

Rolling with Changes

Sometimes I make a plan for my day.

I might plan to go for a walk, play outside, or visit somewhere fun.

Usually, things go how I expect—and that feels good.

Other people also make plans.

Sometimes their plans have to change, too.

When something changes, everyone can feel disappointed, frustrated, or sad.

Plans can change for many reasons.

Maybe it starts to rain, or it's too cold or too hot to go for a walk. It might get cut short.

Maybe other people are using the place I wanted to go, or someone isn't feeling well.

Plans can change—it's just part of life.

When plans change, I can take a deep breath and remind myself:

“I can do it another time.” This helps me feel more calm.

I can also use gratitude to help me feel better.

I might say:

“I had fun seeing the ___ earlier.”

“I liked listening to music on the way.”

“I’m glad I got to spend time with my family.”

If I feel upset, I can:

- Look at cool pictures or videos about the thing I wanted to do. Or learn about it later.
- Take care of basic needs: water, snack, rest
- Ask someone for a hug or some quiet time.
- Make a plan for another day

Everyone feels disappointed sometimes when plans change. I can express how I feel using words like “upset, disappointed, or frustrated”.

Even if I am disappointed, I help myself feel better faster.

Being flexible makes it easier to enjoy the rest of my day.

When plans change, I can remind myself:

“It’s okay. I can do it another time.”

“There are still good things happening today.”

I am learning to roll with changes—and that makes me strong and adaptable.