



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.

Outer Calming Strategies: Relaxed face and body, calm words, calm voice.



First, we stay calm on the outside.

Next, we use a strategy to stay calm on the inside.



It will be okay.

Inner Calming Strategies: Deep breaths, counting, self-talk

Recess will be inside so I can play my favorite board game!



Think of one positive thing about the new plan.



Outdoor recess

Indoor recess



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