1. Name a time when a person was different than the person you were expecting.

2. Name a time when a place was different than the one you were expecting.

3. Name a time when a schedule was different than the one you were expecting.

4. Describe the feelings you have when something is different than what you expected.

5. Describe all the ways you can calm down on the outside.
Switching Tracks: Handling Change

Introduction

6 Describe all the ways you can calm down on the inside.

7 What are some ways you have difficulty Switching Tracks in your life?

8 Tell about a time you had an easy time Switching Tracks.

9 Why is it important to be calm before you can Switch Tracks and think about something new?

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