Sometimes plans change



© B.E.ST Autism Therapy www.bestautismtherapy.com.au

Some people in Australia have the Coronavirus. This can make people feel sick. They have headaches, sore throats and a bad cough.

They might need to go to hospital. They might need to stay away from people.



We all need to change our plans so that we don't catch the coronavirus.

I like to keep healthy too. So, I might need to change some of my plans.



I might need to change what I do at home.

I might need to change my plans for the day.



It's okay.

Changes happen to everyone. Mum and dad and other grown-ups will help me to change my plans. I can write a list of my changes of plan here.

I can also draw a picture of a plan that will change.

The old way I did things has changed. Now there is a new way.



I can try a new way and still have a great day.