

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.

Keep myself and others safe.



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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.**

