1) Read through each of the quotes and discuss with a partner what each one is saying about change and challenge.

2) Try and think of a change in your life that brought you good things – even if you dreaded it at first. Share this with your partner.

3) Work with your partner to design and draw a poster that sells ‘change’. You will need to make change sound like a fantastic thing so that everyone wants to go and get some. Use some of the good things these quotes say about change to help you.