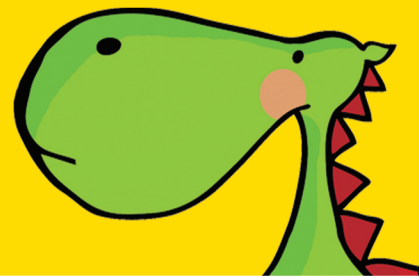




When the plan changes...



1. Explain why the plan has changed and acknowledge how this change might affect the child (anger, anxiety, frustration, confusion, disappointment, unmet expectations, broken promise).

Ex: I understand that you might feel disappointed that you won't get to finish playing with your friend, but I just received an important phone call and we need to go back home because...

2. Allow them to finish what they are doing if possible or explain why their current activity will have to be interrupted.

3. Be as specific as you can be when explaining what is going to happen. If they don't have a sense of time yet, use a measure that they can understand (after two turns on the slide).

4. Explain the new plan and break down what needs to happen in simple steps. Make sure they understand what they need to do now. (Ex: Since recess is going to be indoors today, these are the games and activities that you can play...)

5. Acknowledge the child's efforts to adapt to the new plan, encourage them by stating the desired behavior. (ex: I know this change doesn't make you very happy, but I believe you'll be able to find a way to enjoy yourself if you listen to the new instructions with an open mind and try the activities...) Thank them for their efforts and cheer them on when they do well.

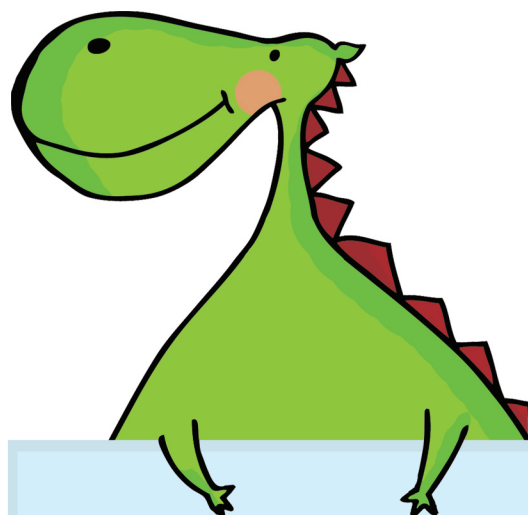
1. Take a few deep breaths and try to use your words to explain how this change makes you feel.

2. If something is very important to you, find a way to ask for what you need. Sometimes a new solution might be discovered, or suggest one if you have one in mind. (Ex: I would really like to finish my drawing, can I bring this home to finish it?)

3. Ask questions so that you can have a better idea of what the new plan is.

4. Be open to trying something new.

5. Be proud of yourself for showing courage!



With practice and effort, I can adapt to new plans without feeling stressed or anxious!