

How to Cope When Routines Change

Change can be tricky, but we can learn ways to manage it. Use this worksheet to help you think about changes and what can help you stay calm, confident and resilient.



1 Sometimes routines change...

Changes can happen when:

- ☐ Someone is ill
- ☐ School is different
- ☐ Plans are cancelled
- ☐ We go somewhere new
- ☐ There is a surprise event
- ☐ Something else: _____



2 How do I feel when routines change?

Circle or colour the faces that show how you might feel.



Excited



Confused



Worried



Frustrated



Sad



Calm

3 What can help me cope?

Tick the things that help you.

- ☐ Take some deep breaths
- ☐ Ask questions about the change
- ☐ Talk to a trusted adult
- ☐ Look at a new plan or schedule
- ☐ Bring a comfort item
- ☐ Think about what will stay the same
- ☐ Use positive self-talk
- ☐ Take a break if needed



4 What stays the same?

Even when routines change, some things stay the same. Draw or write three things that help you feel safe.

- 1 _____
- 2 _____
- 3 _____



5 My Resilience Thought

Complete the sentence.

"I can cope with changes because..."



6 Resilience Challenge

Think of a time when a routine changed and you managed it well.

What happened? _____

What helped? _____

How did you feel afterwards? _____



Remember: Changes can feel tricky, but every time we adapt, we build our **resilience muscles!** ❤️

