

A SOCIAL NARRATIVE

BIG FEELINGS SERIES



When Plans Change



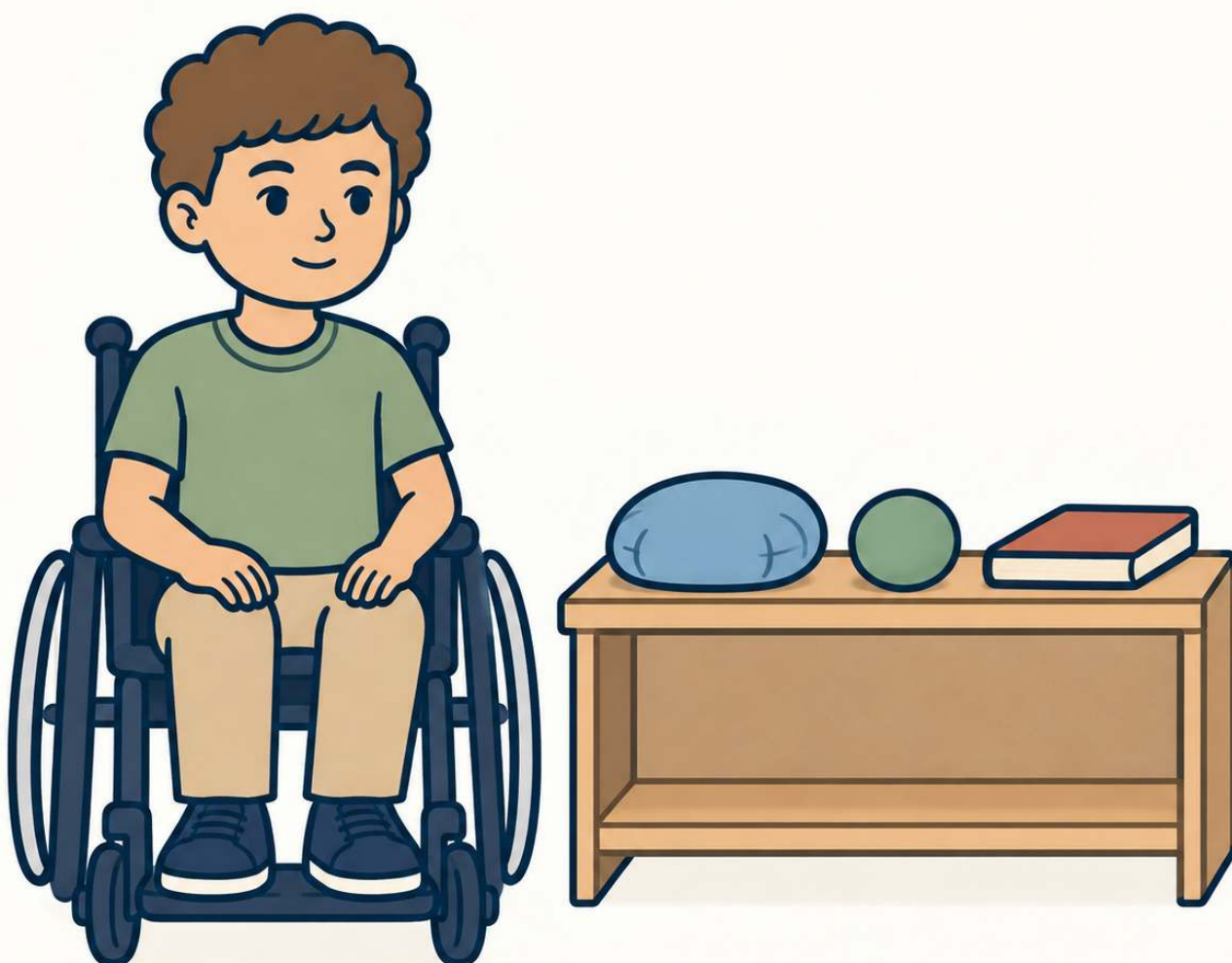
Sometimes a planned activity changes without much warning – an excursion gets moved, or an assembly is cancelled. That happens sometimes, to everyone.



Charlie might feel frustrated when this happens – shoulders tight, or a frown that comes without meaning to. That's the body showing a frustrated feeling.



Feeling frustrated doesn't mean something is wrong with Charlie. A plan changing takes some adjusting to, and that's normal.



Some kids like to ask what happened. Some like a few minutes alone. Some like to keep doing something else until it settles.



At school, the quiet corner is somewhere
Charlie can go.



At home, a familiar spot might help too.



Ms Taylor at school, and a grown-up at home, can help when a plan changes.



Sometimes Charlie isn't ready to talk about it straight away. That's okay. Space can come first.



Plans change sometimes, and then things settle back into the day. That's how feelings work.



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