

Name : _____

Date: _____

EVERYDAY SPEECH



Change in your Schedule

When there is a change to our day, it can make us upset. We need to learn how to calm down. Some people use breathing or taking a walk. Some draw a picture or write down their feelings.

What was the change to Ryan's schedule ?

How did it make him feel?

What did Ryan do to calm down?

IF YOU HAD A BIG CHANGE AND FELT UPSET, WHAT ARE 3 WAYS YOU COULD CALM DOWN?

1.

2.

3.