



# 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

Outdoor recess

Indoor recess

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

Think of one positive thing about the new plan.

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