

My Daily Helper

Pink Bunny & Friends

Plans Sometimes Change



**A Social Story About
Learning What to Do When Plans Change**

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I Have a Plan



A picture schedule helps me know what I expect to happen.

Ask Together

How could this step help you?



Something Changes



Weather, people, or unexpected events can make the plan change.

Ask Together

How could this step help you?



A Helper Shows the Change



A trusted person can explain what changed and show me what happens instead.

Ask Together

How could this step help you?



I May Feel Disappointed



I may feel sad, worried, or frustrated. It is okay to have those feelings.

Ask Together

How could this step help you?



I Pause and Breathe



I keep my body safe and take a slow breath before choosing what to do.

Ask Together

What helps your body during this step?



I Look at My Choices



My helper may offer two safe choices that fit the new plan.

Ask Together

How could this step help you?



I Choose a New Plan



I choose an option or ask for more information.



Ask Together

How could this step help you?



I Update My Schedule



I move the picture cards so my schedule matches what will really happen.

Ask Together

How could this step help you?



I Try the New Activity



I give the new activity a try. I can ask for support as I adjust.

Ask Together

How could this step help you?



Great Job - I Handled Change!



Changes can be difficult, but I used my supports and moved forward.

Ask Together

What part of this story are you proud of?

