

Example of complete card:

CHANGE IN ROUTINE CARD	
NOTICE	Science _____ will be changed on Monday _____
because	Mrs. Jones will be away at an appointment. _____
_____.	
The new	subject _____
is	Computer with Mrs. Johnson _____.

What?

A visual tool to introduce and accommodate a change in the student's routine.

Why?

Individuals with ASD often have difficulty with change in routine. The high need for predictability and sameness presents many challenges throughout the school day.

How?

- 🕒 Photocopy the card (multiple copies)
- 🕒 Cut it out

When?

- 🕒 Introduce to the student in a safe, calm and positive environment.
- 🕒 Start with a change that you can provide a sufficient amount of notice for and one you can initiate.
- 🕒 Introduce a change that is “preferred” to begin. If a subject is being rescheduled start by rescheduling with a “preferred” activity to introduce change as a positive. Slowly move towards non-preferred and using the card for exact and real changes in routine.