PHILOMATHIA

ROUTINE CHART






When plans change

Steps to take when something different happens.

MY NAME _____

1.  Plans changed ◯
2.  How do I feel? ◯
3.  Slow breaths ◯
4.  Ask what happens now ◯
5.  Pick something else to do ◯

Changes can feel big. That's okay.

Tick each step when it's done. Skipping one is fine.