When Plans Change: Three-Step Map

Practice a simple sequence for a pretend, everyday change of plans.

Try it together (or skip any part)

1. Draw a pretend plan, such as going to the park.
2. Imagine a simple change, such as rain.
3. Make a new plan with one or two doable options.

Create, draw, or write your idea

There is no right answer. You may leave this space empty.

One thought to remember

A new plan can still have choices.

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A short guide for the grown-up supporting this activity.

Why this activity can be useful

The activity encourages clear explanations and realistic next steps, not forcing calm.

How to introduce it

Invite rather than assign: "Would you like to try a short activity together?" A child may point, draw, answer briefly, or decline.

Read one step at a time. Offer simple choices and follow the child's pace. Do not request stories about frightening experiences.

One possible conversation

“The park is closed today. We can choose a different activity.”

You might respond: "Thanks for telling me. You can change your mind or take a break."

Optional way to continue

Create a fun alternative plan for a rainy day.

When to pause

Stop if the child looks distressed, withdrawn, overwhelmed or asks to stop. Do not push to finish. Seek qualified advice for persistent concerns.

Safety boundary: This tool does not provide a home EMDR procedure, bilateral stimulation, or treatment for traumatic memories.

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