

Dealing with change

A social story

Change is when something different happens.

Sometimes I will like changes.



Sometimes I will not like changes.



Often I can not stop changes from happening.

But I can choose the best things to do to help me with the change.

The weather often changes.

I can choose to wear different clothes to make myself more comfortable.



I can handle change.

When I go to high school some things will stay the same.

I will wear a uniform.

I will work in a classroom at a table.

I will have break and lunchtime.

My teachers will care about me.



When I go to high school somethings will change.

I will have a different journey.

There will be different buildings.

I will have new teachers

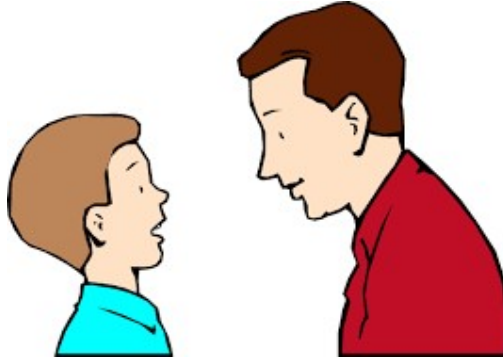
I will make new friends



My new teachers will care about me. I will be safe in school.

I can handle change.

If I am worried about any changes I can talk to an adult about it.
I can do this at home or at school.



I can remind myself that I can handle change.

Soon I will get used to the new things and people.

They will not feel different any more.

Starting high school will be OK.