**Understanding Change and Adaptation**

Objective: To help children understand how to cope with change and adapt to new situations.

**Parent Notes:**

Discuss how the children felt when Jupiter was missing and how they adapted to his absence. Ask:

How did the children cope when Jupiter was gone?

Have you ever had to adapt to a change or a new situation? How did you feel?

Encourage your child to think about positive ways to handle change. Ask:

What can you do to feel better when things change?

Who can you talk to if you're feeling sad or worried about something new?