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.