Adjusting to New Situations

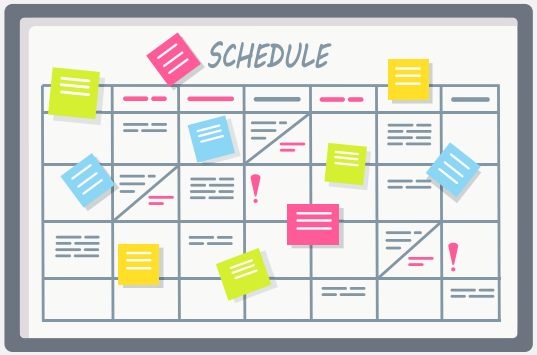
Most days I know what will happen. Sometimes my plans change.

Changes might make me nervous or angry.

If my schedule changes, I should stay calm. There are many things I can do.

I can ask questions.

I can make a schedule.



Sometimes things change, and that is ok.

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