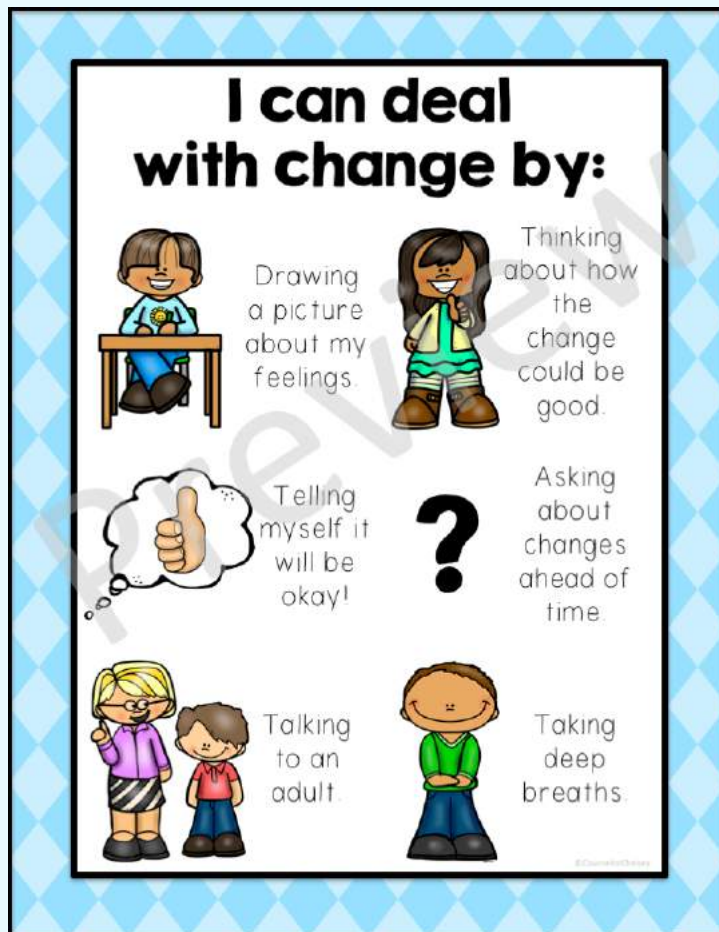


Teach your students flexible thinking strategies to help them better handle change!



Poster Included!

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

Includes two worksheets and a cut and paste activity!

Name _____

Dealing With Change

Sometimes things may not go as planned. There might be a change in schedule, or of people who are in my classroom. I might be asked to do something different, or there may be changes in how the classroom is set up. Change can be scary and can make me feel upset, but change is okay! Cut and paste these ways to deal with change.




Draw a picture about how you feel	Talk to an adult	Take a deep breath
Ask about changes before they happen	Think to yourself that it will be okay!	Think about why the change is good

Name _____

Dealing With Change


Draw a picture in each box that answers the prompt!

Here is a change that might happen:



This is how I might feel when it happens:

This is how I will respond:



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.”

Students will learn 6 strategies for coping with change, and will reflect on how they can use these strategies in real life!

Includes 24 task cards to help students discuss and reflect on dealing with change.

A family member just moved into your house. How can you handle this change?

Your school started an hour later because of the weather, and now your school schedule is different. How can you respond to this change?

Name one change that you might experience at school.

Name one change that you might experience at home.

What is a positive message you can send yourself about change?

Name one change that usually makes you feel upset.

Name one change that you are usually good at handling.

You get to school and find out your schedule will be different because of an assembly. What can you do?

You are upset because you have a substitute teacher in class. What can you do?

Name one change that has happened in your life. What was the good thing that came from this change?

Why is learning to handle change important?

Name something in your life that you would like to change.

Name something that you would like to keep the same forever.

Your teacher is going to be having a baby soon. How can you prepare for having a new teacher?

Your mom announces that your family will be moving. Name two people you can talk to about this change.

What do you want to be when you grow up? Name one way that dealing with change will help you in your future career.

Name two ways you can deal with being upset about change.

Describe a time when there was a change that happened that you didn't like at first, but ended up being great.

Your dad was supposed to cook your favorite food for dinner, but didn't have time. How can you handle this change?







You were excited to go to a sports game, but it was cancelled due to the weather. How can you respond to this change?

Includes a Google Slides component!

Name: _____

Dealing With Change

Sometimes things may not go as planned. There might be a change in schedule, or of people who are in my classroom. I might be asked to do something different, or there may be changes in how the classroom is set up. Change can be scary and can make me feel upset, but change is okay! Click on the ways to deal with change and drop them into the correct box.



Below the illustrations are several dashed boxes for sorting the strategies.

- Talk to an adult
- Draw a picture about how you feel
- Ask about changes before they happen
- Take a deep breath
- Tell yourself it will be okay
- Think about why the change is good

The visual aid, task cards and two of the worksheets are provided in Google Slides.

This is perfect if you are doing distance learning or looking for a way to incorporate technology into your lessons.