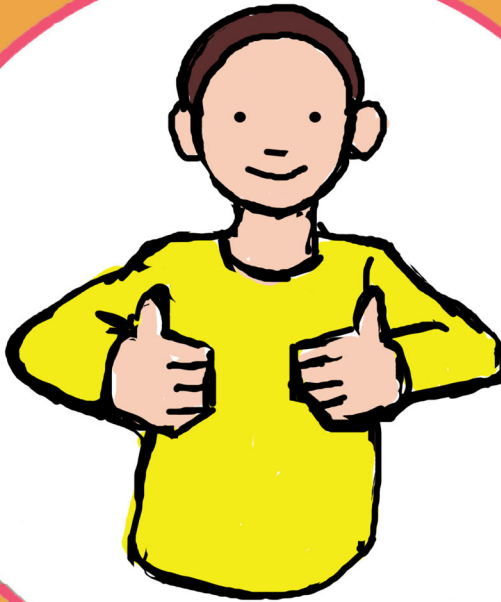


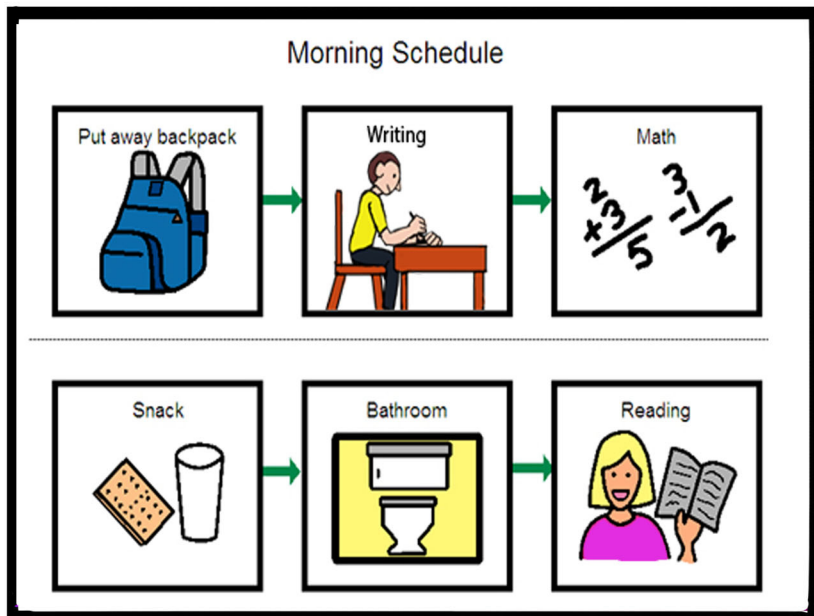
# Changes Are Okay



**OK**

Changes Are Okay

Everyday I have a schedule I follow.



Everyday



I



have

a



schedule

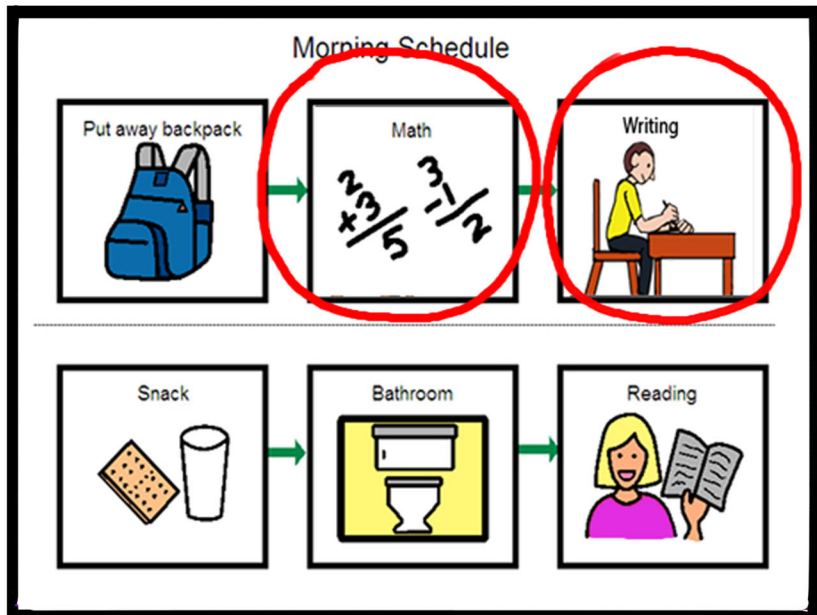


I



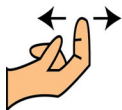
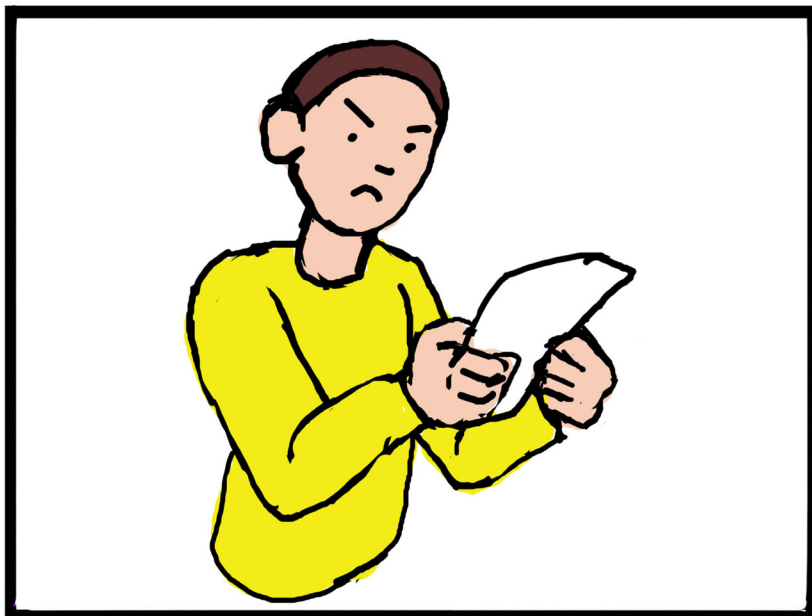
follow.

Sometimes there are changes to the schedule.



Sometimes there are changes to the schedule.

I can get upset or frustrated when there is a change to the schedule.

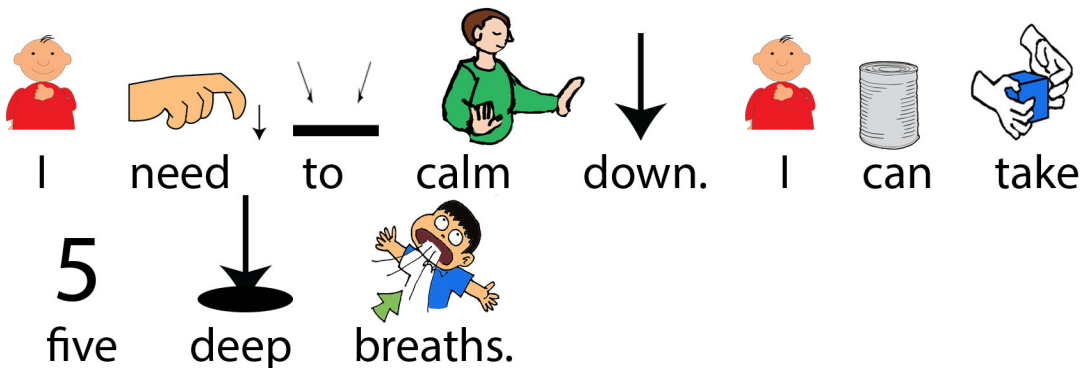
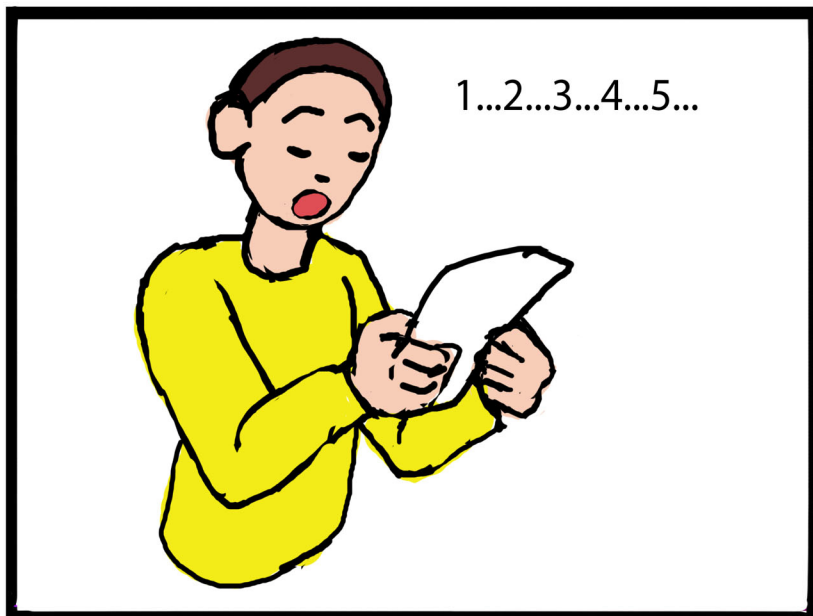


I can get upset or frustrated when

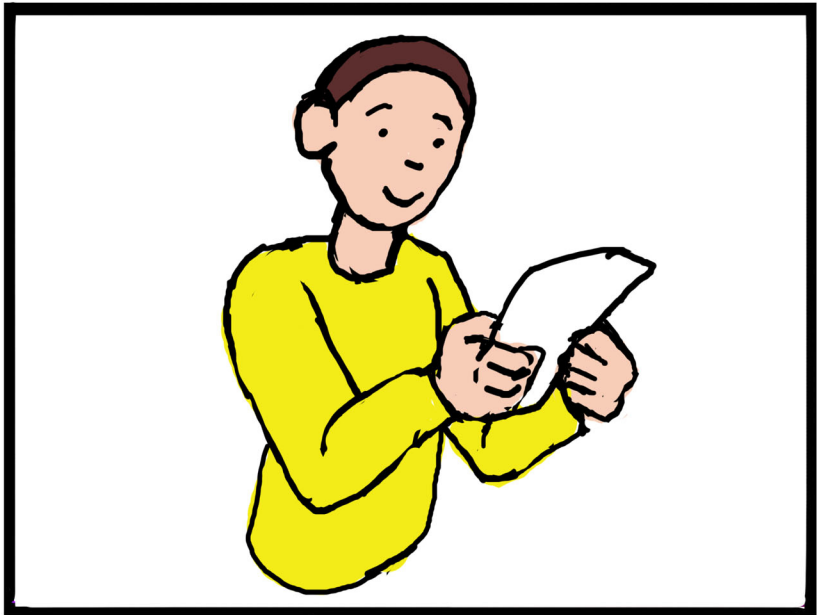


there is a change to the schedule.

I need to calm down. I can take five deep breaths.

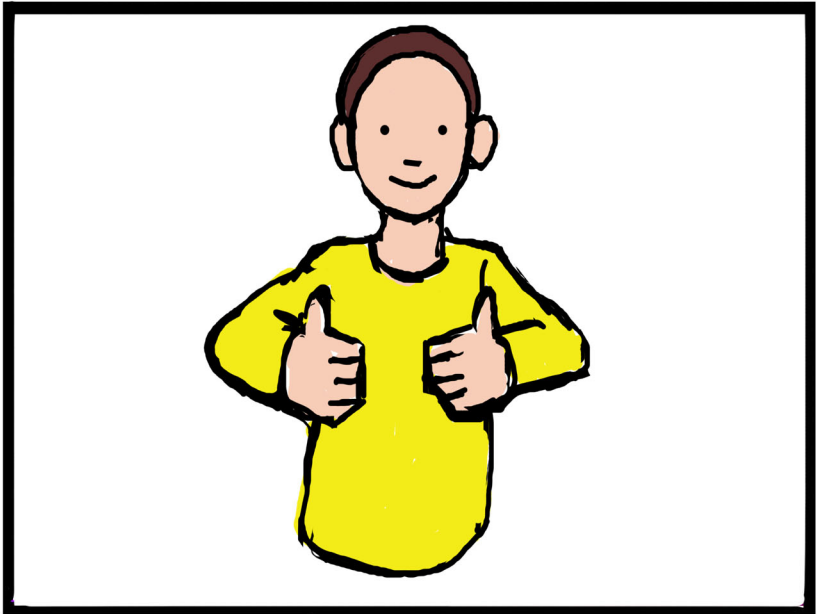







It okay if there is a change in the schedule.



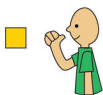
It is okay if there is a change in  
the schedule.

It is no big deal.



      
It is no big deal.

My teacher, parents and friends are happy when I am calm.



My



teacher,



parents

&

and



friends

=

are



happy



when



I



am



calm.