



Today is different

- Sometimes a day is different from my normal day.
- I like it best when my day is full of the usual stuff. When things change it can make me feel a bit wobbly. When this happens I need to do my best to stay okay. Things that can help me:
 - I can try not to worry too much and think about something else
 - I can do a calming activity like drawing or a puzzle
 - I can ask a grown-up for a little help
 - I can remember times when things changed and I was okay.
- Now and again there are days that are different. I can try to stay okay about the things that are different. I can remember that I will be okay.

