

# How I can cope with change

Most days are the same and I know what will happen



Some days there will be changes. But that is ok.



These change might make me feel mad, anxious or scared.



When I feel like this I can ask an adult for help.



Even though some things are changing, there are lots of things that will stay the same.



I can remember this to help me feel calm.



Everything will soon be back to normal.

