



**“Most days, I follow my usual routine, and it feels just right.”**



**“But sometimes someone comes to visit my home.”**



**“Visitors can be family, friends, or someone new.”**



**“When someone visits, my routine might change.”**



**“I might not get to do things at the exact time I usually do.”**



**“I might feel surprised, unsure, or even a little upset.”**



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**“These feelings are okay. It’s normal to feel this way when plans change.”**



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**“When I notice my routine changing, I can take a calm, slow breath.”**



**“I can listen to what my parent or caregiver explains about the change.”**



**“I can follow the new plan for the day, one step at a time.”**



**“I might get to do something special with the visitor.”**



**“If I feel overwhelmed, I can take a short break in a quiet space.”**

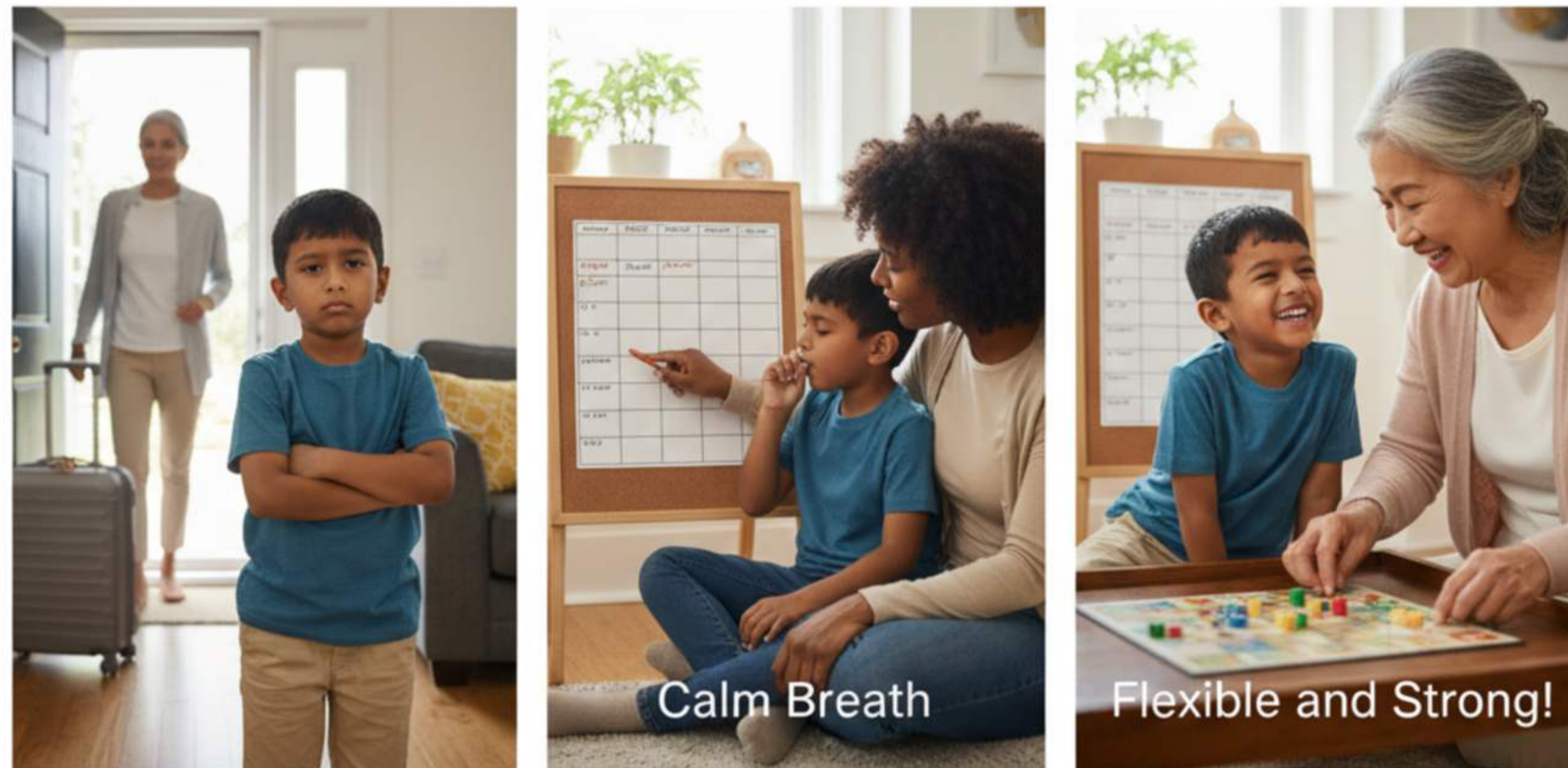


**“I can use kind words to say how I’m feeling if I need help.”**



**“Visitors won’t stay forever. My routine will go back to normal soon.”**

## WHEN SOMEONE VISITS AND MY ROUTINE CHANGES



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



**“I can manage routine changes when someone visits, with calmness and confidence.”**



# Vocabulary

- Visitor

A: A person who comes to my home for a short time.  
(Correct)

B: Someone who lives with me forever.

- Routine

A: The usual steps I follow every day. (Correct)

B: Something I do only once a year.

- Overwhelmed

A: Feeling like too much is happening at once.  
(Correct)

B: Feeling bored and sleepy.

- Flexible

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

B: Only able to do things one way.

- Plan

A: What my family decides we will do next. (Correct)

B: A surprise that no one explains.



# Spellings

A: Vizit

B: Visit (Correct)

A: Home (Correct)

B: Hoam

A: Plan (Correct)

B: Plann

A: Break (Correct)

B: Braek

A: Calm (Correct)

B: Kalm



# Comprehension

- Why might my routine change when someone visits?  
A: Because visitors sometimes do different activities with us. (Correct)  
B: Because my routine disappears forever.
- What can I do when I first notice a routine change?  
A: Take a calm, slow breath. (Correct)  
B: Start yelling.
- Who can explain what the new plan is?  
A: My parent or caregiver. (Correct)  
B: A stranger on the street.
- What can I do if my feelings get too big?  
A: Take a quiet break in a calm space. (Correct)  
B: Stay upset and do nothing.
- What helps me get better at handling changes?  
A: Practicing flexibility each time plans shift. (Correct)  
B: Refusing every new plan.



# Open-Ended Questions

- How do you feel when a visitor comes to your home?
- What part of your routine is hardest to change?
- What helps you calm down when things feel different at home?
- What could you do with a visitor that might be fun?

# Role-Play Activity

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- **Scenario 1**

A visitor arrives unexpectedly. → Practice taking a calm breath and greeting them.

- **Scenario 2**

Your routine changes, and dinner happens later than usual. → Practice saying, “Okay, I can handle this.”

- **Scenario 3**

You feel overwhelmed during the visit. → Practice going to a quiet corner for a short break.

- **Scenario 4**

You do a fun activity with the visitor. → Practice noticing how your feelings change.