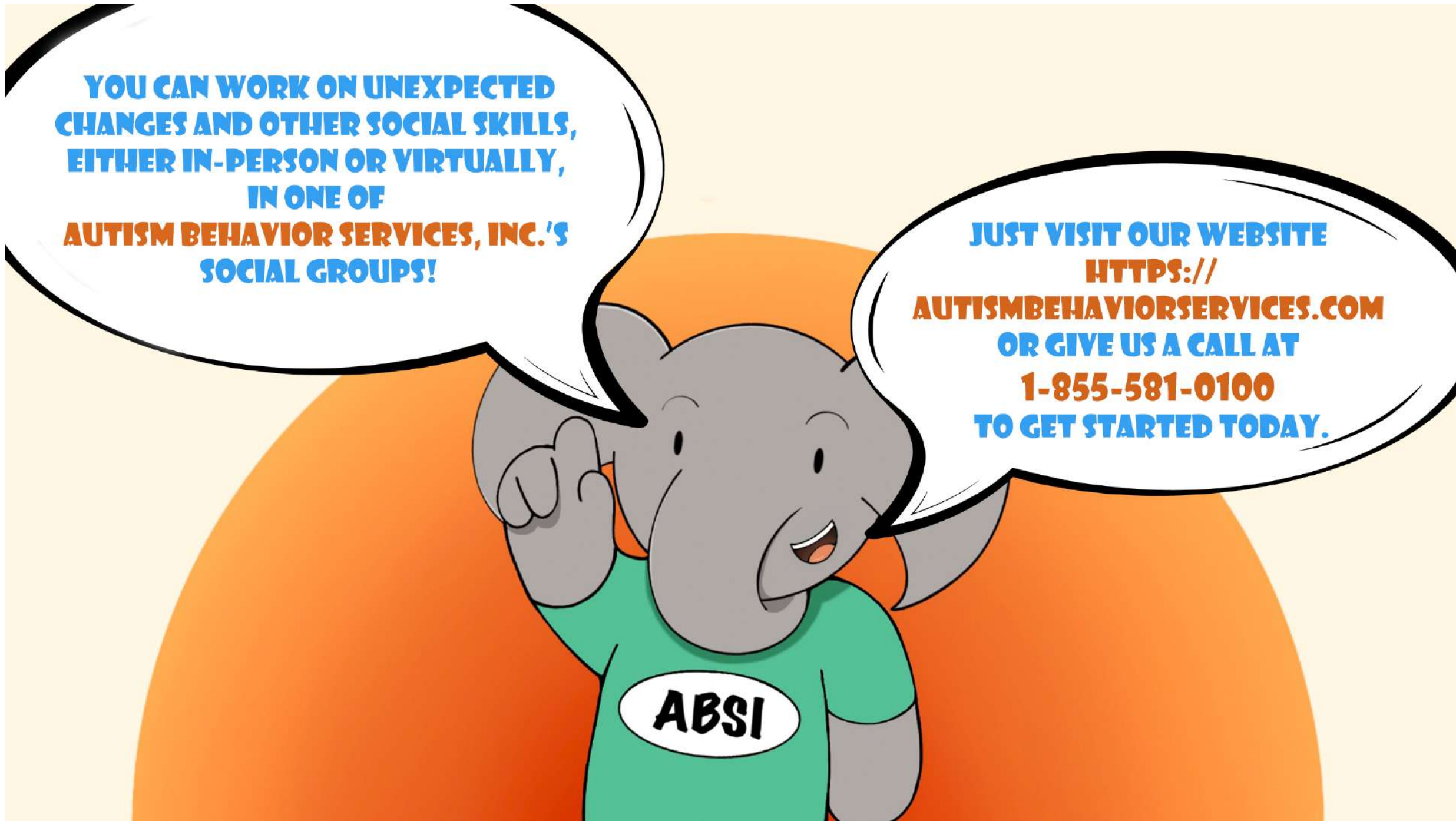






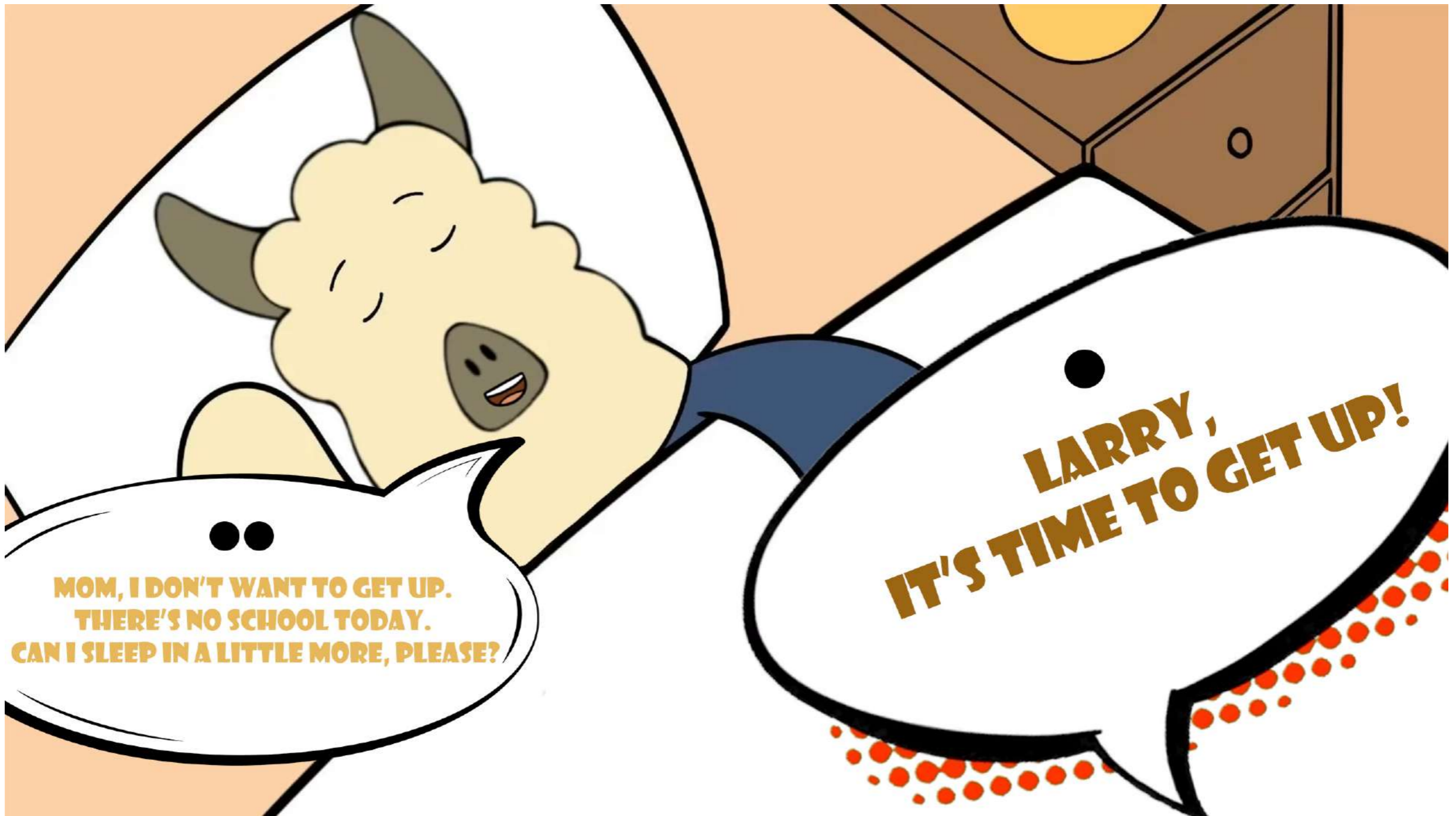
When Your Schedule Changes

From Autism Behavior Services, Inc.



**YOU CAN WORK ON UNEXPECTED
CHANGES AND OTHER SOCIAL SKILLS,
EITHER IN-PERSON OR VIRTUALLY,
IN ONE OF
AUTISM BEHAVIOR SERVICES, INC.'S
SOCIAL GROUPS!**

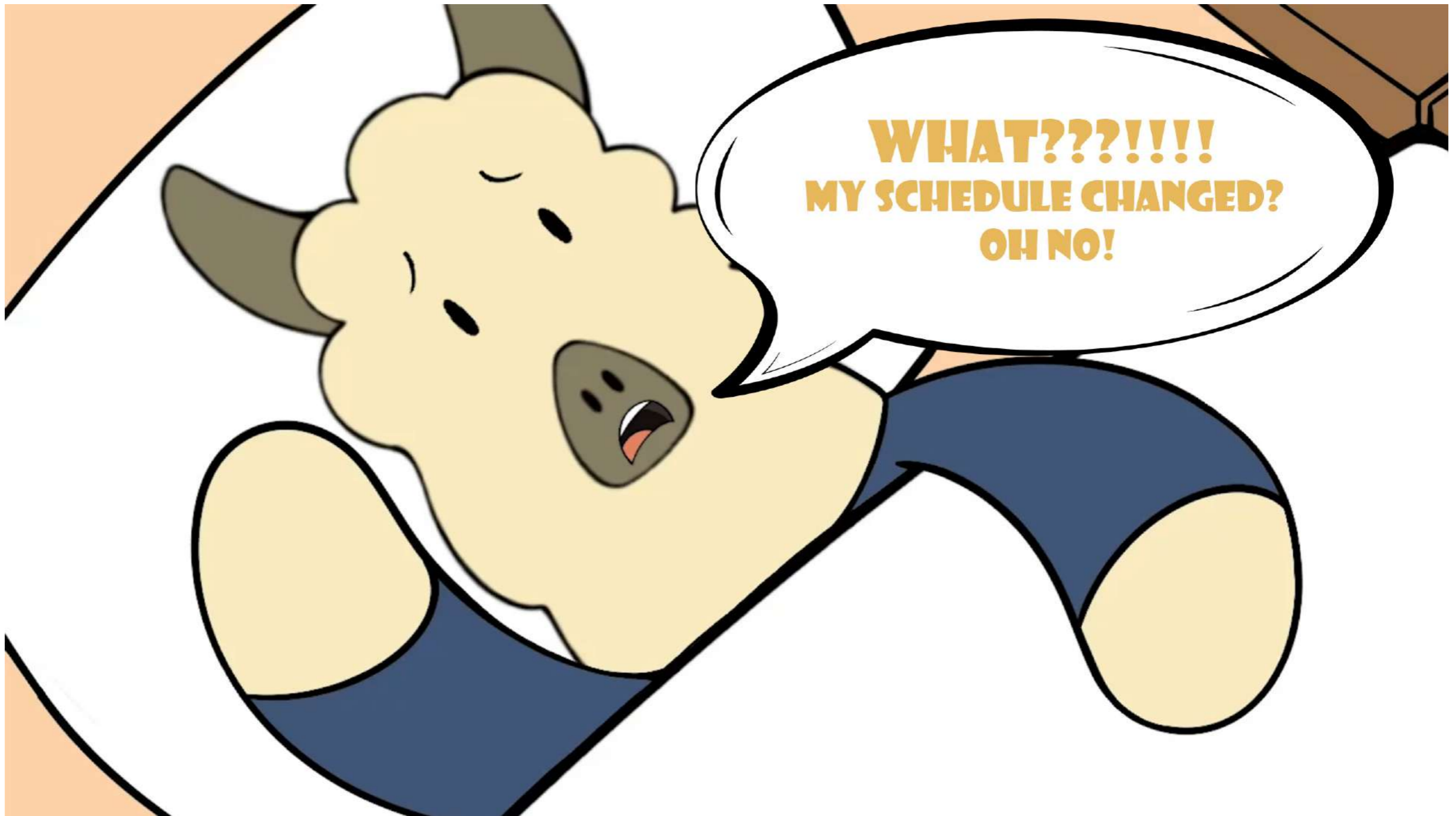
**JUST VISIT OUR WEBSITE
[HTTPS://
AUTISMBEHAVIORSERVICES.COM](https://autismbehaviorservices.com)
OR GIVE US A CALL AT
1-855-581-0100
TO GET STARTED TODAY.**



**MOM, I DON'T WANT TO GET UP.
THERE'S NO SCHOOL TODAY.
CAN I SLEEP IN A LITTLE MORE, PLEASE?**

**LARRY,
IT'S TIME TO GET UP!**





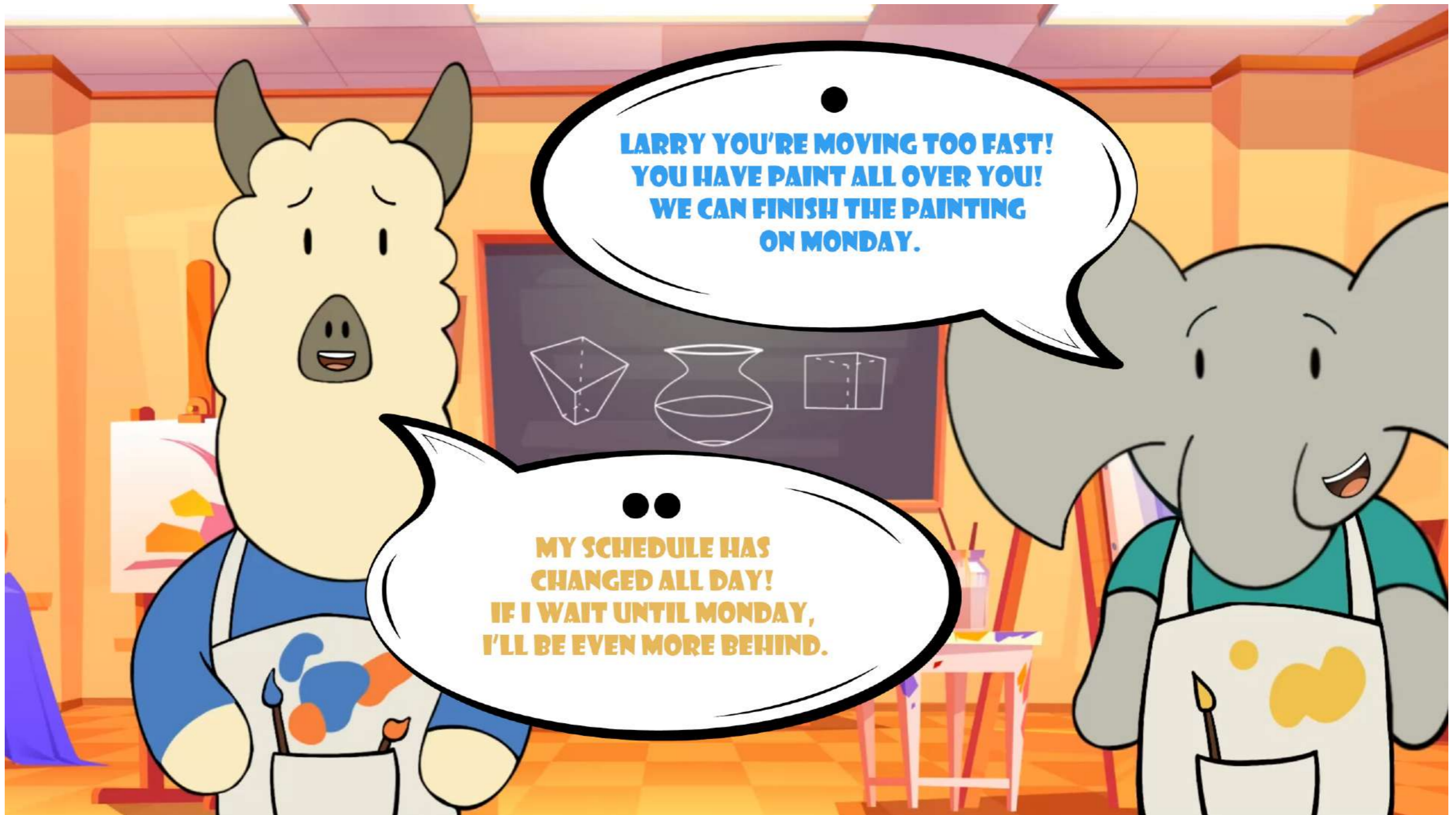










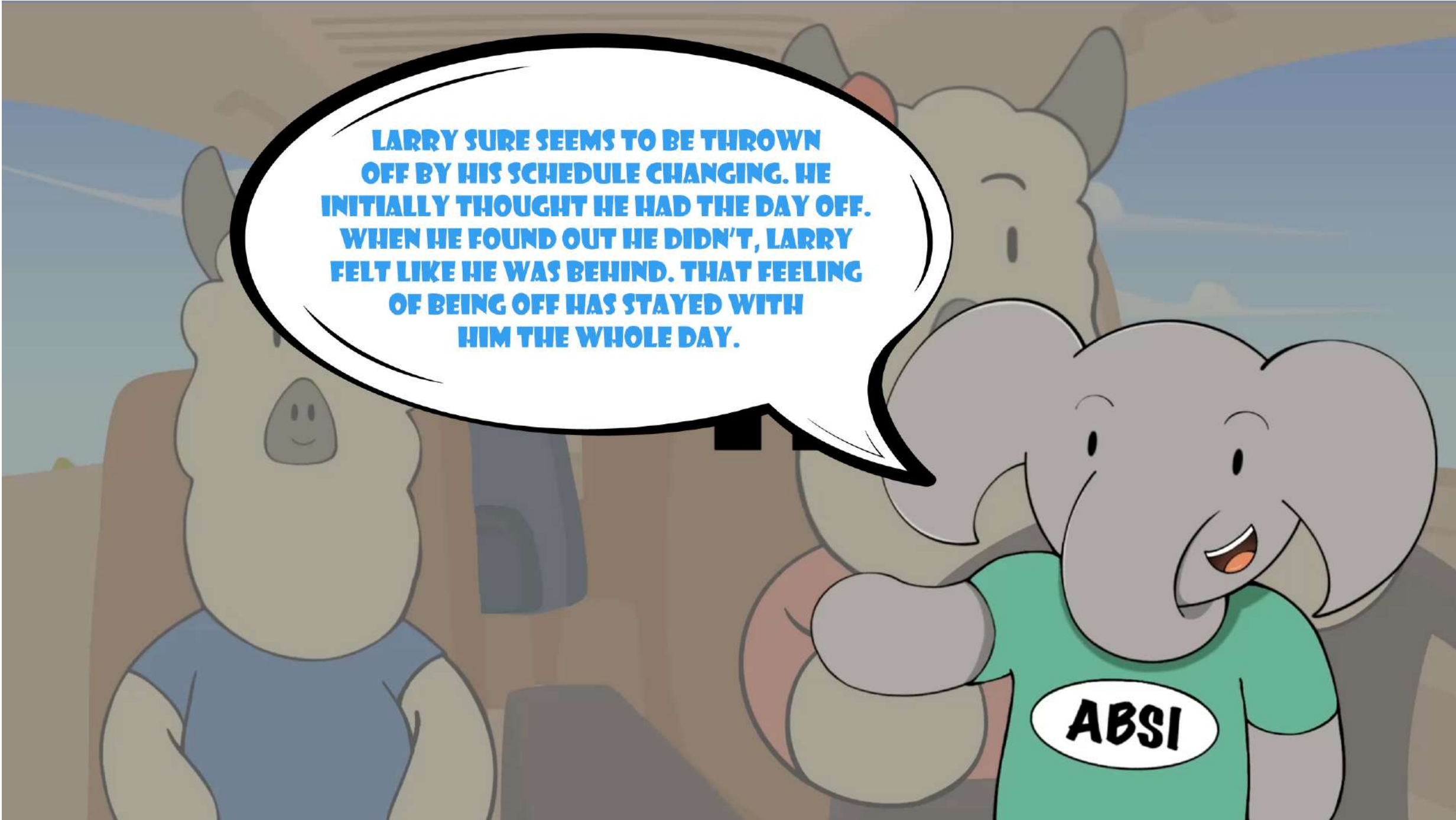




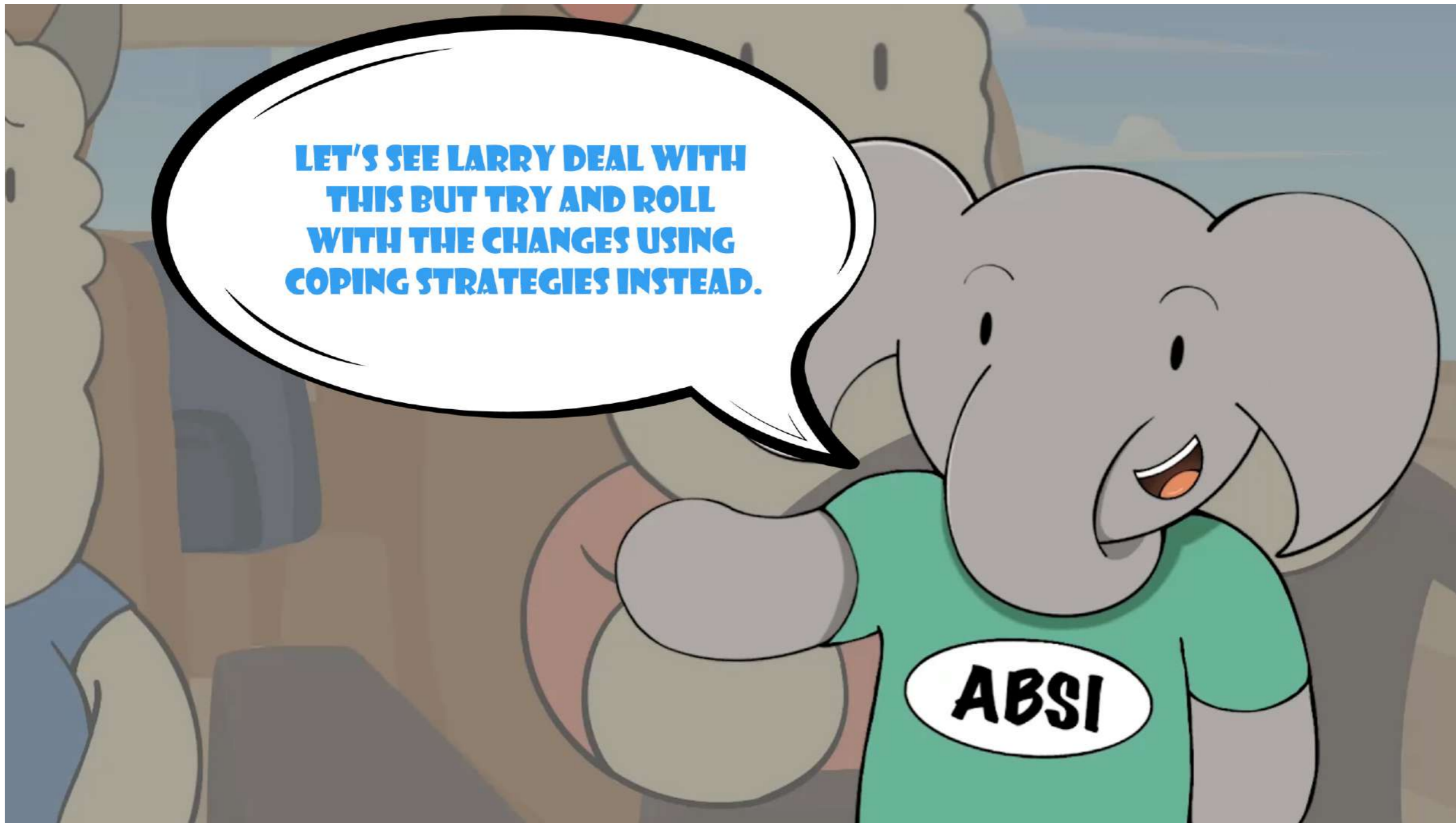
Join ABSI's Social Groups! In Person or Virtual!

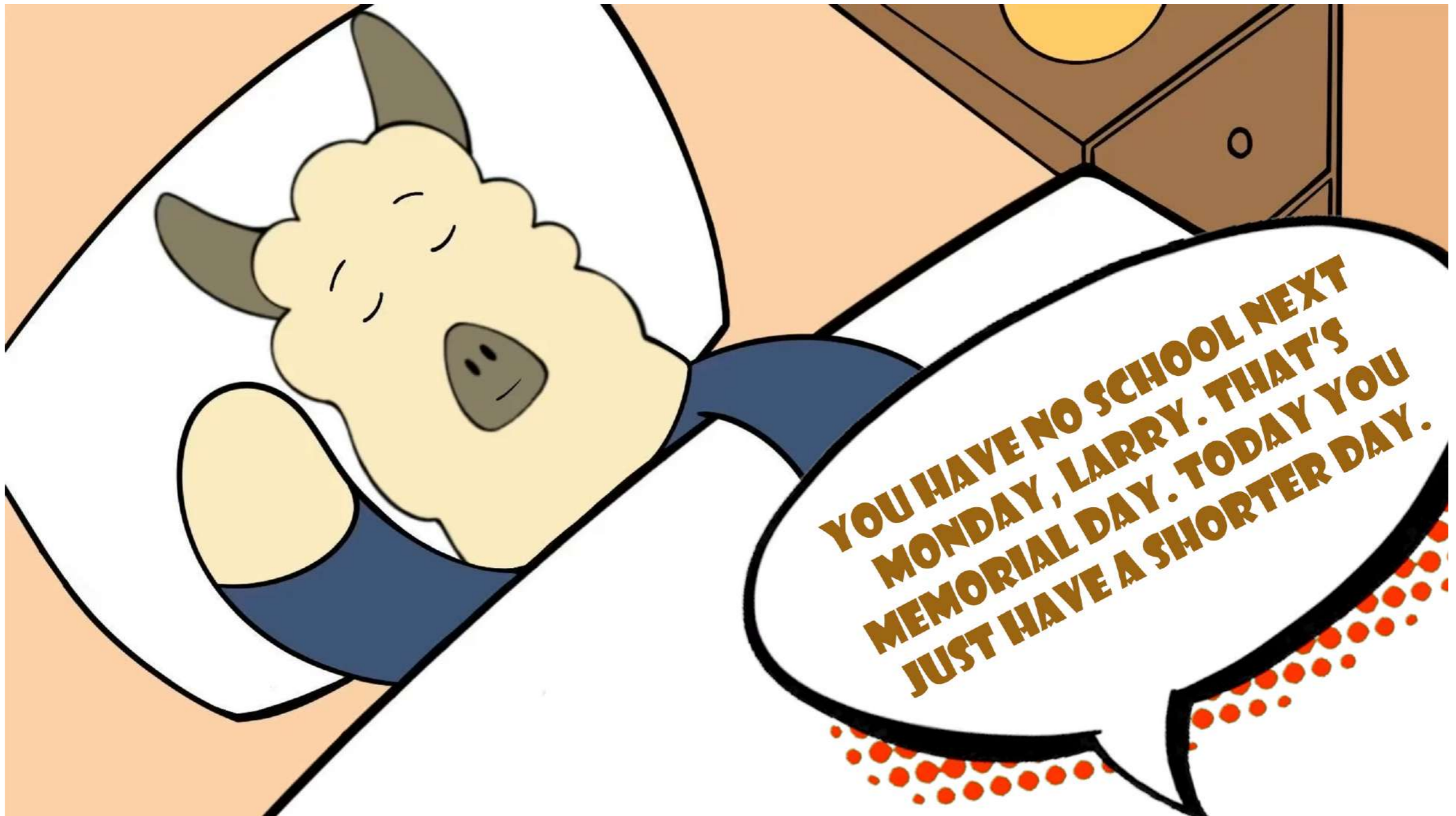
Call 855-581-0100

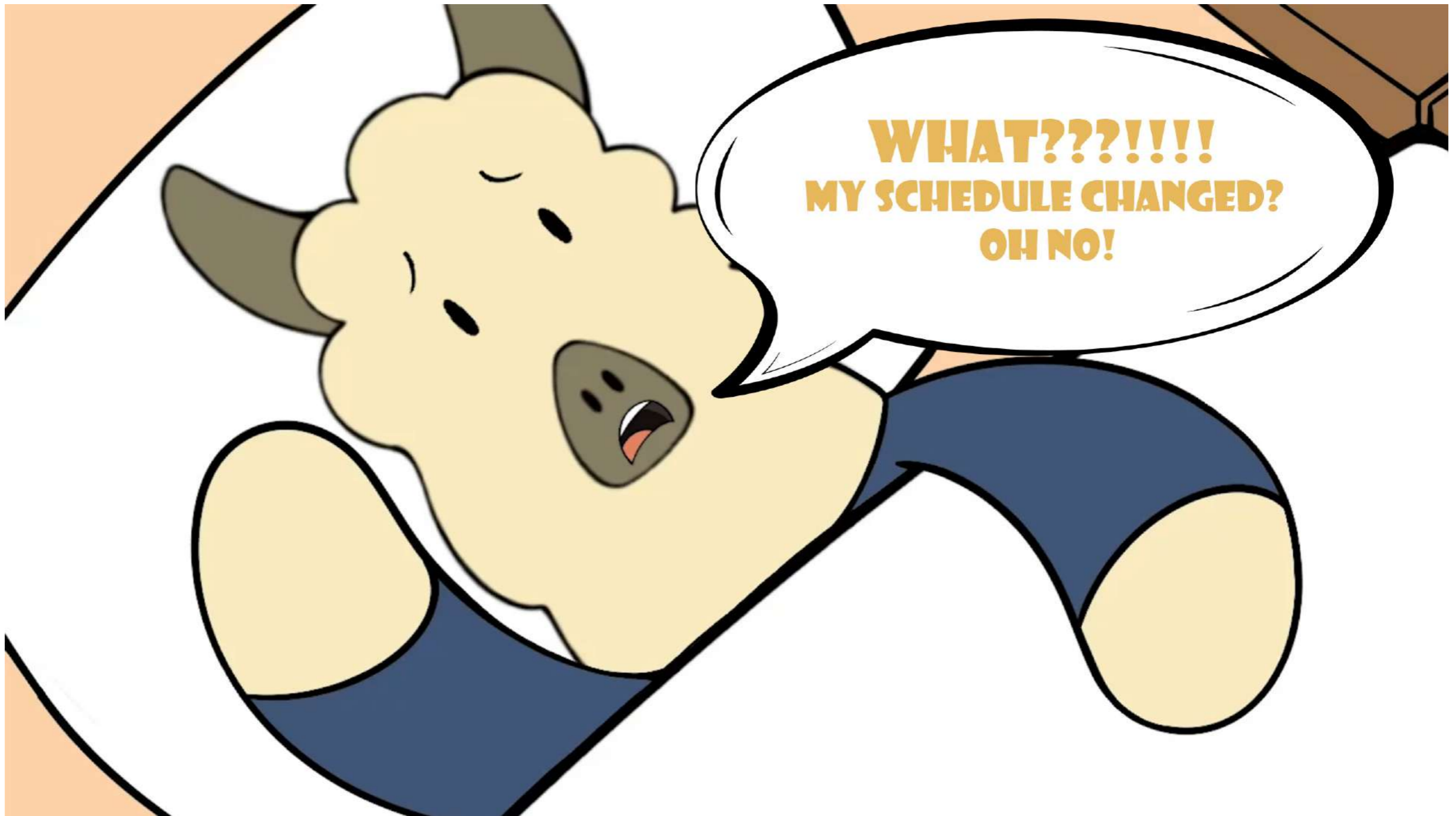




LARRY SURE SEEMS TO BE THROWN OFF BY HIS SCHEDULE CHANGING. HE INITIALLY THOUGHT HE HAD THE DAY OFF. WHEN HE FOUND OUT HE DIDN'T, LARRY FELT LIKE HE WAS BEHIND. THAT FEELING OF BEING OFF HAS STAYED WITH HIM THE WHOLE DAY.



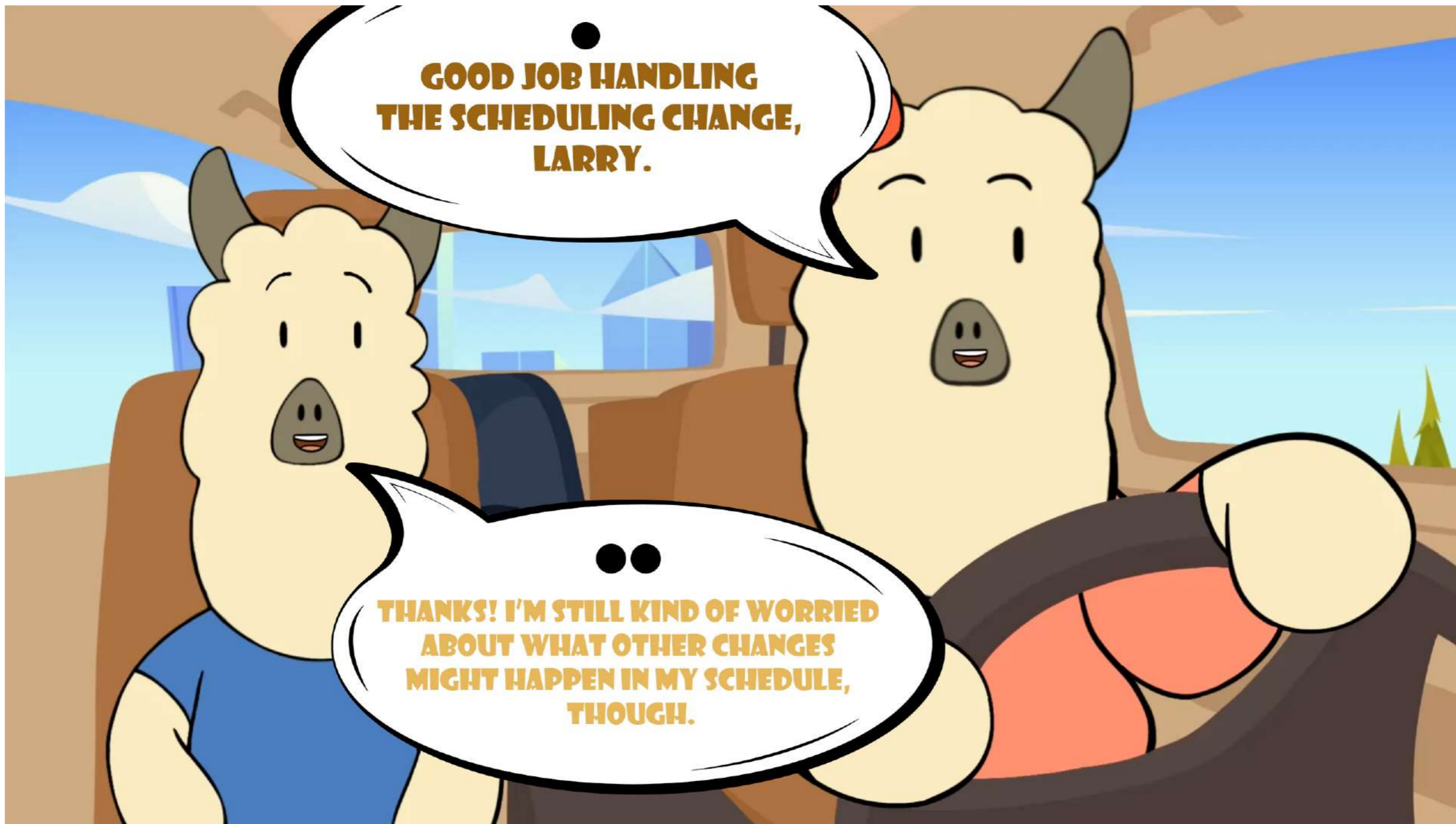


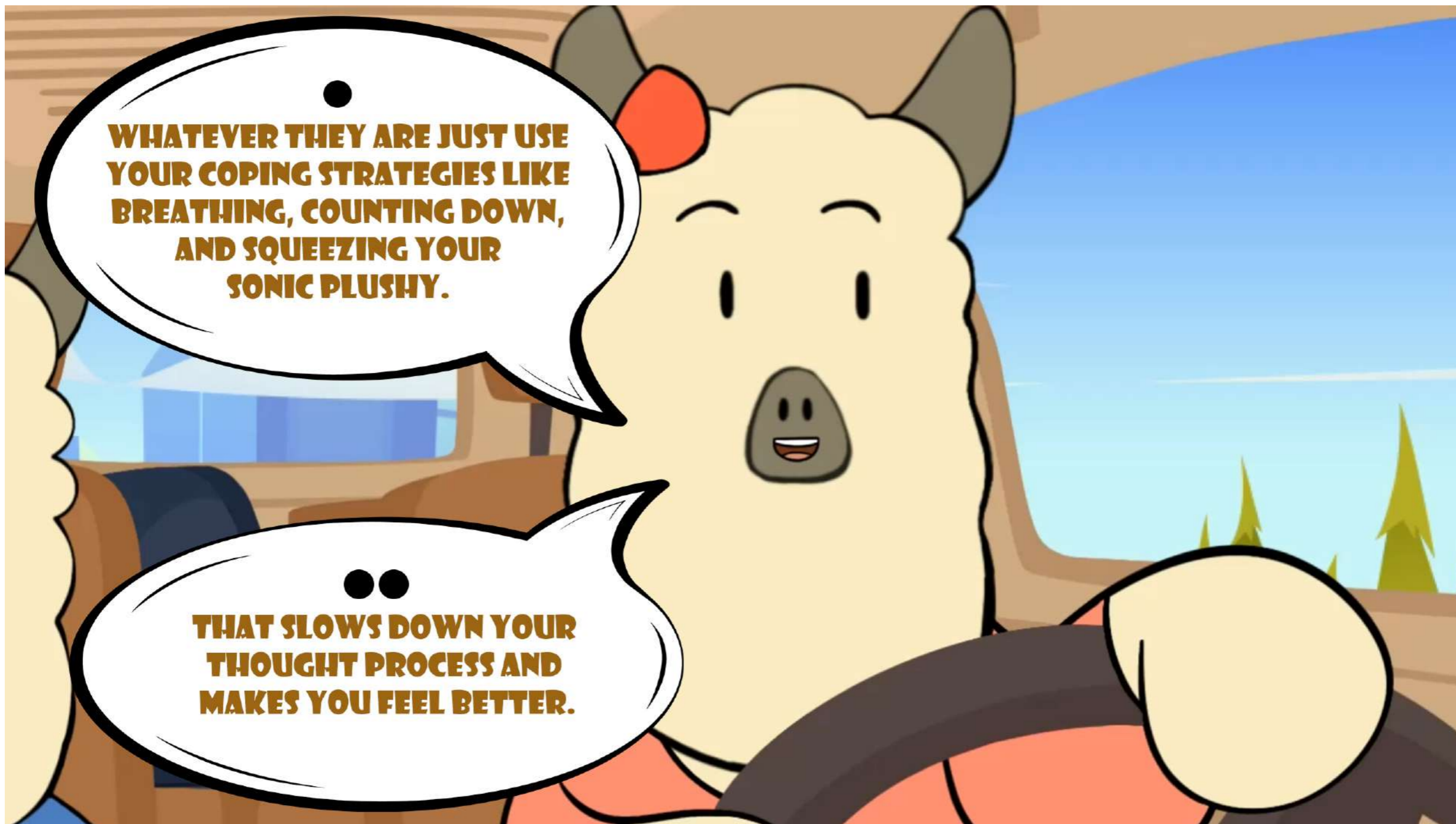




LARRY, I KNOW THIS IS UNEXPECTED, BECAUSE YOU GOT CONFUSED ABOUT WHAT DAY YOU'RE OFF. WHAT IS SOMETHING YOU CAN DO TO CALM DOWN?

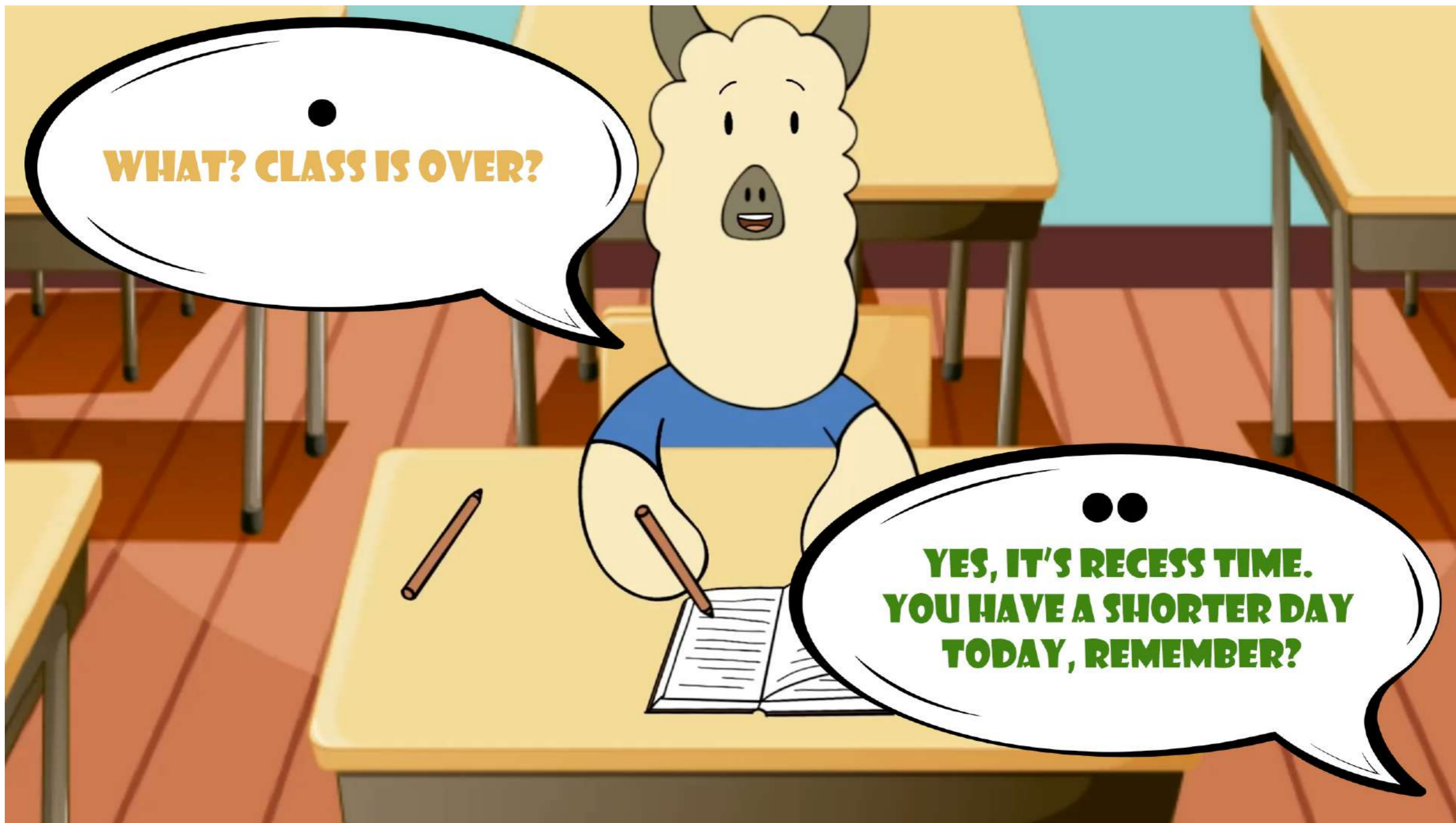
OKAY, DON'T PANIC. THIS HAPPENS. LET'S TAKE A FEW DEEP BREATHS AND GET STARTED WITH THE DAY.

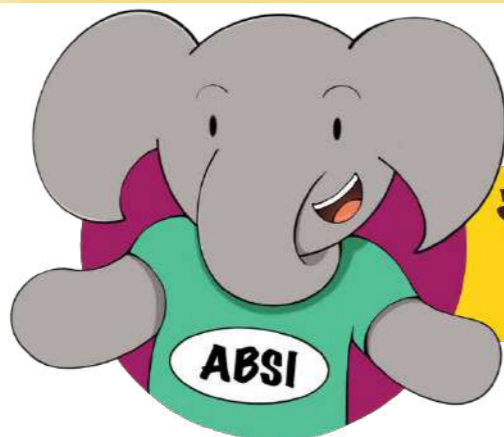




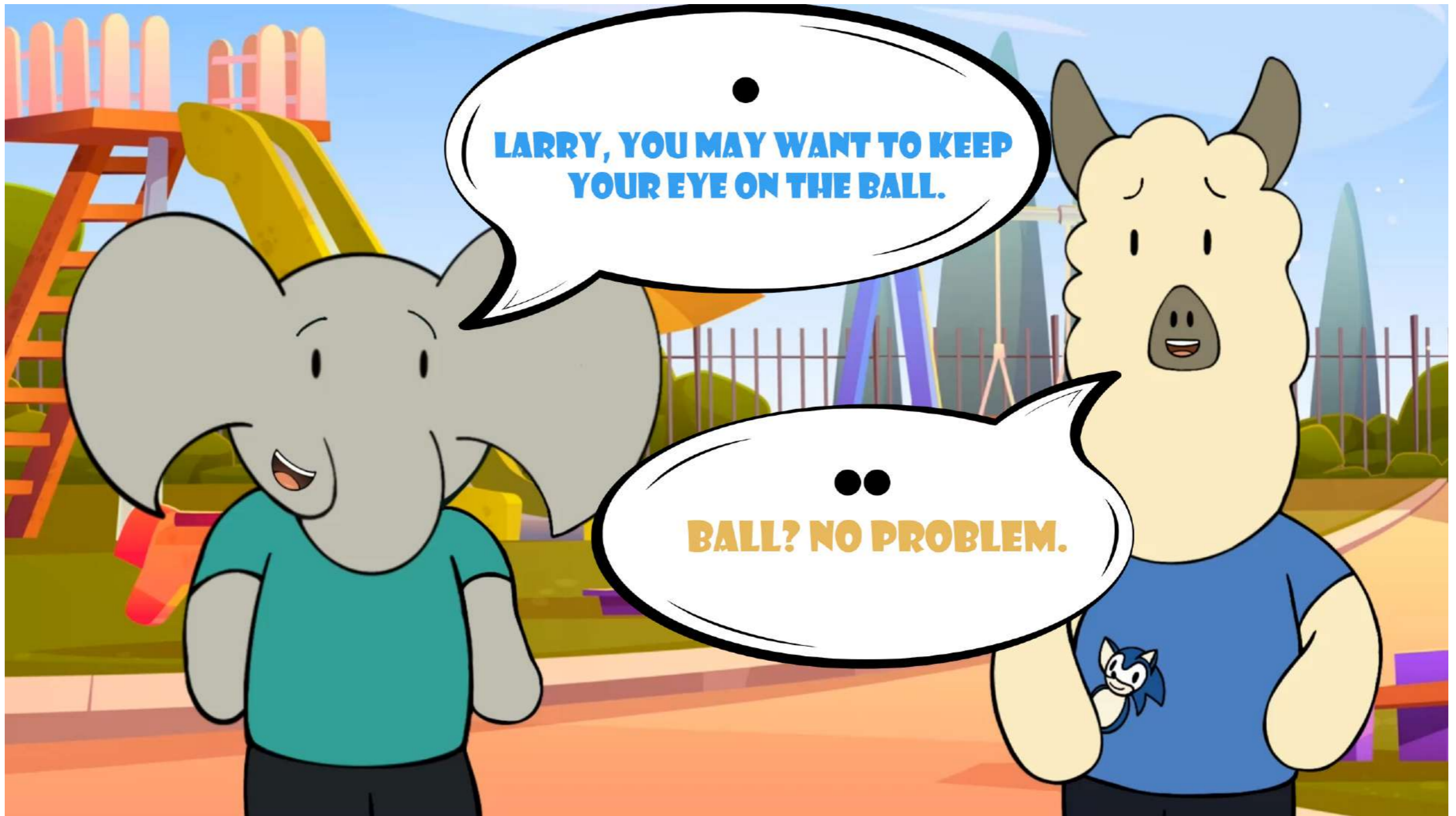
**WHATEVER THEY ARE JUST USE
YOUR COPING STRATEGIES LIKE
BREATHING, COUNTING DOWN,
AND SQUEEZING YOUR
SONIC PLUSHY.**

**THAT SLOWS DOWN YOUR
THOUGHT PROCESS AND
MAKES YOU FEEL BETTER.**

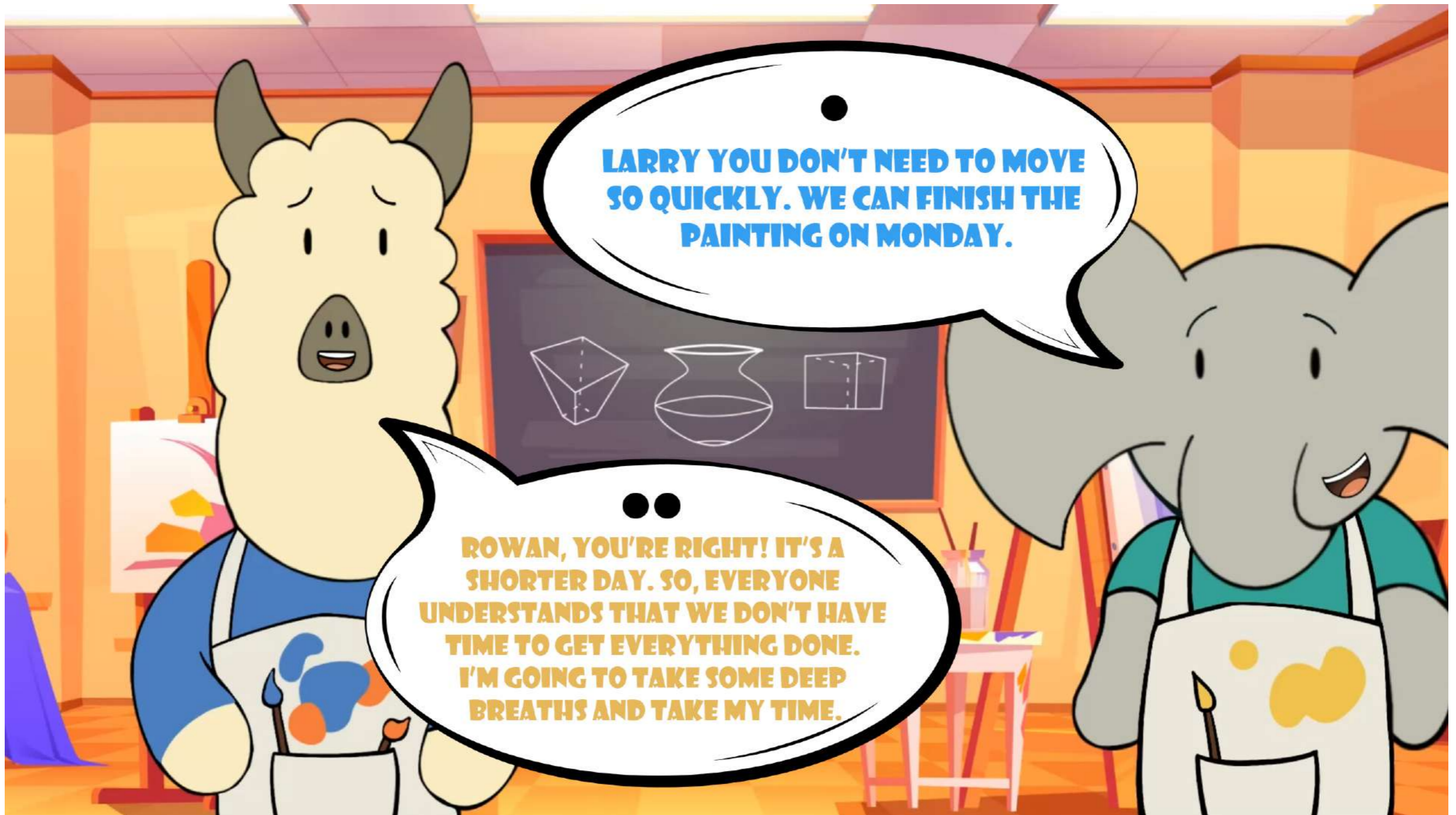




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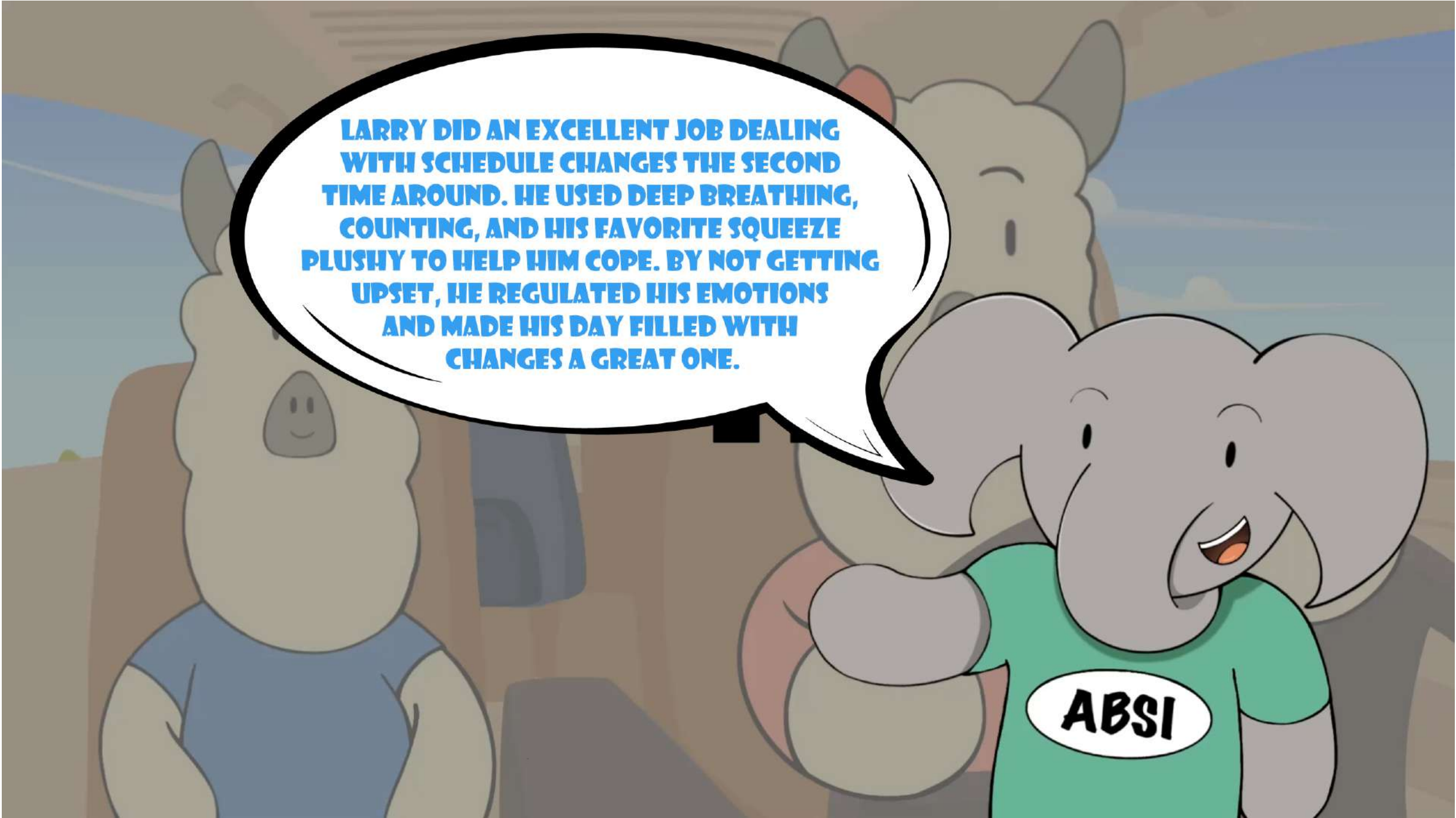












LARRY DID AN EXCELLENT JOB DEALING WITH SCHEDULE CHANGES THE SECOND TIME AROUND. HE USED DEEP BREATHING, COUNTING, AND HIS FAVORITE SQUEEZE PLUSHY TO HELP HIM COPE. BY NOT GETTING UPSET, HE REGULATED HIS EMOTIONS AND MADE HIS DAY FILLED WITH CHANGES A GREAT ONE.



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WH Questions

- 1) What threw Larry off at the start of his day?
- 2) What are two things that happened to Larry that made his day more challenging?
- 3) What are some of the ways Larry can cope when he has unexpected changes?

For More Resources
and Information please visit:

www.autismbehaviorservices.com

For More Information on
Autism or Careers in autism please contact:

1-855-581-0100



