**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.

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