

[illegible]

When something changes

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Sometimes the plan for the day changes.

I can look at my timetable to see the change.

Then I know what is going to happen now.



**Changes can make me feel
nervous.**

**I can breathe slowly or squeeze
something soft.**

**Feeling nervous is normal, and it
passes.**



**Sometimes I do not understand
the change.**

**I can ask with words, with my
card or with my board.**

An adult can explain it to me.



Lots of things in the day stay the same.

I can find something I like on my timetable.

Changes can turn out well too.

When something changes

Social story made with inklui.com

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Based on Carol Gray's Social Stories.