

Student Directions

We can think about routines like a **train following its tracks**. When the plan stays the same, the train is **staying on track**. If there's a change we didn't expect, the train has to **switch to a new track**. When we need to **switch tracks**, we can use strategies to stay calm. Read the scenarios below and role-play what you would say or do to **switch tracks**.



Question Prompts

1. Your class is supposed to have gym today, but the gym teacher is absent so it was canceled.
2. Your mom usually sends you to school with lunch, but she didn't have time this morning and gave you money to buy a school lunch.
3. Your friend is your partner for your science project, but he is absent today.
4. Your teacher promised that your class would watch a movie at the end of the day, but there wasn't enough time to watch the whole thing.
5. Your dad is usually home from work by the time you get home from school, but he had to work late today.
6. You and your friend had plans to hang out after school tomorrow, but she called you and canceled because she was sick.
7. You usually go home on the school bus, but you have a dentist appointment today so your mom has to pick you up from school early.

Switching Tracks Role-Plays

8. Your friend usually sits with you on the bus in the mornings, but today he wants to sit with someone else.

9. Your mom was supposed to take you to the amusement park today, but her car broke down, so you aren't able to go.

10. Your friend asks you to sit with him at a different lunch table than the one you usually sit at.