

# THINGS ARE DIFFERENT TODAY

A Social Story About Changes  
in Routine

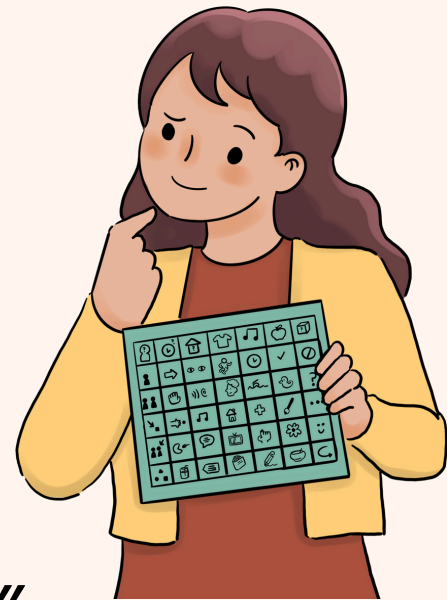


# SOMETIMES, THINGS CHANGE

I usually have a schedule. I like to  
know what's happening next.  
Sometimes, the plan can change.

I can use my talker to say:

*"What's next?" or "What happened?"*



# CHANGE CAN FEEL DIFFERENT

When things change, I might feel surprised, confused, or upset. That's okay!

I can use my talker to say:

*"I feel \_\_\_\_\_ (mad, sad, okay, nervous, excited)"*



# PEOPLE HELP ME UNDERSTAND

My parent, teacher, or therapist can tell me what's different. They might show me a new schedule, or tell me with words or pictures.

I can use my talker to ask:

*"Why?" or "What now?"*



# I CAN STILL USE MY WORDS

Even when things change, I can still use my talker. I say:

*"I don't like that"*

*"That's okay"*

*"I need help"*

*"I want a break"*



# I CAN HANDLE CHANGE

Change can be hard, but I can handle it.  
I can breathe, talk about it, and ask for  
help.

I can use my talker to say:

*"I can do it!" or  
"I'm okay"*



# THINGS WILL BE OKAY

Even when things are different, I can  
still have a good day. People will  
help me.

I can say:

*"Thank you" or "All done!"*

