



I Can Cope with Change



**Sometimes, things change.
Change means something is different.**



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



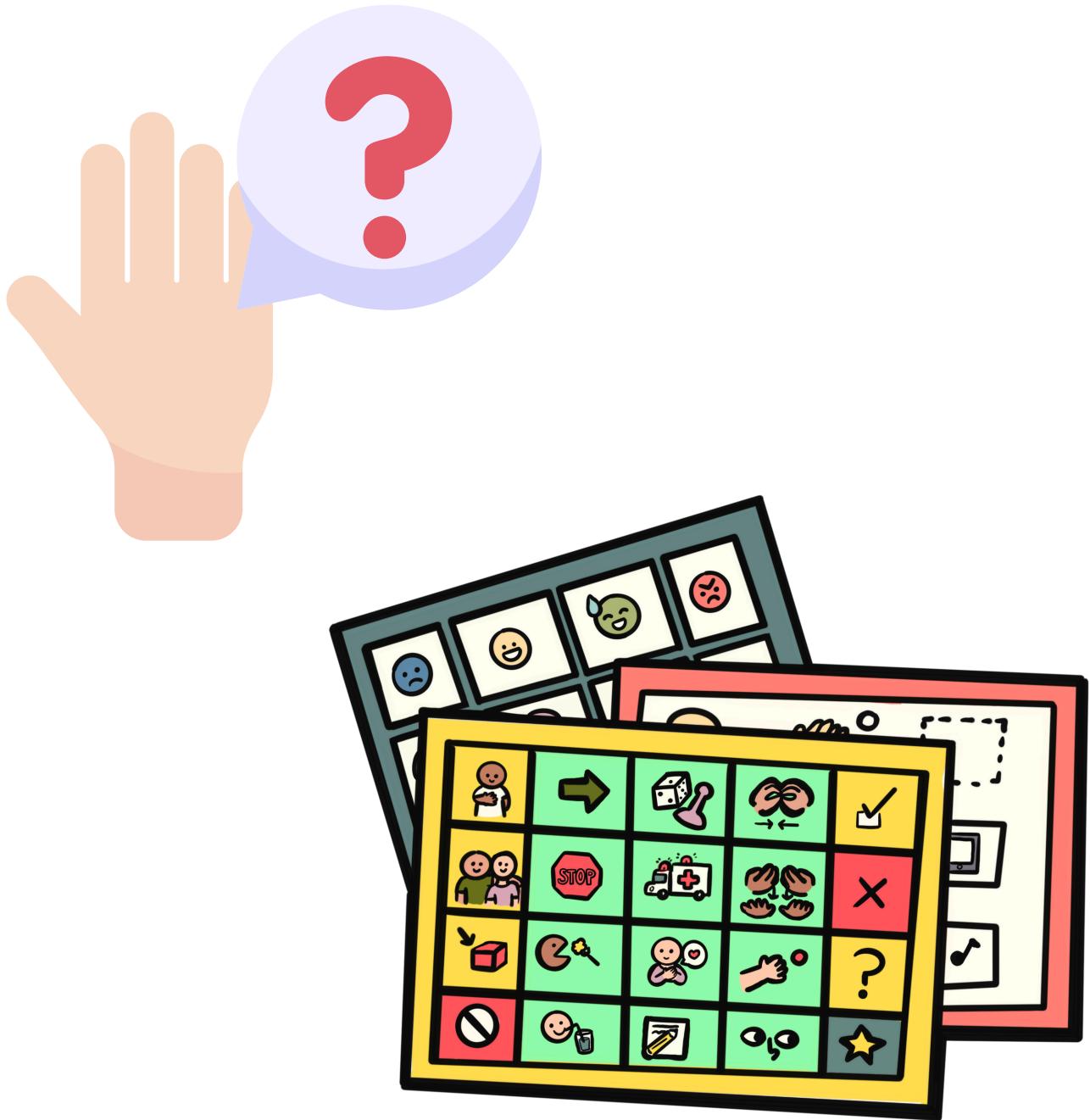
Change can feel confusing or make me worried.



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



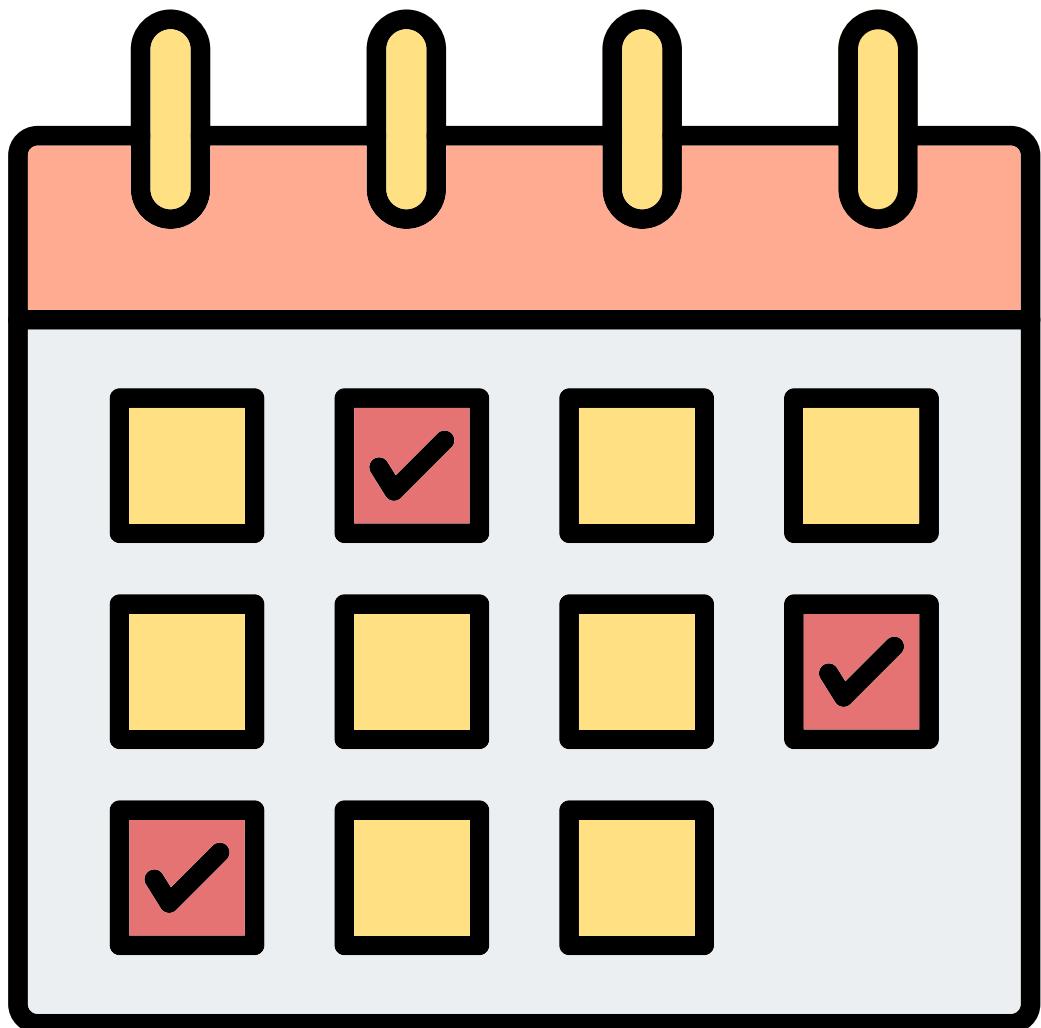
I can ask, “What is happening now?”



I can ask for help or use my communication tools.



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



I might look at a visual timetable or schedule.



Grown-ups can help me understand
the change.



Sometimes change can lead to something new and fun.



I am learning that I can cope with
change.