# My Circle of Familiar Things

Make a simple plan with room for comfort and change

**CIRCLES: ROUTINES AND FAMILIARITY**

A Circle can hold familiar steps, people, objects and routines. Your plan can be a drawing, photos, words or objects.

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| **BEFORE**<br>What helps me get ready? | **DURING**<br>What helps me know what is happening? |
| **AFTER**<br>What familiar thing can I return to? | **IF PLANS CHANGE**<br>Who can explain the next step? |

**One thing I want to keep familiar:**

**One choice I can make:**

**Routines can flex. You can add a new step slowly, ask for a preview or take a break.**