



“I like knowing what will happen each day.”



“My routine helps me feel safe and ready.”



“But sometimes my routine changes.”



“Changes can happen for many reasons.”



“When my routine changes, I might feel surprised or confused.”



“I might feel worried, upset, or frustrated too.”



“These feelings are okay. Many people feel this way when things change.”



“When something changes, I can take a slow, calm breath.”



“I can listen carefully to what the new plan is.”



“I can ask questions if I don’t understand.”



“I can remind myself, ‘I can handle changes.’”



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



“Sometimes changes bring something new or fun.”



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



“Each time I handle a change, I get stronger and more flexible.”



“I can manage routine changes with calmness, courage, and confidence.”



Vocabulary

- Routine

A: A set of activities I usually do in the same order.
(Correct)

B: Something I do only once a year.

- Flexible

A: Able to handle changes calmly. (Correct)

B: Refusing to try anything new.

- Plan

A: A guide that shows what will happen next. (Correct)

B: A random guess.

- Handle

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

B: To avoid everything.

- Change

A: When something is different from what I expected. (Correct)

B: When everything stays the same.



Spellings

A: Plan (Correct)

B: Plann

A: Niew

B: New (Correct)

A: Kalm

B: Calm (Correct)

A: Step (Correct)

B: Stepp

A: Naow

B: Now (Correct)



Comprehension

- Why does a routine help me?
A: It helps me know what to expect. (Correct)
B: It keeps everything surprising.

- What can I do when a change happens?
A: Take a slow, calm breath. (Correct)
B: Panic and run away.

- What should I do if I don't understand the new plan?
A: Ask questions. (Correct)
B: Stay confused and silent.

- How can I follow a new plan?
A: One step at a time. (Correct)
B: By rushing through everything.

- Why are changes sometimes good?
A: They can bring something new or fun. (Correct)
B: They always make things worse.



Open-Ended Questions

- How do you feel when your routine changes?

- What helps you stay calm during an unexpected change?

- Who can explain the new plan to you?

- What was a change that turned out better than you expected?



Role-Play Activity

- **Scenario 1**

Your usual morning routine changes. → Practice taking a deep breath and listening to the new plan.

- **Scenario 2**

The teacher announces a schedule change at school. → Practice asking, “What will we do now?”

- **Scenario 3**

Your outing gets cancelled or delayed. → Practice using the phrase, “I can handle this.”

- **Scenario 4**

You discover the change leads to something fun. → Practice noticing how it makes you feel.