Getting "Back on Track"
Sometimes at school something unexpected happens.

Oh no! I’m not ready for a fire.
This is sort of like a train that falls off the track.

The train can’t move when it’s

Oh no! The train fell off the

What can we do?
A train needs to "get back on track" to keep moving forward.

We’re going to need some help.

Let’s get the train back on

It might take some time.
When a problem happens and I get off track, I usually need some time to get "back on track".

I need some time to get "back on track."
My teachers work to help me get "back on track".

Let’s try to get back on track. Tell me what

Lots of things make me get off track.
Sometimes I get off track if the schedule changes.

PE class will be at 1:30 on Wednesday.

Our class will go to the library this morning.

Oh no!
We always have PE on Monday
Sometimes I get off track when __________.

I make a mistake.

the teacher doesn’t call on me.

I don’t like what we’re having for lunch.

our class doesn’t get recess.
Everybody gets off track sometimes. Most people usually have a plan to help them get "back on track".

Let’s make a plan to get back on track.

We all need to get back on track.

What are the things we can do?
When I get off track I can...

...take a deep breath.

...sit quietly for a few minutes.

...ask a question.

...make a plan about what to do next.
I will try to stay calm when I get off track.

Staying calm is
• Talking slowly and quietly
• Breathing deeply
• Moving carefully
I will try to make a plan to get "back on track" and keep moving forward.

My Plan for "getting back on track"

• Take a deep breath
• Sit quietly for a few minutes
• Ask a question
• Make a plan about what to do next

These will help me stay calm...

...and they will help me decide what to do next.
My teachers and my mom will feel proud of me when I can get back on track.

I’m so proud of you!

I’m back on track again!

That makes me feel proud!
I feel proud when I get back on track too.

I’m back on track! Now I can move ahead with my day.
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