



ROUTINE ESSENTIALS

TRANSITION – LESSON 2: “MY SCHEDULE MIGHT CHANGE” DISCUSSION STORY



ACTIVITY GOAL

Students listen to a story about coping with a change in their daily schedule and identify things they can do in response to the change.

SUGGESTED TEACHING SEQUENCE

This lesson is part of a four-lesson transition sequence, intended to be taught in the following order:

1. Routine Sequencing
2. “My Schedule Might Change” Discussion Story
3. “What Can I Do?” Role-Play
4. Station Fun

Note: Use the provided Vocabulary Pick-Up Game lesson to reinforce key transition-related vocabulary to supplement this sequence.

MATERIALS

Provided:

- “My Schedule Might Change” book
- Response cards

Needed:

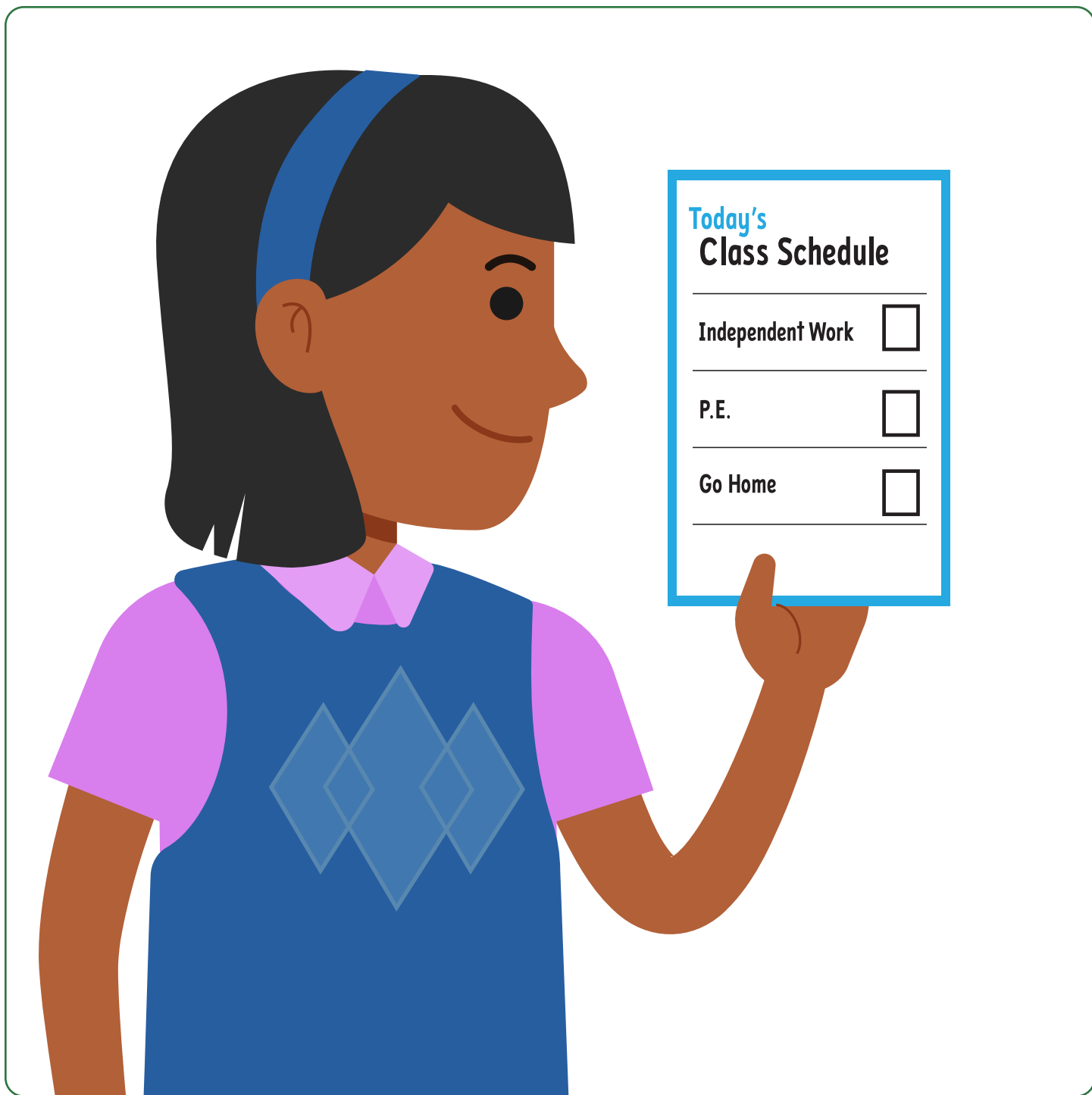
- Scissors
- Stapler or hole punch
- Ring for binding purposes (optional)

PREPARATION

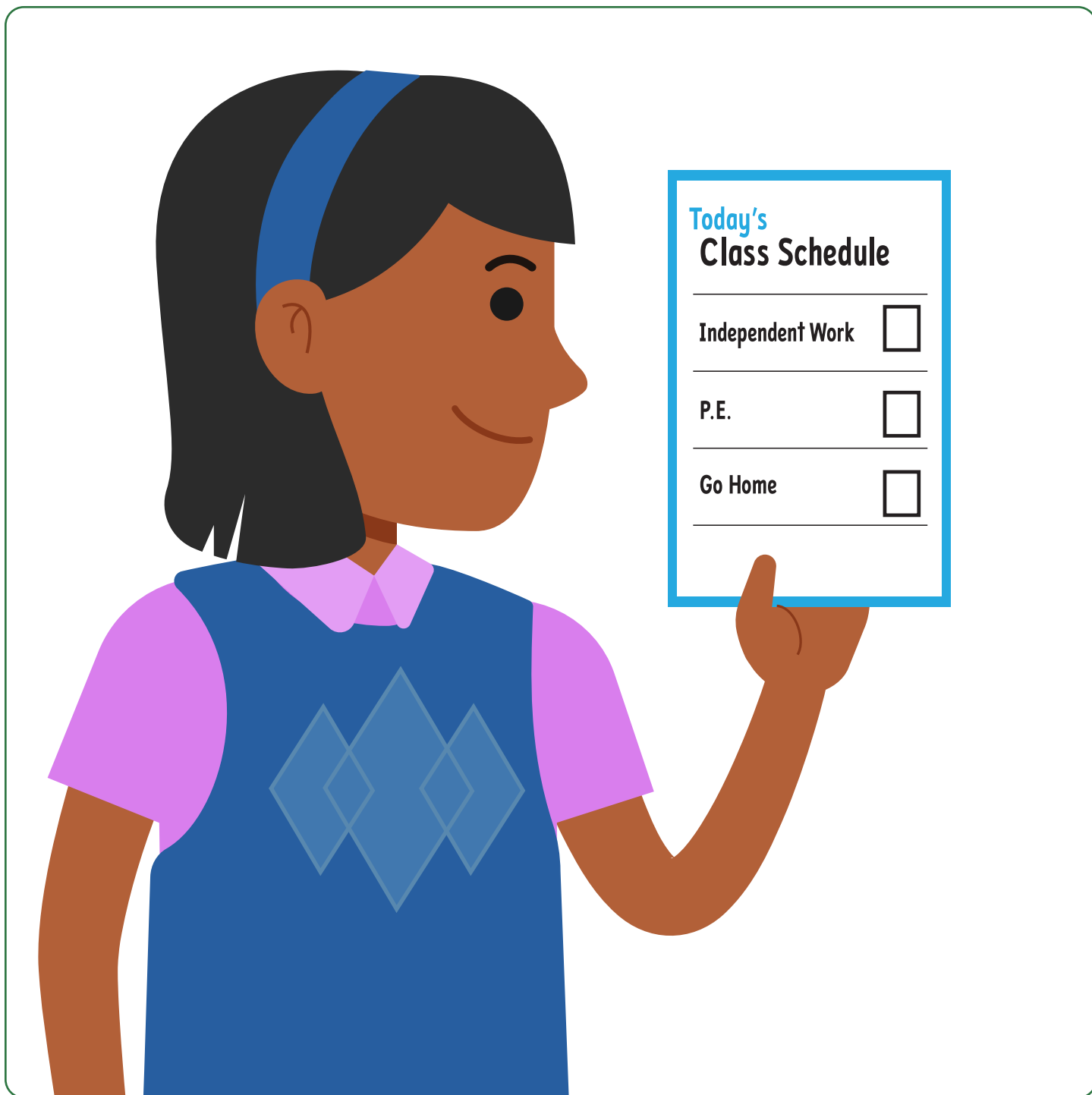
1. Prepare the discussion story pages:
 - a. Print and laminate one set of the pages.
 - b. Assemble the story pages in order.
 - c. Staple the pages together, or hole-punch the top left corner of the pages and secure them together with a ring.
2. Print, laminate, and cut out the response cards.

INSTRUCTIONS

1. Read the discussion story to the class. Pause after introducing each page:
 - a. Present the corresponding response card.
 - b. Have the students point to the picture and/or discuss how the situation applies to themselves.
Note: Use the provided pictures to start the conversation, and encourage students to give personal examples.
2. Repeat Step 1 until you have read all pages and students have discussed all situations.
3. Use this lesson to reinforce concepts throughout the school year:
 - Read the “My Schedule Might Change” book to students prior to a planned schedule change. Reading the story frequently will help students understand and prepare for both expected and unexpected changes in schedule.
 - When there is a schedule change, discuss the change with the student, show them the change on their picture or written schedule, and discuss the strategies outlined in the story.
 - Model the strategies and encourage the student to imitate. Discuss the schedule change, and have the student talk about the change and how they can react to the change.
 - Have the book available to reference as needed.



My Schedule Might Change

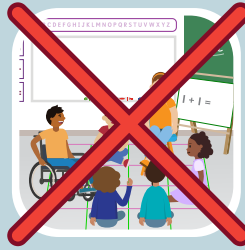
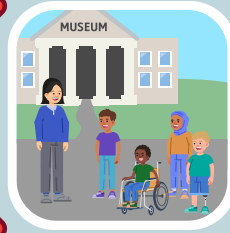


The things I do at school usually happen at the same time and in the same place every day. I like it when my day is the same.

Story



Circle



Group



Library



Sometimes things change. I might know about the change ahead of time, like for a field trip or assembly.



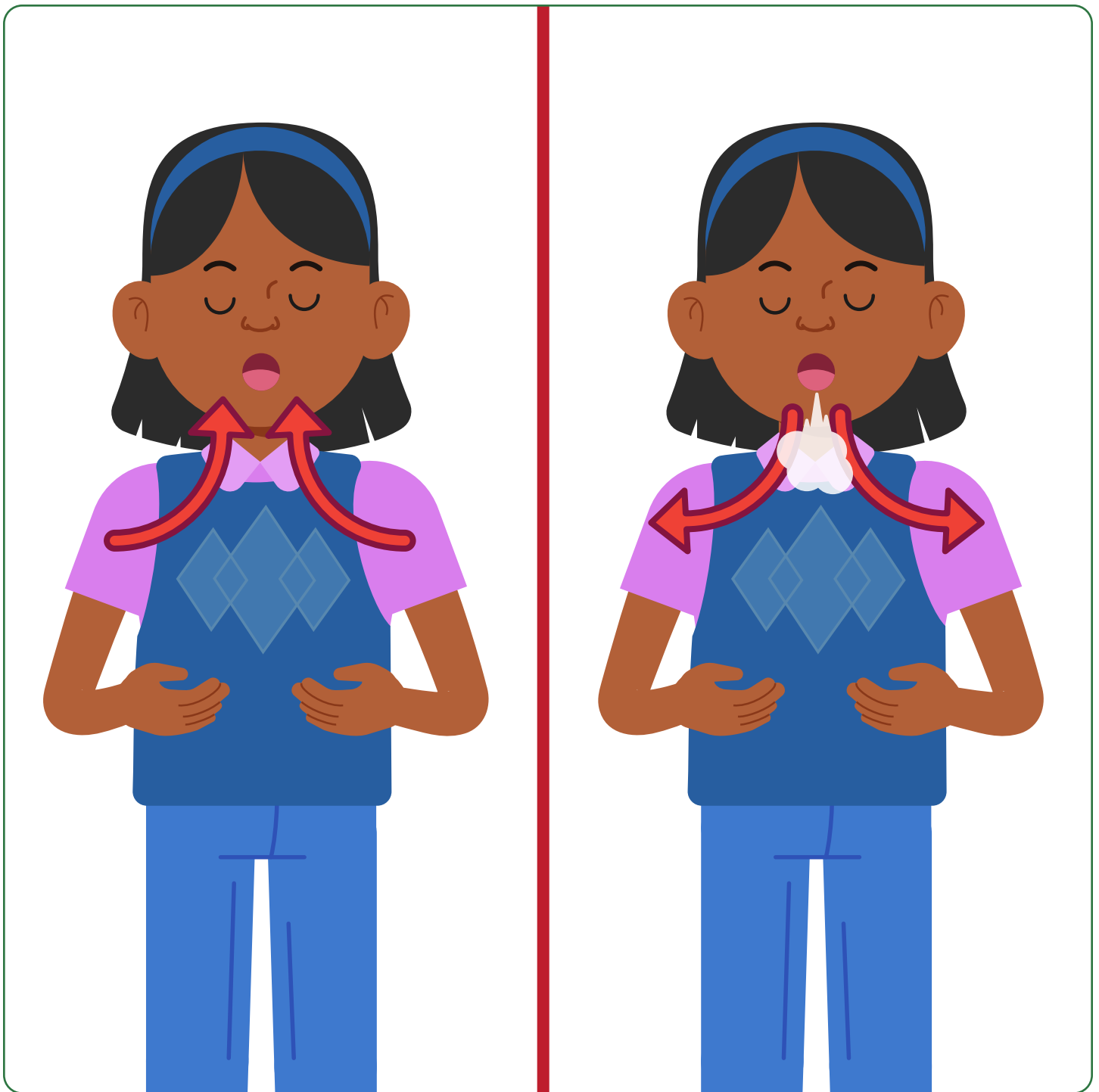
Sometimes changes happen that I can't plan for. Usually, my class goes outside for recess after lunch. If it's raining, then we have recess indoors.



Change can be hard. Changes to my day might make me feel sad, mad, or nervous. When I feel sad, mad, or nervous, there are things I can do to feel better.



I can stay calm and tell myself, "It's okay."



I can take deep breaths.



I can ask a teacher for help.

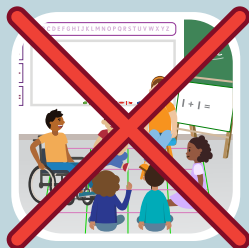


I can try not to worry. I can think about how the different activity might be fun.

Story



Circle



Group



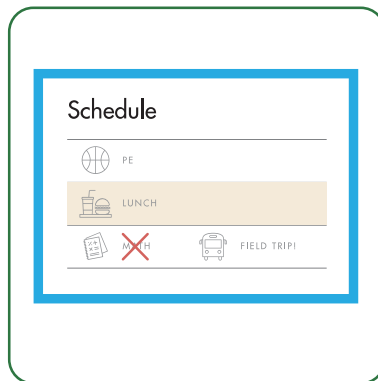
Library



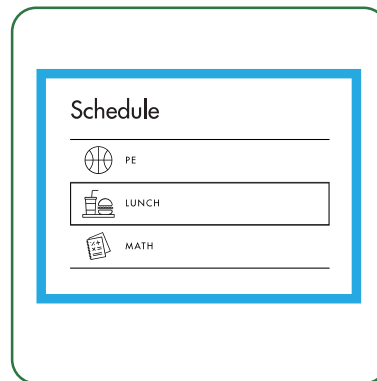
When changes to my day happen, I know what to do!



Do you like when your schedule stays the same or when your schedule changes?



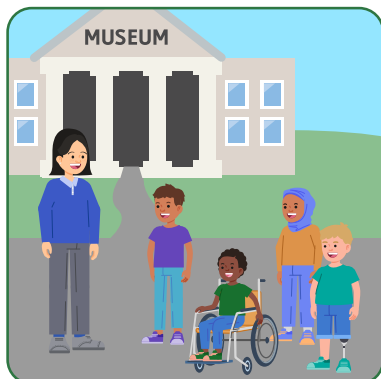
**I like when my
schedule changes.**



**I like when my
schedule stays the same.**

Page 1

What things on your schedule can be planned?



**My class is having
a field trip.**



There is an assembly.

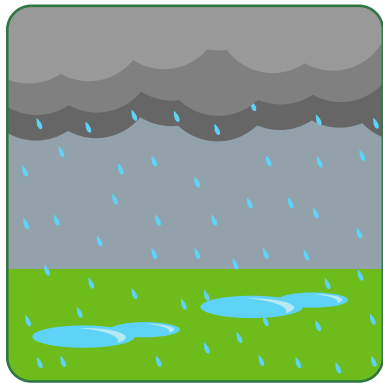


Something else

Page 2



What things on your schedule can't be planned?



It is raining so the class can't go outside.



The librarian is sick, and the library is closed.



Something else

Page 3

How do you feel when your schedule changes?



I feel sad.



I feel nervous.



I feel mad.



Something else

Page 4



What can you tell yourself when the schedule changes?



I can tell myself,
"It's okay."



Something else

Page 5

If you are sad, mad, or nervous about the schedule changing, what can you do?



I can take deep breaths.



I can ask for help.



Something else

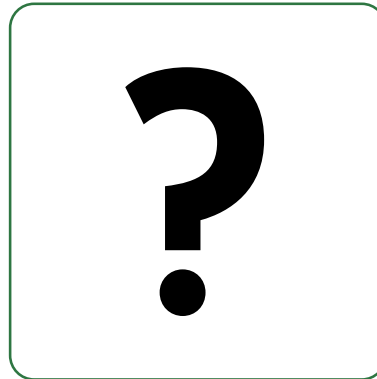
Page 6



What else can you do if you are sad, mad,
or nervous about the schedule changing?



**I can think about what I
am going to do next.**



Something else