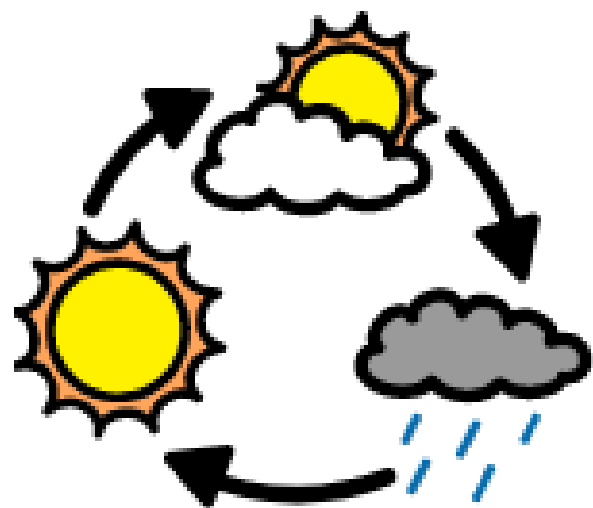
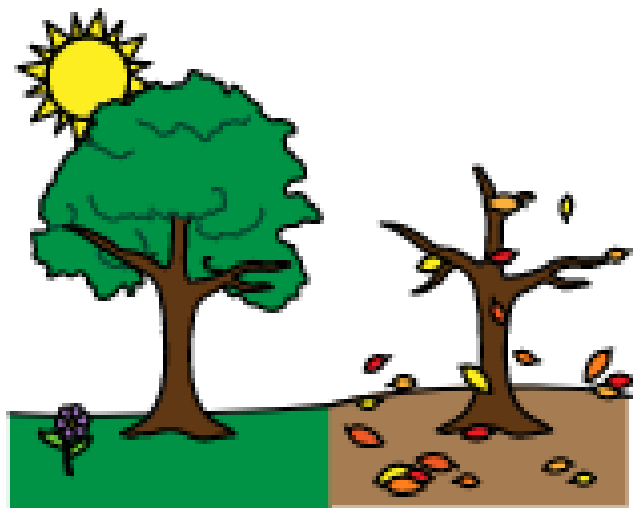
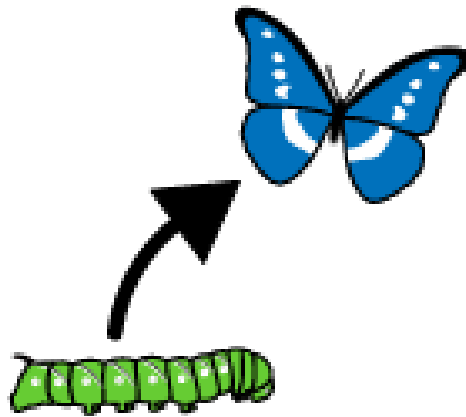
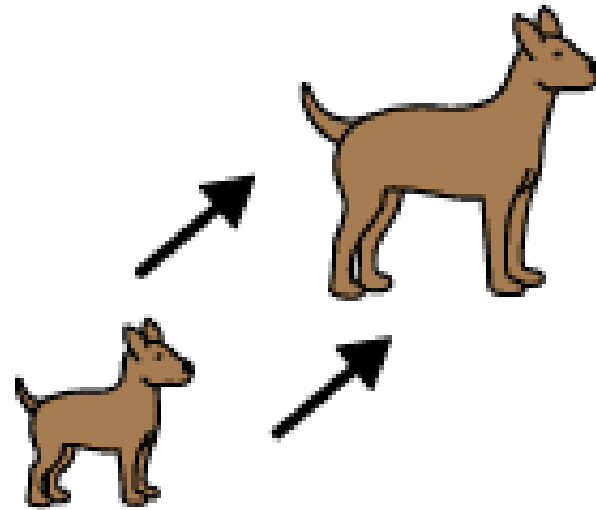
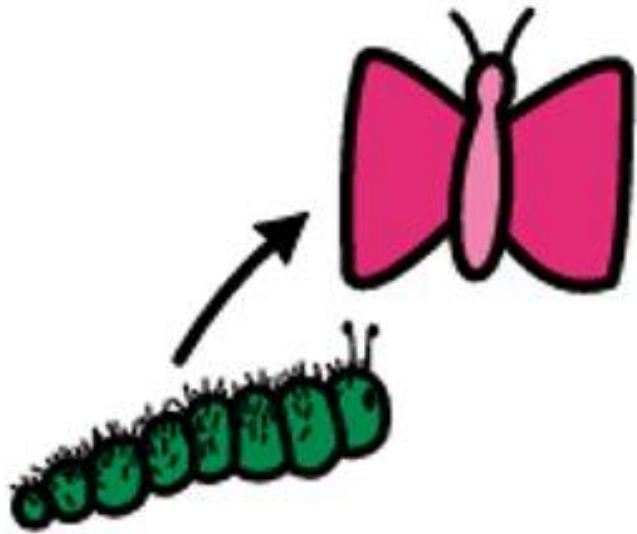


When Things in My Life Change

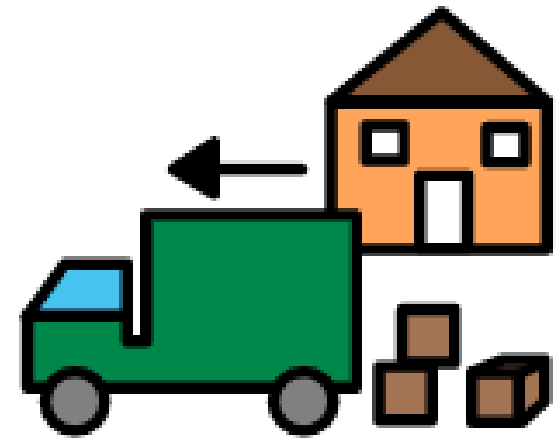
 Advocate Medical Group
Adult Down Syndrome Center



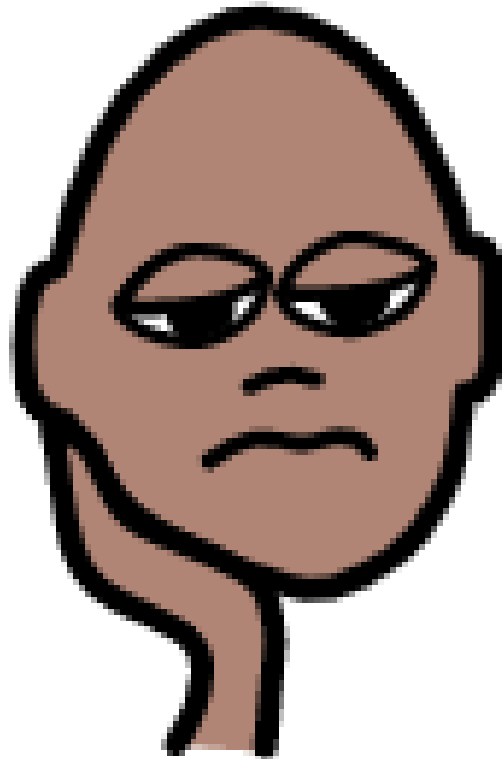
In life, things change.



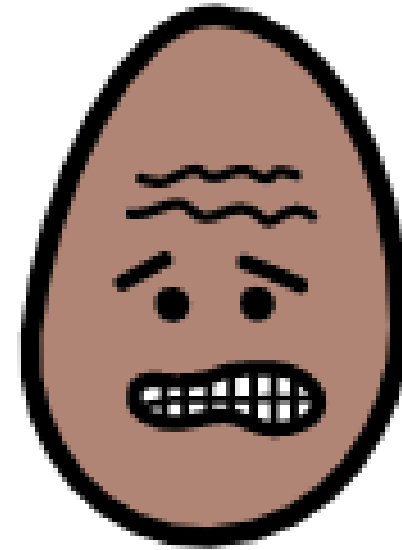
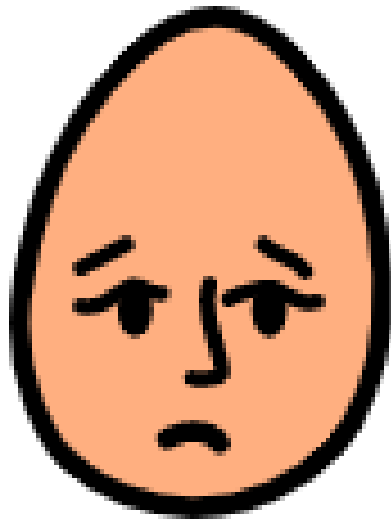
Change means that something is different than it was before.



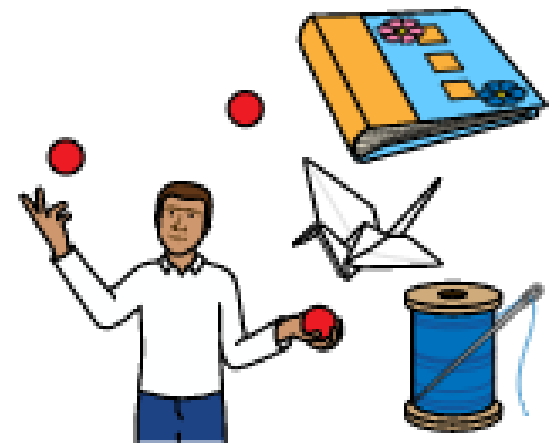
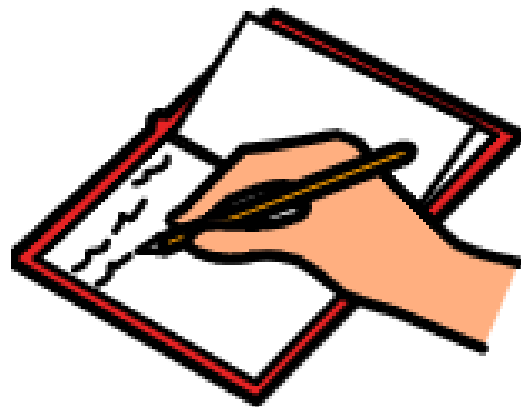
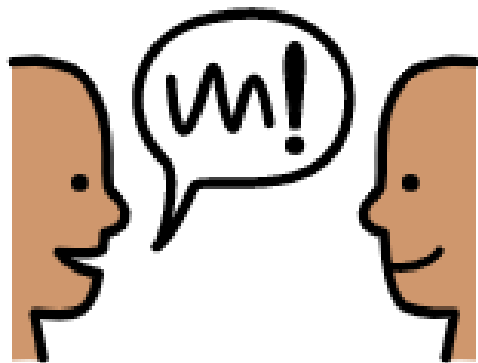
I might have changes with my family, friends, where I live, and what I do during the day.



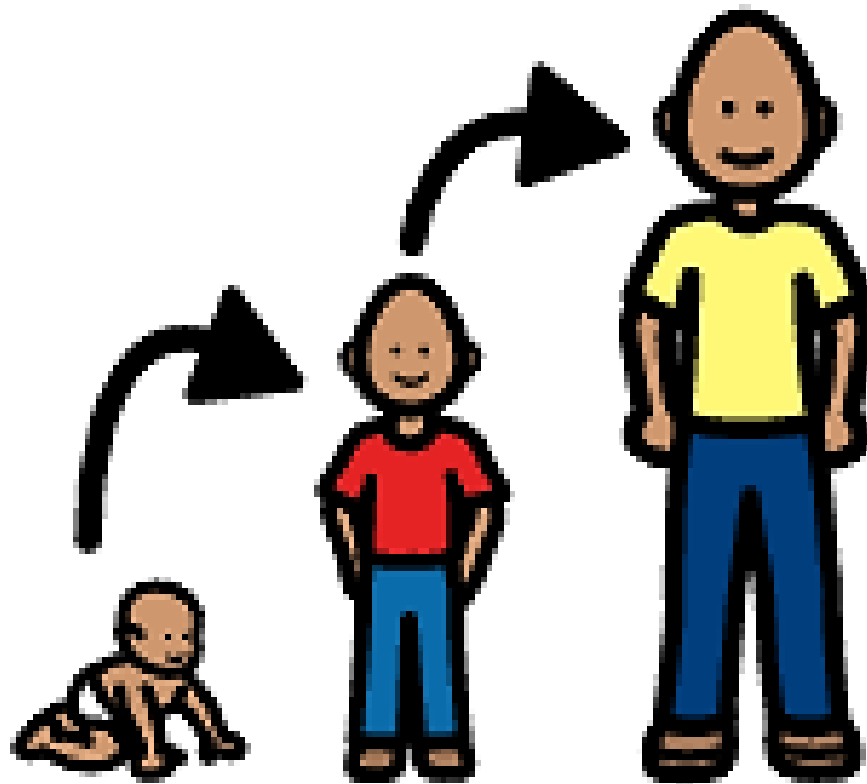
Change can be hard.



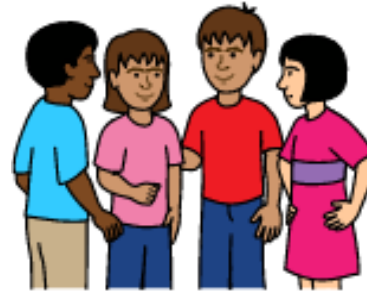
It is okay to feel worried or upset about changes.



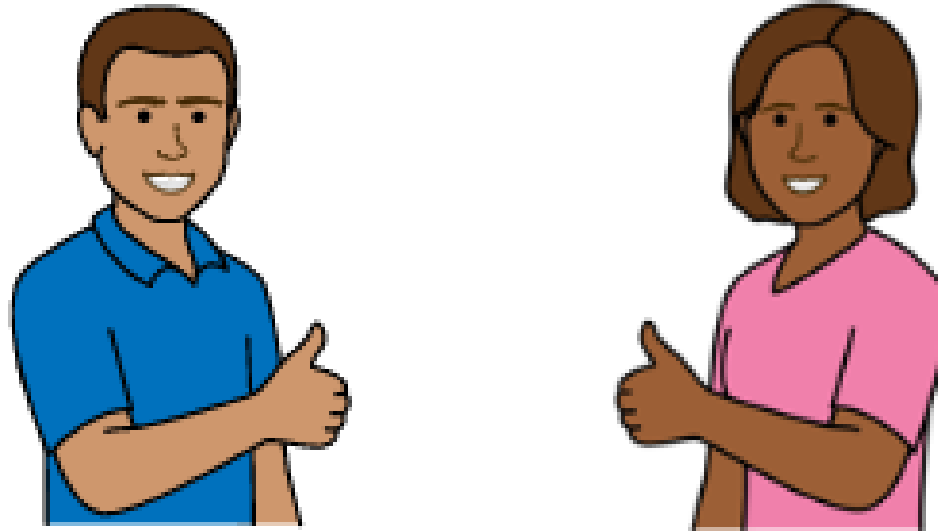
When I have strong feelings, I can talk to a trusted adult, write about my feelings, or do something that I enjoy.



I have already been through changes in my life.



I can remind myself that change can be good and exciting.



Change is important to continue growing as an adult.