

# Prepare students for change

Create systems to prepare students for change ahead of time, and relieve anxiety.

Every morning I make up my daily schedule. If there is going to be a change, the teacher comes over and tells me about it. We then put my special change symbol above that activity so I don't become anxious when we do maths instead of running at that time.

When there is something that happens without much warning, a friend comes over and talks to me. Together we put my change symbol over the old activity and the new activity under it.

## **Student**

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