

Change is OK

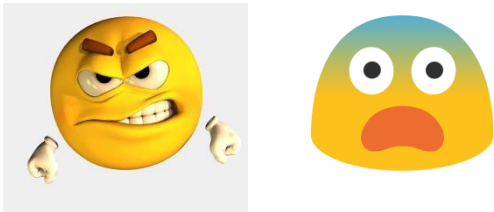
Most days are the same
and I know what will happen.

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Some days there will be
changes. And that is ok.



These changes might make me
feel mad, anxious, or scared.



When I feel like this, I can
ask my staff for help.



Even though some things
are changing, lots of things
will stay the same.



I can remember this to
help me feel calm.



Everything will soon
be back to normal.

