



## Tomorrow will be different

- Tomorrow things will be a little different from my normal day.
- Tomorrow we are doing something different. This means that the things that I normally do tomorrow might change. A lot of things will be the same but some things will be different.
- Tomorrow I am going to be brave and try not to worry about anything that is different. I can remember that, sometimes, it can be fun to try new things!
- Tomorrow I am going to be okay. There will be grown-ups who can help me. I can ask them to help me if I feel worried about anything. I can also do a calming activity if I need to keep myself feeling okay.
- Tomorrow will be different. If I feel a little worried I can ask for help. I will be okay.

