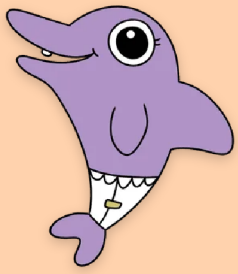
SPECIAL EDUCATION · K–5TH GRADE · SOCIAL STORIES · 5 OF 5

When Plans Change

Read the story with a grown-up. Then draw something that helps you feel calm.



Name: _____ **Date:** _____

1



Every day has a plan. Sometimes the plan changes.

2



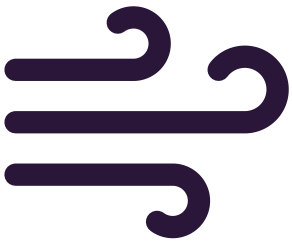
Recess might be inside because of rain, or we might have a special visitor.

3



When plans change, I might feel sad, mad or worried. That is okay.

4



I can take three slow breaths to help my body feel calm.

5



I can ask my teacher, "What happens next?"

6

Draw something that helps you feel calm.

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