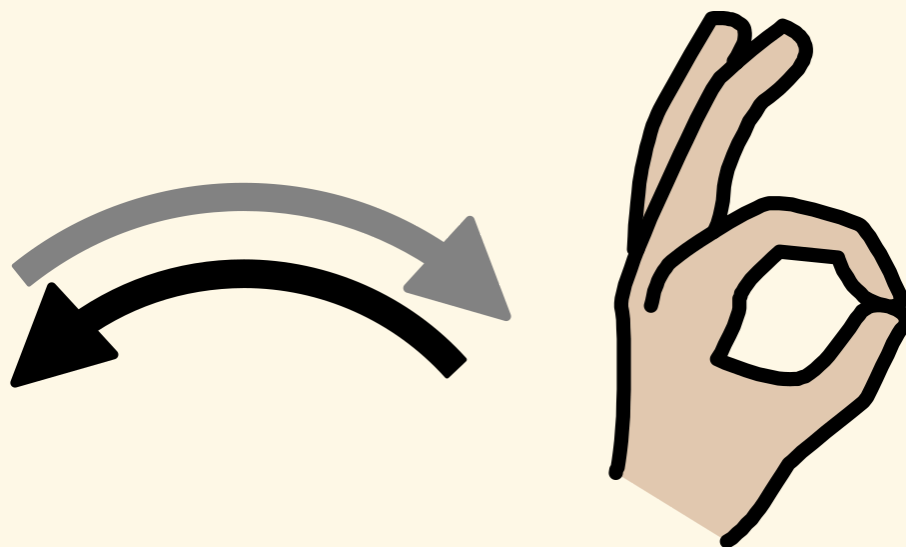
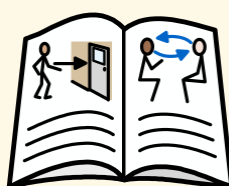




# When Things Change, I Can Be Okay



A Story to Help



# **When Things Change, I Can Be Okay**

## **Symbol Supported Story to Help**

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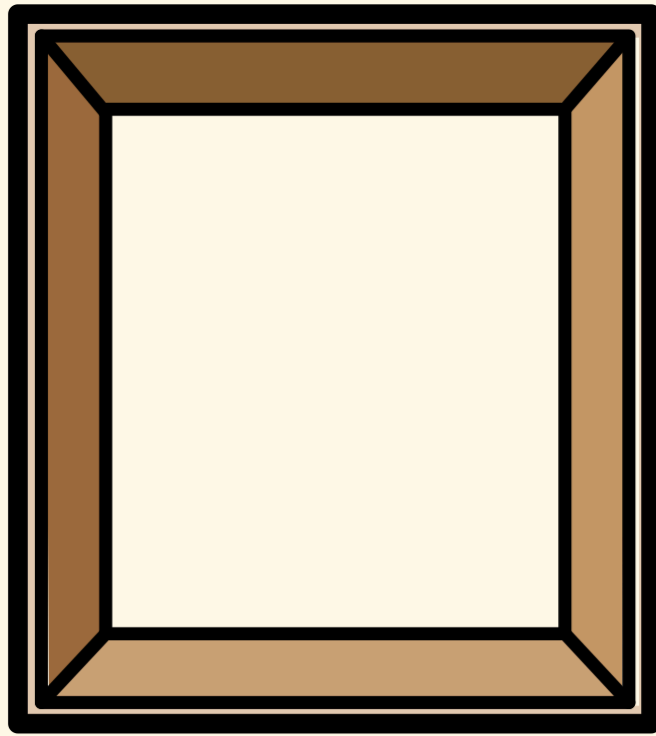
Story written and created in collaboration with Lynn McCann, Autism Specialist at Reachout ASC and author of 'Stories that Explain' published by LDA.

Web: <https://reachoutasc.com/>

Facebook: <https://www.facebook.com/ReachoutASC>

This resource was made primarily with a single skin-tone as it is intended to be used with a specific person. To personalise the story, you can customise skin-tones, change symbol colours and add your own photos. For more information on how to do this, access our free training webinars at <https://www.widgit.com/training/index.htm>

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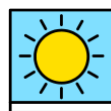
My name is .....



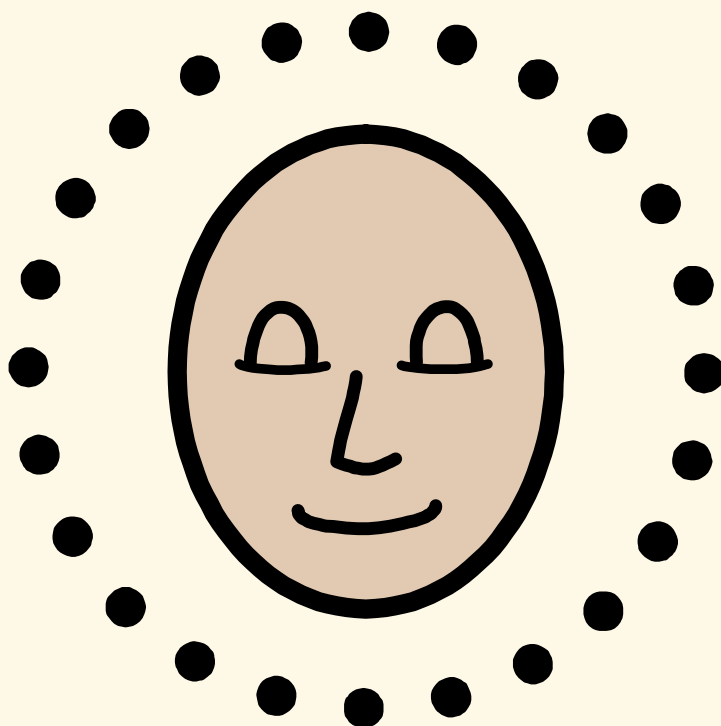
I am in ..... class.



I live at home with .....



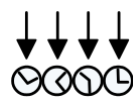
I like to know what is happening in my day.



It is important for me



to have good



routines.



It is important to know



what I am doing.



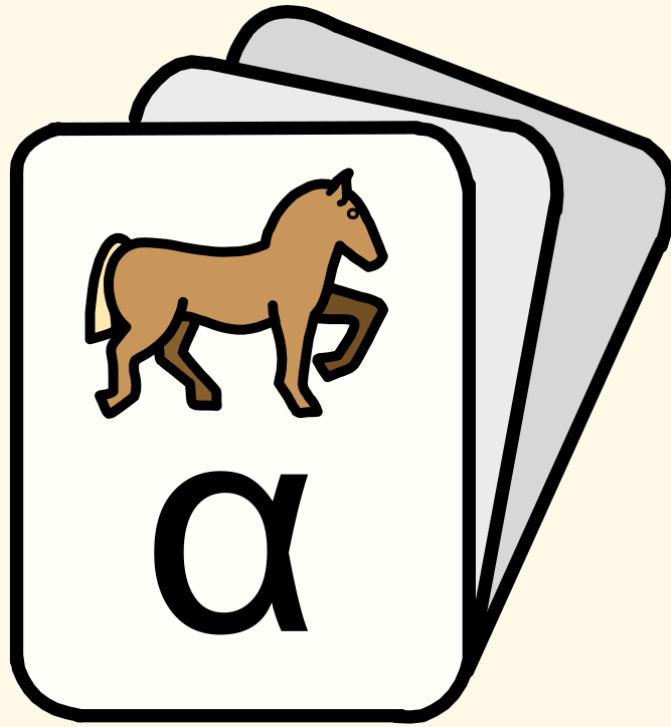
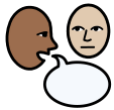
This can help me



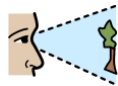
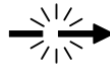
feel safe.



This is good.



Telling me what is happening might help me.



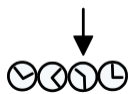
Using visuals so I can see what is happening might help me.



Giving me time to think might help me.



Help is good.



Sometimes things change.



This might make me feel scared, upset or worried.



It can take me brain a long time to understand



that something is different.



My brain



needs time to



work out



what to do.



This is because

I am



autistic.



This is how my brain



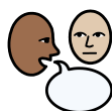
works.



It helps



if people



tell me



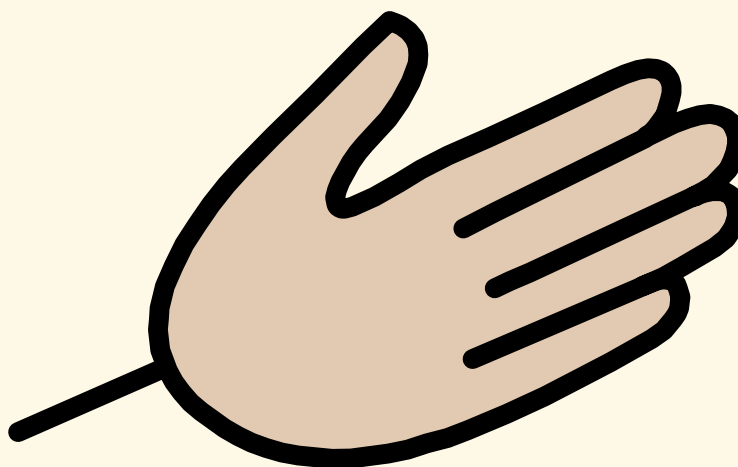
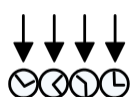
about a change



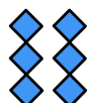
before



it happens.



Keeping my routine



the same



makes me



feel safe.



This is good.

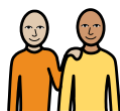


My parents,



teachers

and



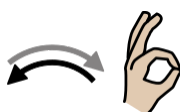
friends



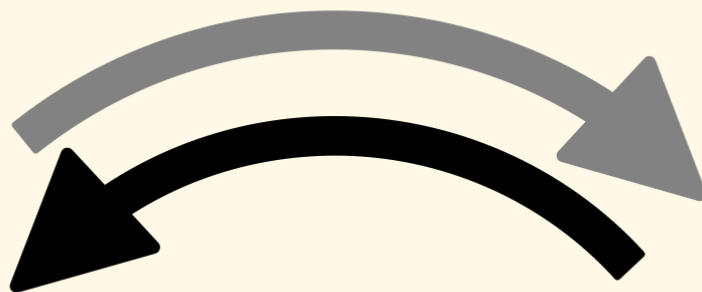
understand this.



They help me



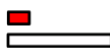
when things change.



It is part of life that things might change.



Some changes are only for a short amount of time.



Some changes might be good for me.



Some changes might be difficult for me.





If it is a difficult



change,



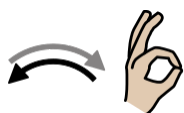
I have people



to help me.



This is good.



When things change,



I can

be



okay.



WELL DONE



ME!



## Things that might help me:

.....

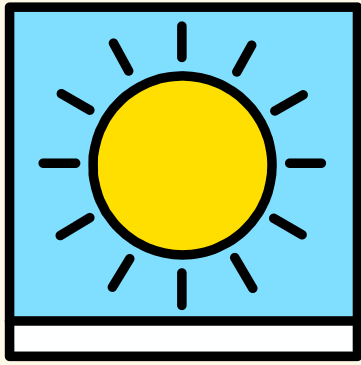
.....

.....

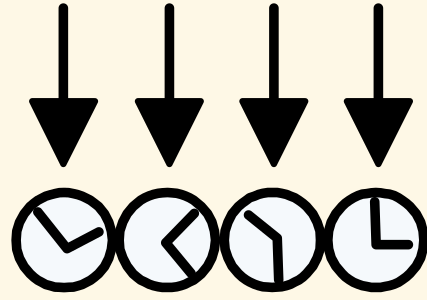
.....

.....

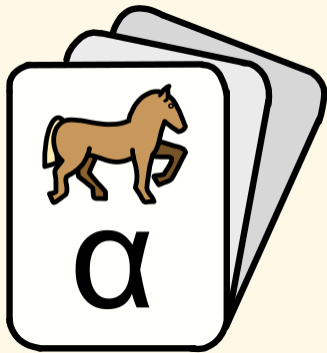
.....



my day



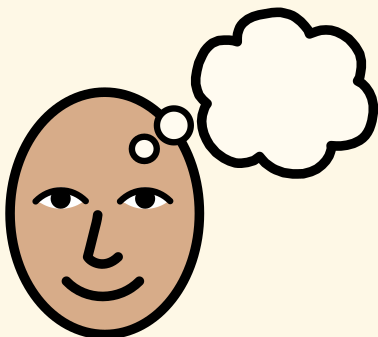
routine



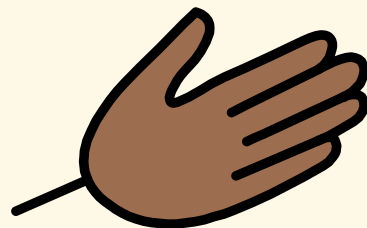
visuals



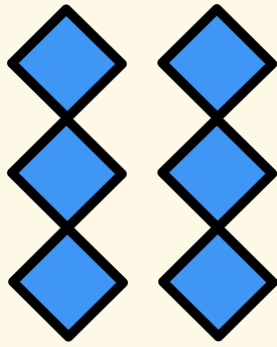
change



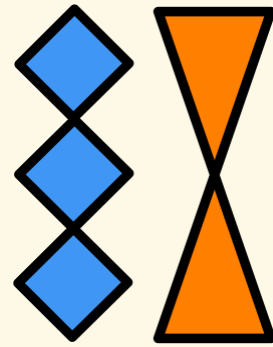
think



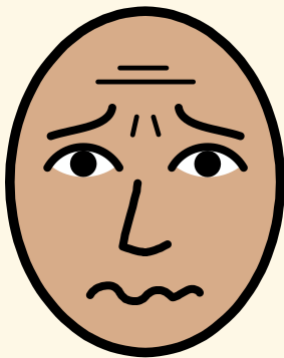
help



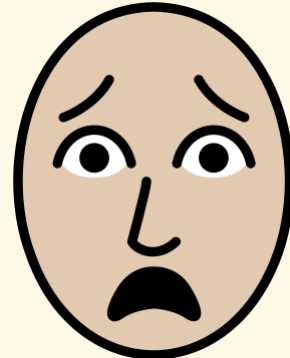
same



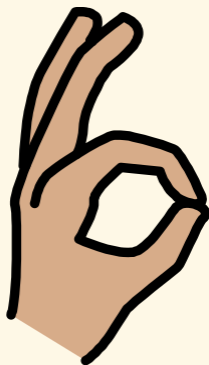
different



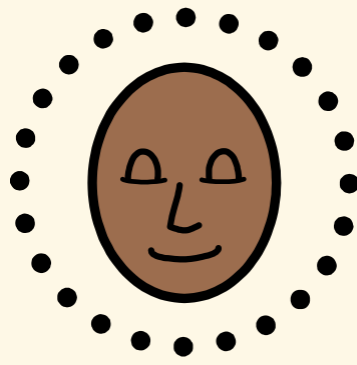
worried



scared



okay



feel safe