



Together for Neurodiversity
Empowering Futures, Embracing Differences



I Can Cope with Change



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Sometimes, things change.
Change means something is different.



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There might be a change to my routine,
my plans, or where I go.



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Change can feel confusing or make me
worried.



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It's okay to feel unsure when things are
different.



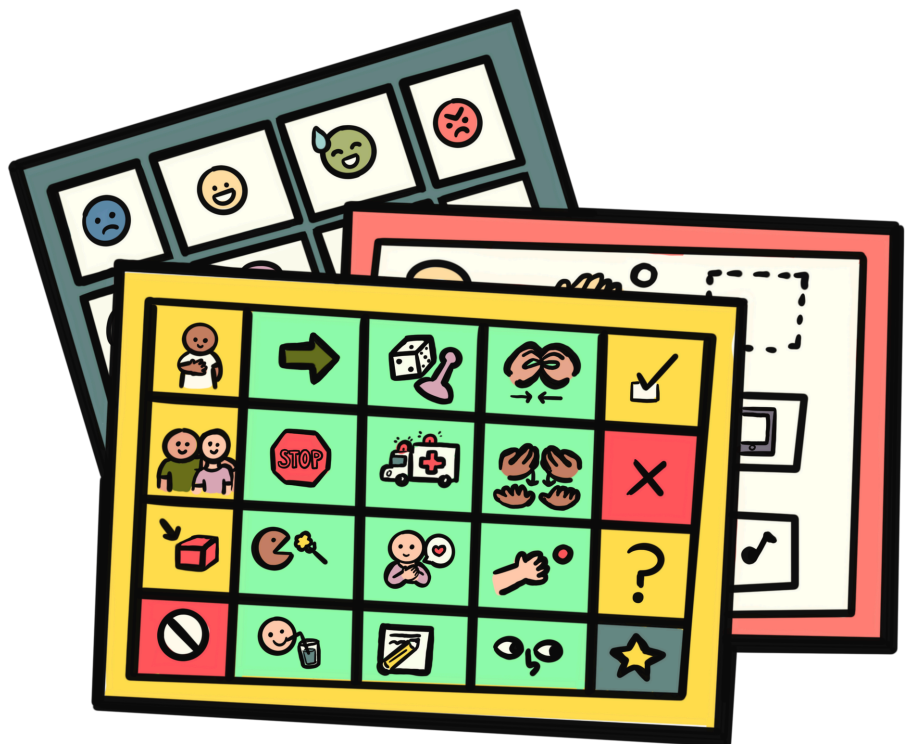
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I can ask, “What is happening now?”



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I can ask for help or use my
communication tools.



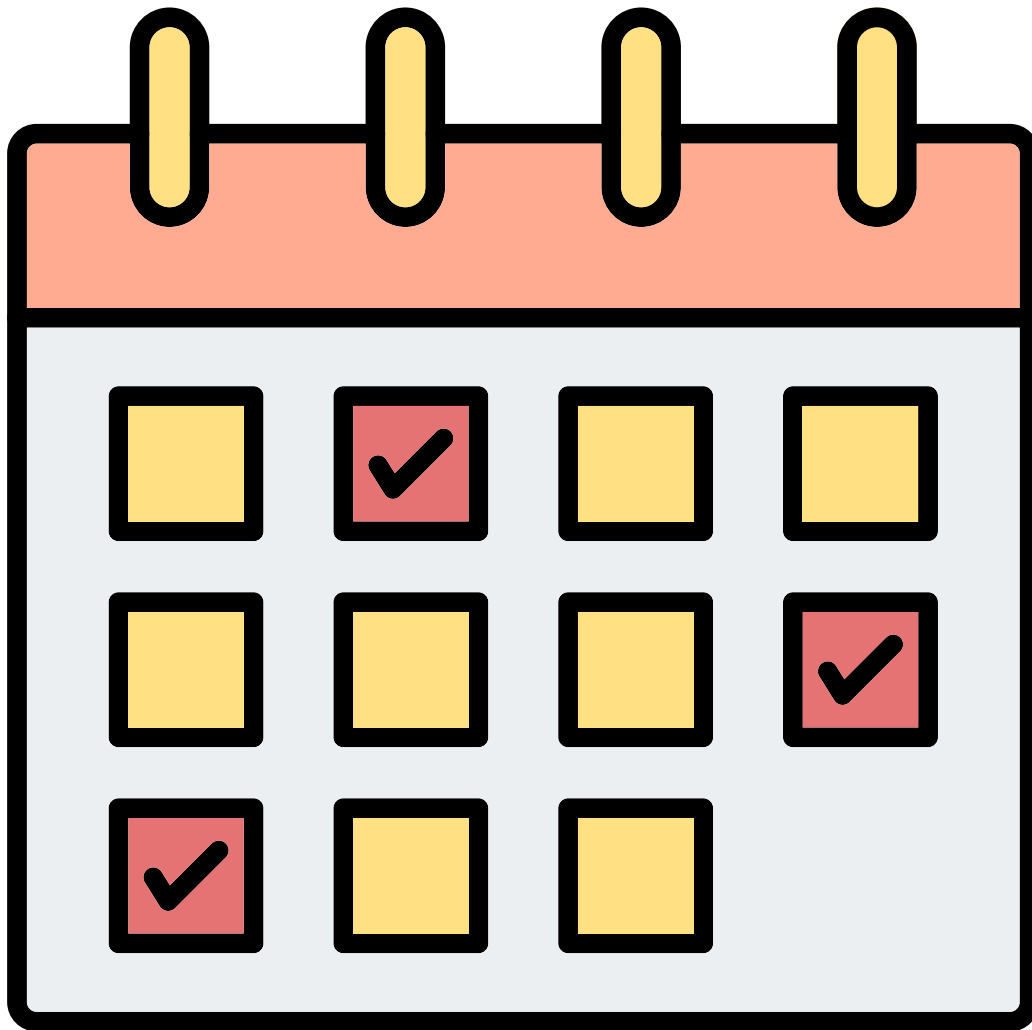
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I can take deep breaths to help my
body feel calm.



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I might look at a visual timetable or
schedule.



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Grown-ups can help me understand
the change.



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Sometimes change can lead to
something new and fun.



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I am learning that I can cope with
change.