












Things That Help Before A Change


Getting ready for change can help our brains and bodies feel safer and calmer. 



1 Changes I Might Need To Prepare For














- | | |
|--|---|
| <input type="checkbox"/> a new place  | <input type="checkbox"/> holidays / trips  |
| <input type="checkbox"/> a different routine  | <input type="checkbox"/> plans changing  |
| <input type="checkbox"/> visitors  | <input type="checkbox"/> trying something new  |
| <input type="checkbox"/> school / work changes  | <input type="checkbox"/> busy events  |
| <input type="checkbox"/> appointments  | <input type="checkbox"/> transitions  |

 Something else I might need help preparing for...

2 Things That Help Me Feel More Ready




- | | |
|---|--|
| <input type="checkbox"/> knowing the plan  | <input type="checkbox"/> seeing pictures first  |
| <input type="checkbox"/> visual schedules  | <input type="checkbox"/> comfort items  |
| <input type="checkbox"/> reminders  | <input type="checkbox"/> knowing who will be there  |
| <input type="checkbox"/> extra time  | <input type="checkbox"/> breaks afterwards  |
| <input type="checkbox"/> asking questions  | <input type="checkbox"/> quiet time before  |


 Something else that helps me feel prepared...

3 My Calm Plan


Thinking ahead about what I need can help me feel more in control.

 Who can help me?




 What can I bring?






 What helps me stay calm?



 What can I do afterwards to rest?



 It's okay to need time, support, and preparation for change.


 Preparation can help change feel safer and less overwhelming.
