana:** Write the one ‘Not-so-good change’ you have experienced and some of the things you have done to cope (or try to cope) with this change.

**Rainbow Sprinkles:** Bad times don’t last forever. Write down 2 two great things that have happened to you since this event.

**Ooey-Gooey Sauce Feelings:** Intense feelings are normal in these situations. Name feelings you have had or are still having.

### Think of a time you have experienced a ‘not so good change’ in your family or with your friends. Start with the Bendable Banana and fill in each part of your banana split to show how you coped (or are trying to cope) with this change.

**Bendable Banana**

**Ooey-Gooey Sauce Feelings**

**Rainbow Sprinkles**