When Plans Change: My Small Choices

Help children identify a familiar next step when everyday plans change.

WHY THIS ACTIVITY EXISTS

This two-page kit helps with everyday communication or practical preparation. It is not an assessment or a clinical exercise. If your child is not interested, skip it.

HOW TO USE IT TOGETHER

Name what changed clearly, validate the response, and offer one or two concrete choices that you can keep.

THREE SMALL STEPS

1. Draw one small change that happens in an ordinary day. 2. Circle a feeling word that could fit. 3. Pick one thing a grown-up might do to help.

WORDS TO TRY

Say something like: “I need to know what happens next.” Let your child change the words, point, draw, or decline.

WHEN TO STOP

Use neutral everyday examples, not frightening or traumatic changes.

MAKE IT ACCESSIBLE

Read aloud, write for your child, use pointing, or do just one part. This is a conversation invitation, not homework.

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This page is yours. You can change it, skip it, or make it your own.

1 Draw one small change that happens in an ordinary day.

2 Circle a feeling word that could fit.

3 Pick one thing a grown-up might do to help.

MY DRAWING OR NOTES

You may want to choose:

[ ] Tell me what happens next

[ ] Give me time

[ ] Show me a picture plan

[ ] Sit with me