

Switching Tracks

Switching Tracks means changing the plan we had. When we change our plans, we switch to a new track. People, places and schedules can all change and make us switch tracks, or plans.

1

Think about what track you're on and what track you need to switch to.

2

Next, we use a strategy to stay calm on the inside. Inner Calming Strategies: Deep breaths, counting, self-talk.

3

First, we stay calm on the outside. Outer Calming Strategies: Relaxed face and body, calm words, calm voice.

4

Think of one positive thing about the new plan.