

# When Things are Different *at Gymnastics*



At gymnastics we are used to having the same coach each week.



Sometimes, things might change and be different to what we are used to.

One thing that could change, is that our coach might be away.

When our coach is away, we will have a different coach.



They might be away just for one class or for more than one class.

We might be told that our coach will be away before we arrive at our class.



But sometimes we won't know that our coach is going to be away, and we will find out when we arrive.





When our coach is away, we might feel worried.



We can tell our new coach that we are worried, and we can ask for help.

We can tell them with our words.



Or we can point to a Picture Card.

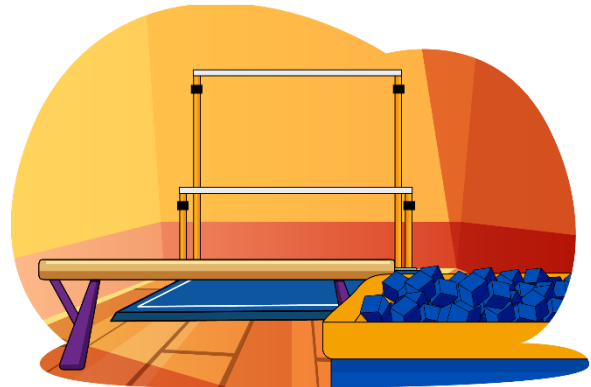


Other things can change at gymnastics as well.



Some people in our class might be away.

We might be using different equipment.



We might be doing a new activity.

There might be new people in our group.





When things change, we can tell someone if we feel worried and we can ask for help.

We can tell our coach, or the person who takes us to gymnastics.



We can tell them with our words.

Or we can show them a Picture Card.



When we tell someone how we feel, they will then understand and be able to help us better.

