Make your own social story

Today, I am going outside!
I will bring some of my favorite things, in case I need them.

headphones  schedule  sensory toy

Timer  snacks  visual supports
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I will bring what I need to enjoy the outdoors.

water       sunscreen       jacket

bug spray       backpack
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I will follow the rules on my visit:

Be kind to others. Stay on the trails.

Stay with my adult.

Use my walking feet.
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After driving to the site, we will park in the parking lot.
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Now it’s time to check my schedule.
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First we will walk to the information sign, and look at the map.
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My adult and I will start walking on the trails.
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If we get tired, I can sit on a bench.
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If I get hungry or thirsty, I can have a drink of water or a snack.
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If I have to go to the bathroom, I will need to do it outside.
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If a bug lands on me, I can swat it away.
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If I see a flower, I can smell it.
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If I wonder where I am, I can look at a map. I can ask my adult for help figuring out what the map means.
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If I see water, I can listen to it or touch it.
I will not drink it.
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If there is a breeze, I can listen to it in the leaves, or feel it on my face.
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If there is rain, I will put on a jacket.
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When I am all finished, we’ll go back to the car and drive home.