



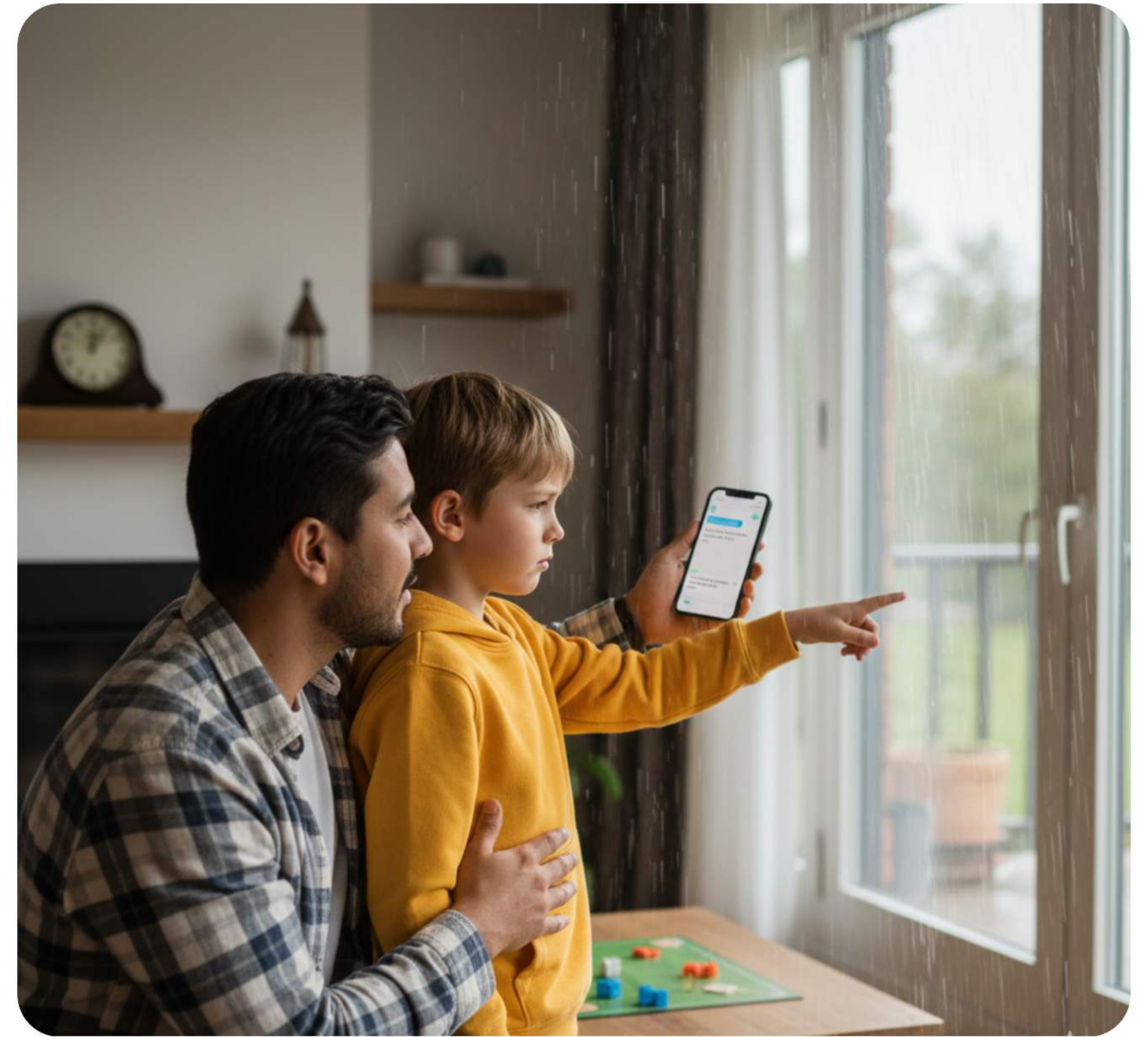
“I like knowing what to expect, and I feel comfortable when plans stay the same.”



“But sometimes plans can change suddenly.”



“Unexpected changes happen to everyone.”



“These changes might happen because of weather, time, people, or other reasons.”



“When plans change, I might feel confused or surprised.”



“Sometimes I might feel frustrated, disappointed, or upset.”



“All these feelings are okay. Many people feel this way during unexpected changes.”



“When a change happens, I can pause and take a slow, deep breath.”



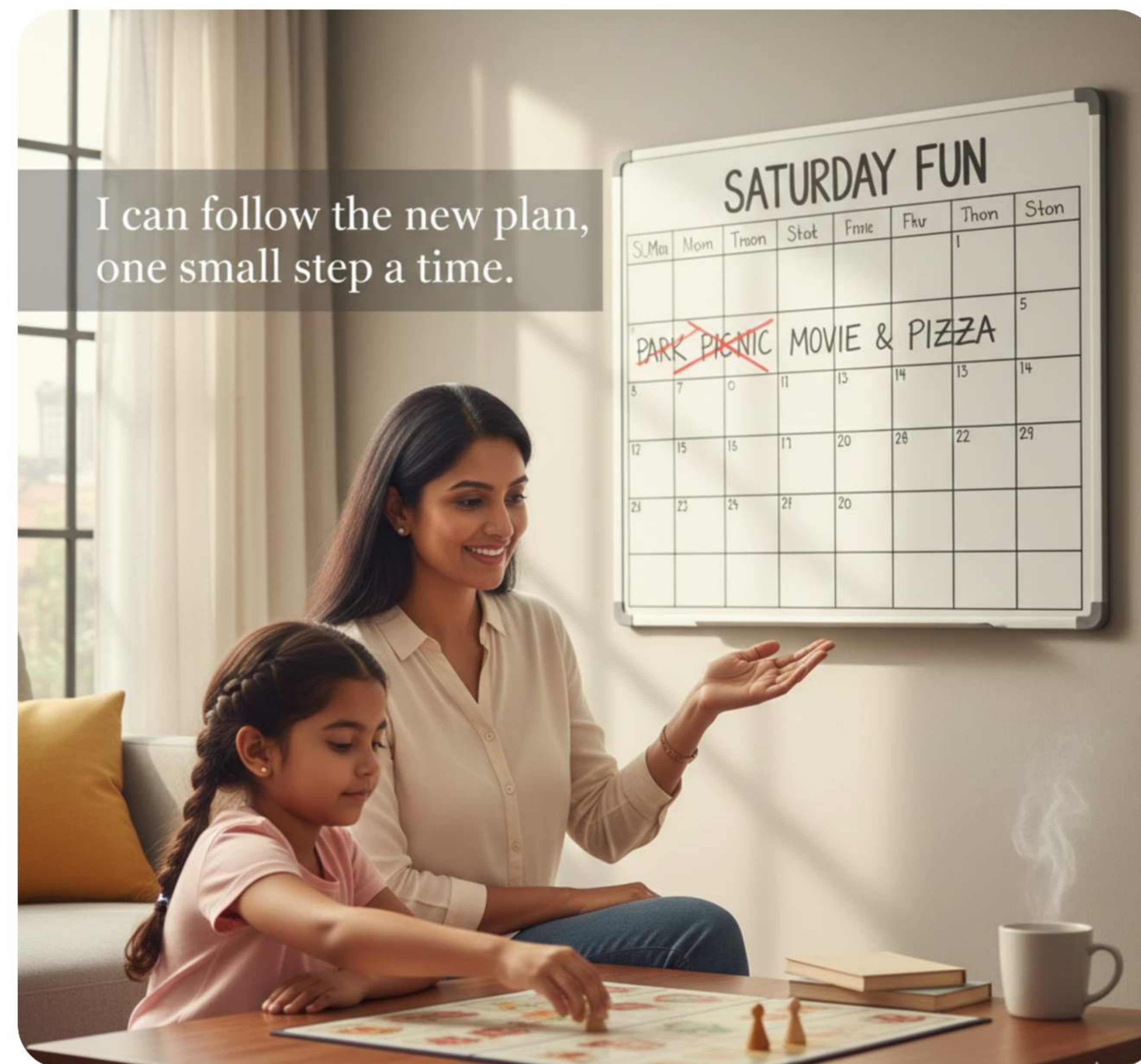
“I can listen to the new plan carefully.”



“If I don’t understand something, I can ask a simple question.”



“I can use words like, ‘Okay, I’ll try,’ or ‘I can handle this.’”



“I can follow the new plan, one small step at a time.”



“Sometimes the new plan turns out to be fun or interesting.”



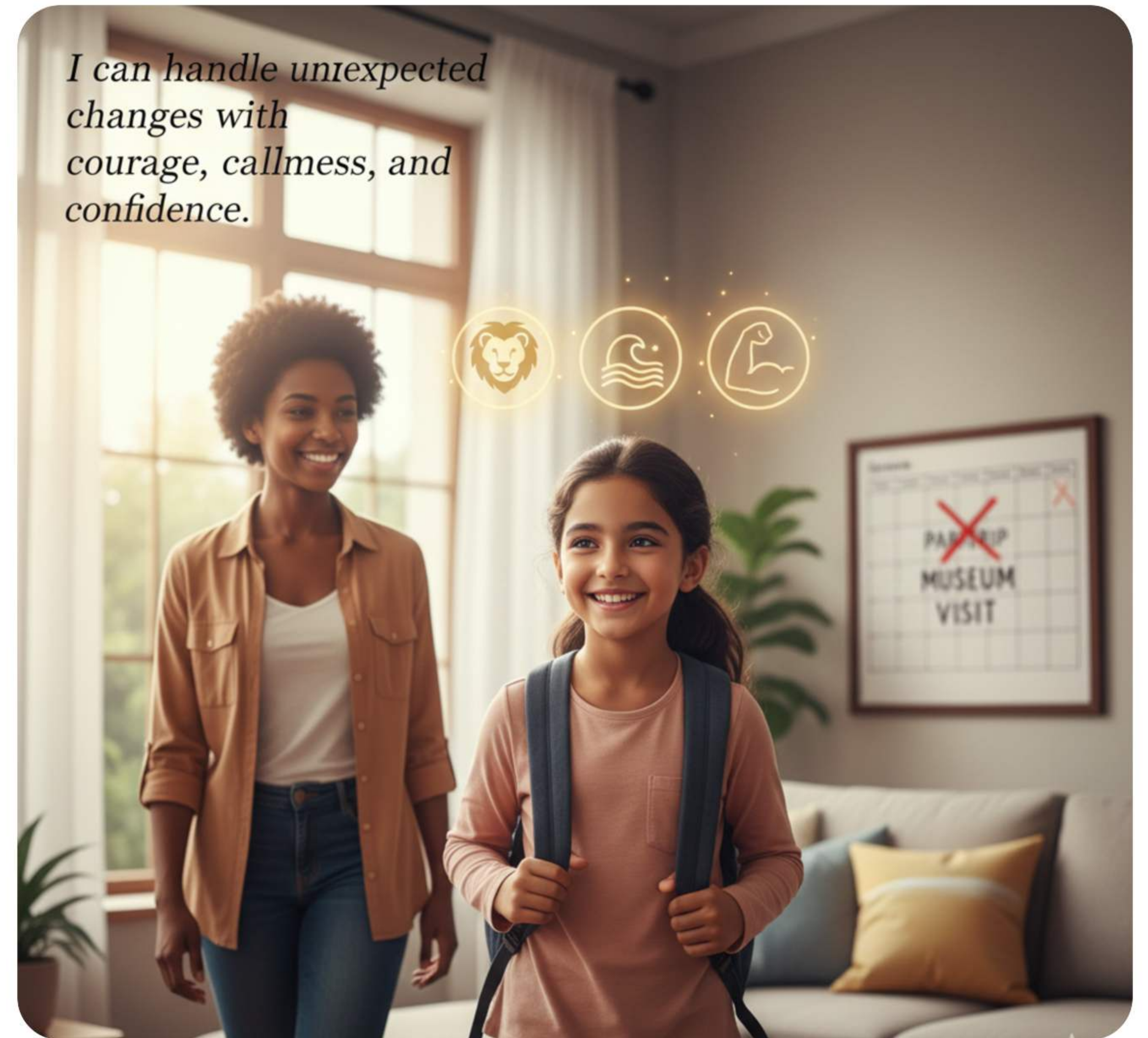
“If I still feel upset, I can talk to someone I trust.”

Each time I manage an unexpected change,
I become stronger and more flexible



“Each time I manage an unexpected change, I become stronger and more flexible.”

I can handle unexpected changes with courage, calmness, and confidence.



“I can handle unexpected changes with courage, calmness, and confidence.”



Vocabulary

- Unexpected

A: Something that happens suddenly or without warning. (Correct)

B: Something I always know will happen.

- Flexible

A: Able to adjust when things change. (Correct)

B: Only able to do things one way.

- Plan

A: A guide for what should happen next. (Correct)

B: A random guess.

- Frustrated

A: Feeling upset when something doesn't go my way. (Correct)

B: Feeling silly for no reason.

- Handle

A: To deal with something in a calm and strong way. (Correct)

B: To ignore something completely.



Spellings

A: Change (Correct)

B: Chenge

A: Plan (Correct)

B: Plann

A: New (Correct)

B: Nue

A: Calm (Correct)

B: Kalm

A: Step (Correct)

B: Stepp



Comprehension

- Why do unexpected changes happen sometimes?
A: Because of weather, time, people, or other reasons. (Correct)
B: Because someone wants to upset me.
- What can I do when plans change suddenly?
A: Pause and take a deep breath. (Correct)
B: Get angry right away.
- What should I do if I don't understand the new plan?
A: Ask a simple question. (Correct)
B: Guess and hope for the best.
- How can I follow a new plan?
A: One small step at a time. (Correct)
B: By trying to finish everything in one second.
- Why can unexpected changes sometimes be good?
A: They might bring something fun or interesting. (Correct)
B: They always ruin the whole day.



Open-Ended Questions

- How do you feel when something changes suddenly?
- What helps you stay calm during unexpected changes?
- Who can help you understand a new plan?
- What is a time when a change surprised you?



Role-Play Activity

- **Scenario 1**

You were supposed to go to the park, but it starts raining. → Practice taking a calm breath and asking, “What can we do instead?”

- **Scenario 2**

A class activity changes at the last minute. → Practice saying, “Okay, I’ll try.”

- **Scenario 3**

A friend cancels a playdate. → Practice choosing a new activity to enjoy.

- **Scenario 4**

You learn about a new plan that seems exciting. → Practice noticing how the change makes you feel.