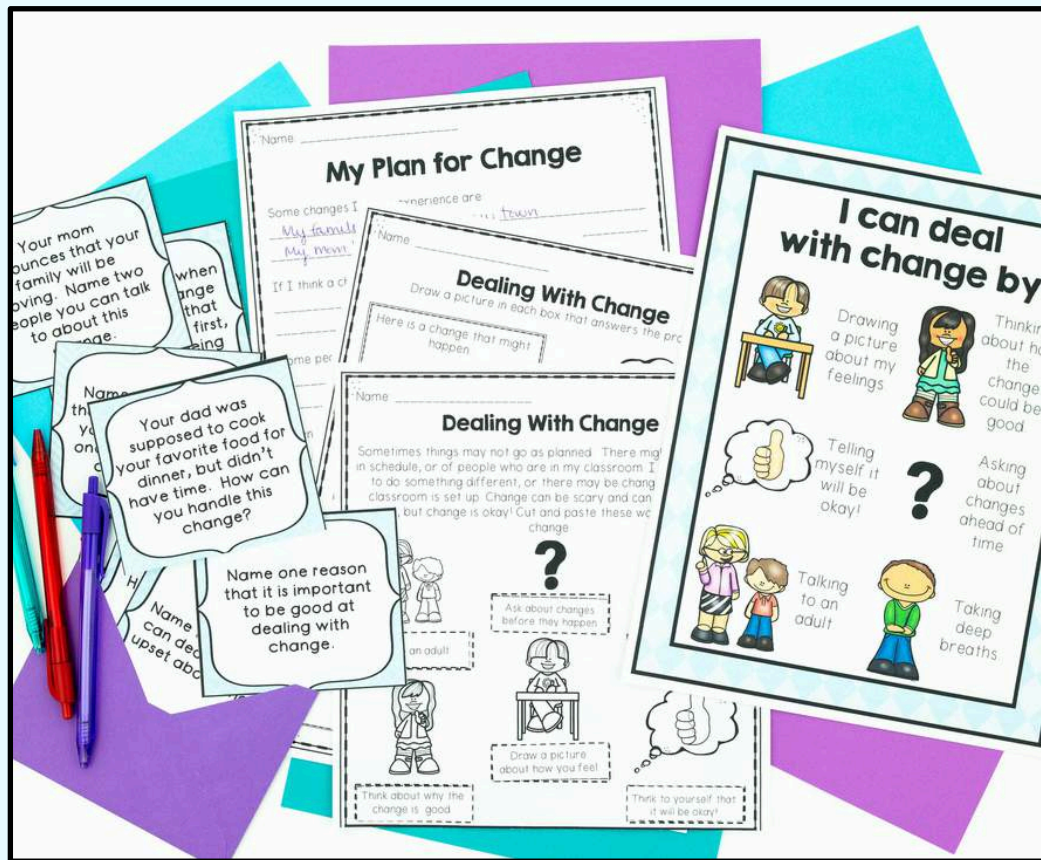


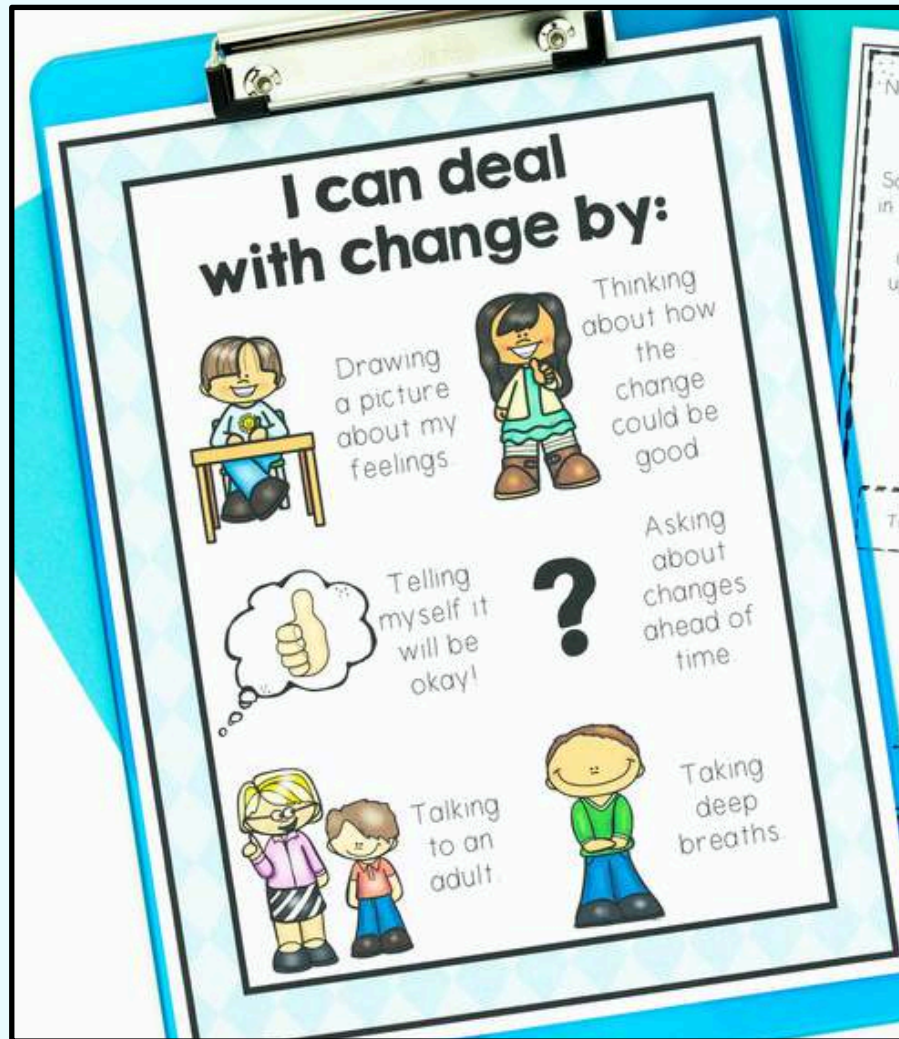
Teach your students flexible thinking strategies to help them better handle change!



Perfect for:

- Social skills lessons or small groups
- Coping skills lessons or small groups
- Students who struggle with change
- Students who have Autism
- Students who are currently experiencing, or may experience change

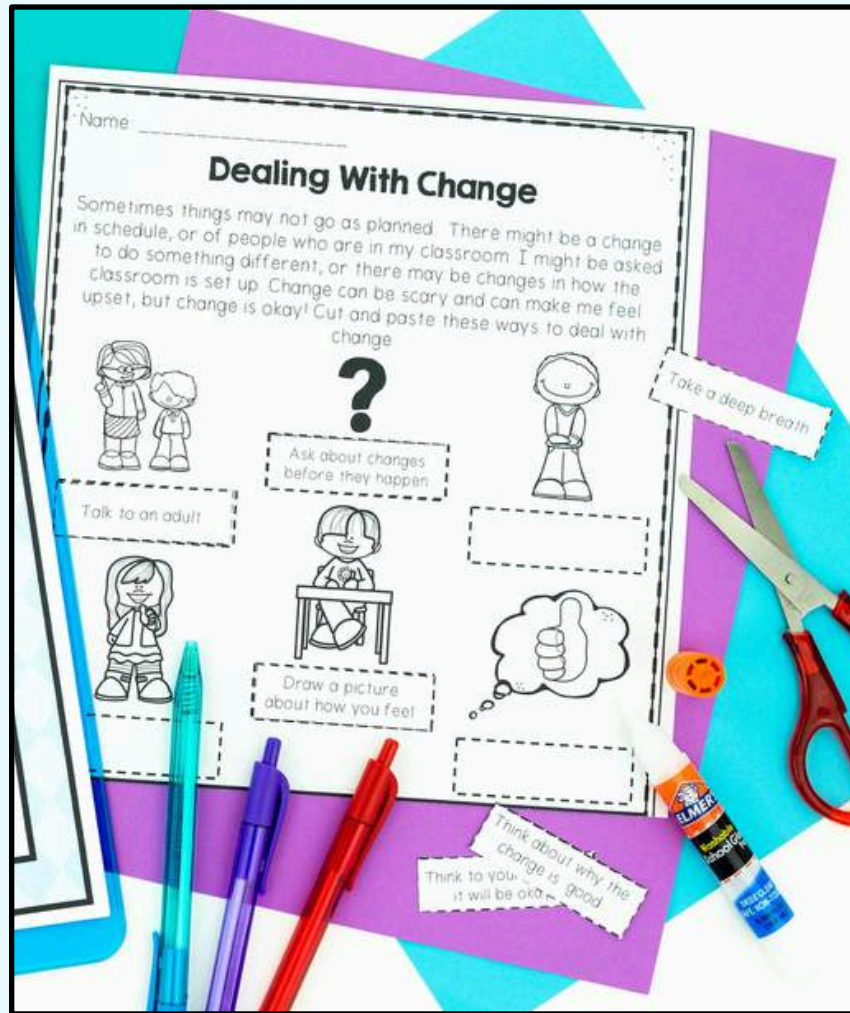
POSTER/VISUAL AID



The poster can be used as a visual aid for the activities in this resource, or displayed in your classroom or office.

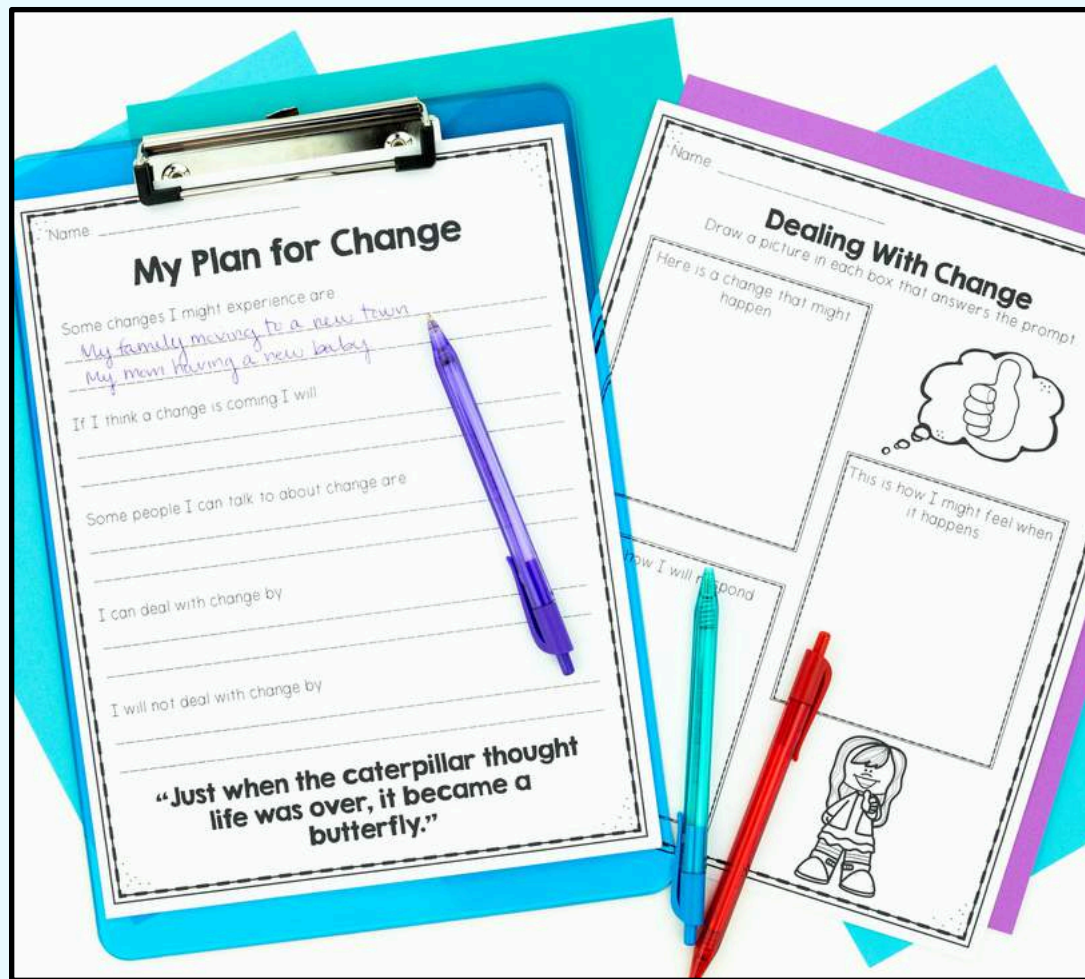
Comes in color and B&W.

CUT AND PASTE ACTIVITY



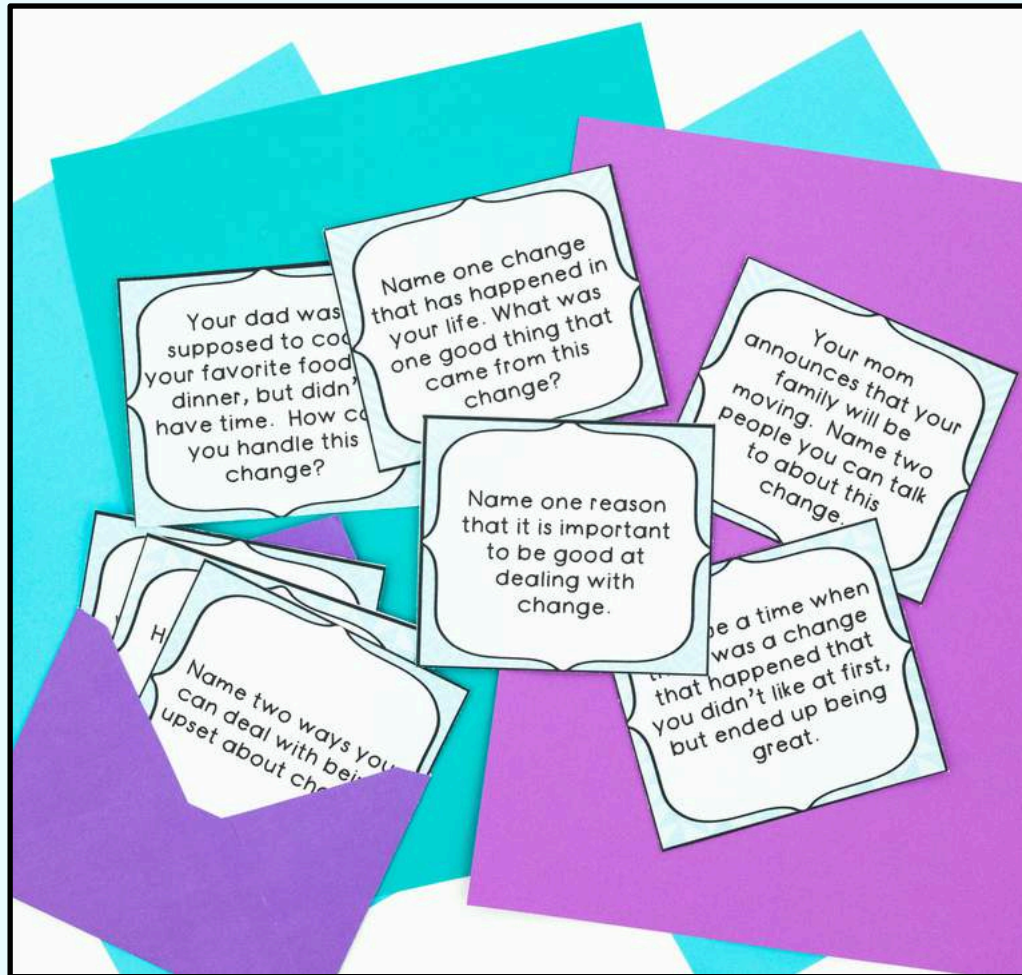
In this activity, kids will learn about 6 strategies they can use to deal with change.

2 WORKSHEETS



Use these worksheets to help students apply the strategies they have learned.

24 TASK CARDS



These task cards will help students discuss and reflect on dealing with change.

INCLUDES GOOGLE SLIDES

The materials in this resource are also included in a Google Slides format. This is great for educators doing distance learning or looking to incorporate technology in their lessons!

<p>You were excited to go to a sports game, but it was cancelled due to the weather. How can you respond to this change?</p> <p>Insert Text Here</p>	<p>Your school started an hour later because of the weather, and now your school schedule is different. How can you respond to this?</p> <p>Insert Text Here</p>
<p>A family member just moved into your house. How can you handle this change?</p> <p>Insert Text Here</p>	<p>Your dad was supposed to cook your favorite food for dinner, but didn't have time. How can you handle this change?</p> <p>Insert Text Here</p>

Name _____

My Plan for Change


Some changes I might experience are:

If I think a change is coming I will:

Some people I can talk to about change are:

I can deal with change by:

I will not deal with change by:

 **“Just when the caterpillar thought life was over, it became a butterfly.”**

WHAT OTHERS ARE SAYING...

“Thank you so much for this resource, it has been extremely helpful in helping students understand changes and how to cope with them!”

–Courtney S.

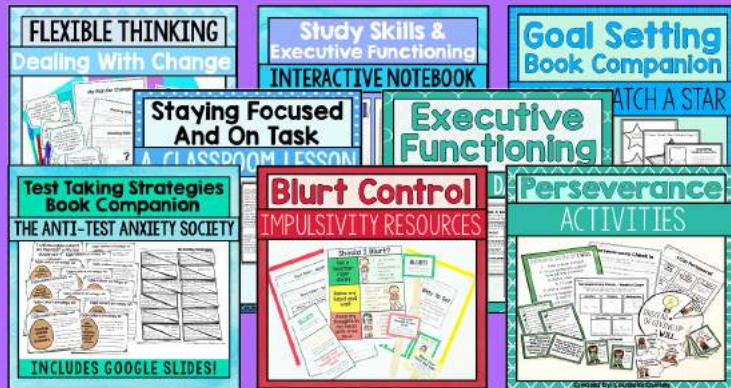
“This is a wonderful resource to use with my individual counseling students, who are struggling with flexible thinking.”

– Sherry W.

“Great activities for my students to work on change. There is so much change in a school day this is an important skill to work on and this activity does a great job of describing the tools a student can use.” -Karen T.

TEACHING ABOUT EXECUTIVE FUNCTIONING SKILLS? BUNDLE & SAVE!

EXECUTIVE FUNCTIONING RESOURCE BUNDLE



These activities are a part of a bundle that includes 8 resources focused on executive functioning skills such as goal setting, self-control, study skills and more.

SEE THE BUNDLE HERE