

Getting Ready for School

Social Story

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Symbol Supported Social Story

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Story written and created in collaboration with Lynn McCann, Autism Specialist at Reachout ASC and author of '*Stories that Explain*' published by LDA.

Web: <https://reachoutasc.com/>

Facebook: <https://www.facebook.com/ReachoutASC>

This resource was made primarily with a single skin-tone as it is intended to be used with a specific person. To make the social story more personalised you can customise the skin-tones in InPrint 3.

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Insert photo of person here



My name is

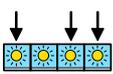
.



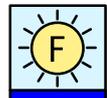
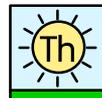
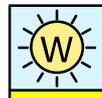
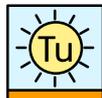
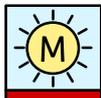
I am in



class.



Usually on Mondays, Tuesdays, Wednesdays, Thursdays and Fridays,



I need

to

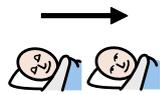
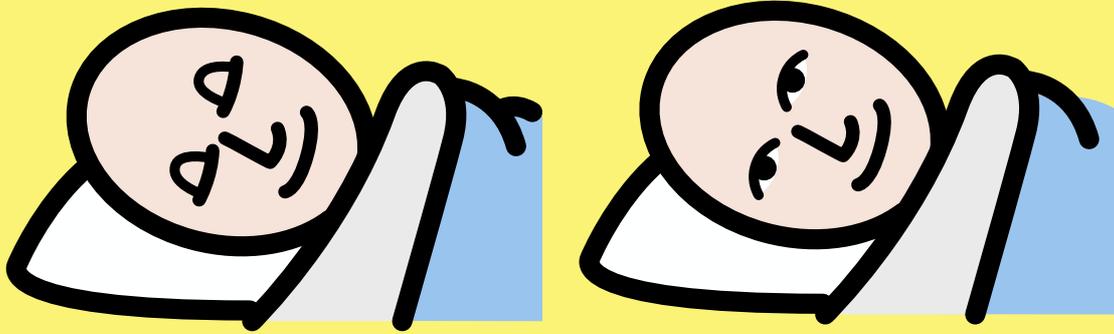


get ready

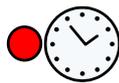
for



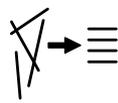
school.



It can be hard to wake up and get ready for school.



There are jobs to do before we leave the house.



My brain might find it hard to organise the jobs.



This can be because I am autistic and this is okay.



School

is a



place



most children



go to.

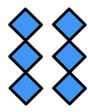


School

starts



at the

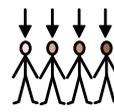


same

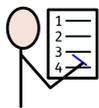


time

for



everyone.



This is so the register can be taken.



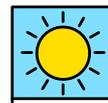
This is when we look at

our



visual timetable

for the



day.

1 _____
2 _____
3 _____



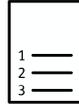
My parents and



I



can



make a plan.



This will help me



to get ready



for school.



This will help me



leave the house



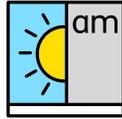
on time.



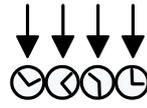
This is good.



My



Morning



Routine

1



Get out of bed

when



my alarm clock



makes its noise.

2



Go to the toilet

and



wash my hands

and



face



at the sink.

3



Brush my teeth.

4



Get dressed.

5



Put my shoes on.

6



Have breakfast.

7



Time to rest,



play

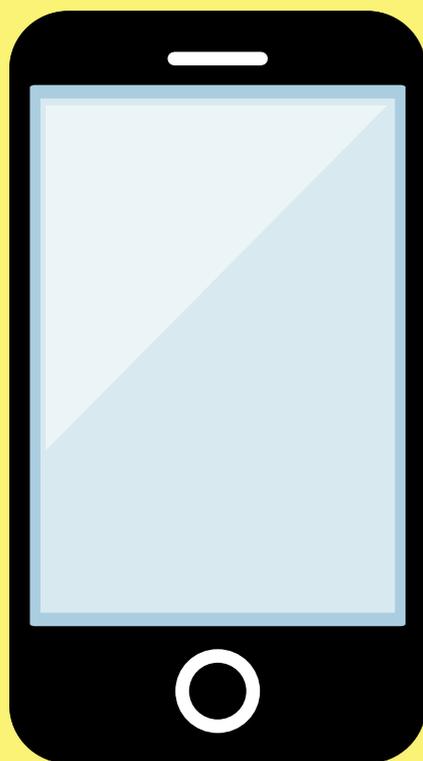
or have some



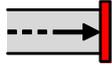
sensory



time.

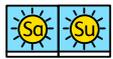
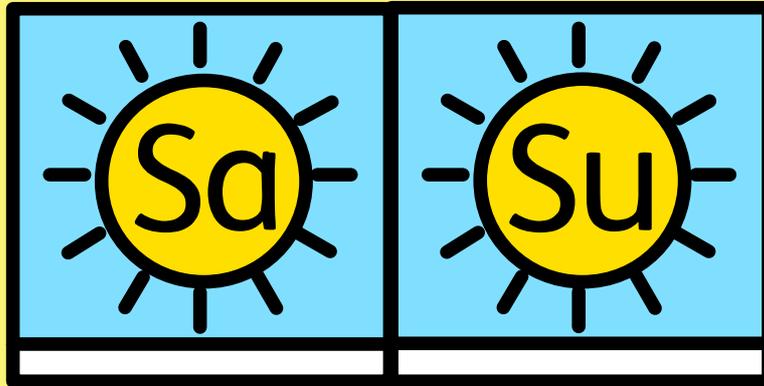


 My  grown ups  phone  can give me  a five minute  warning.

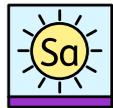
 This will help  me know that  I have to  finish  playing.

 I can  put my coat on  and get my bag.

 We can then leave the house.



At the weekend

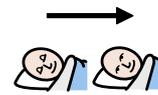


(Saturday

and



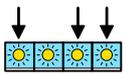
Sunday)



I can get up



later.



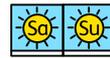
We usually



do not go



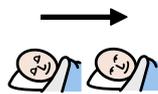
to school



at weekends.



In the school holidays



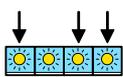
I can get up



later.



I



usually



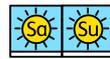
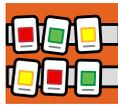
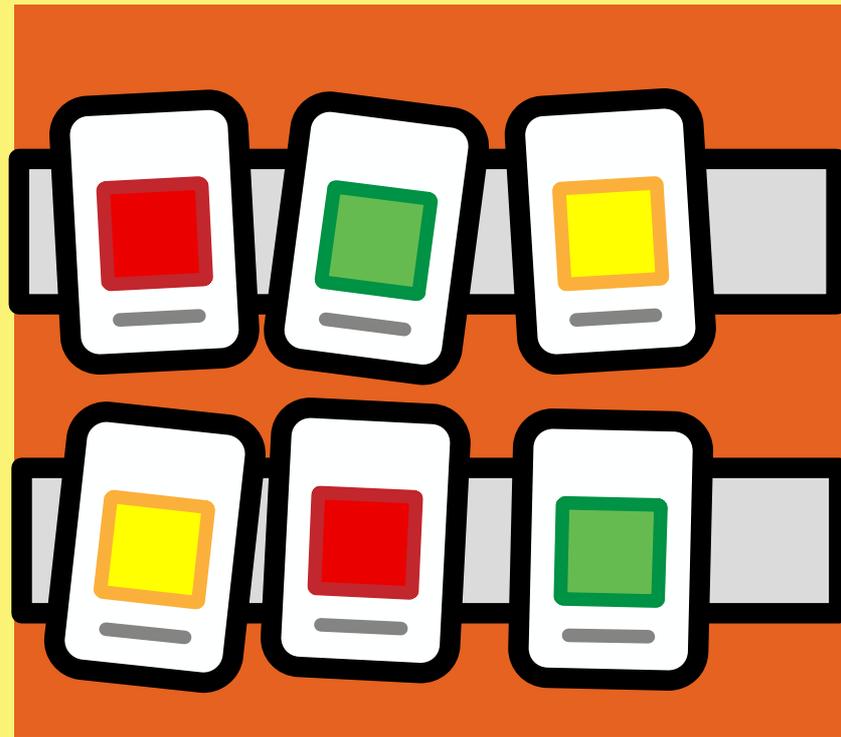
do not go



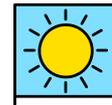
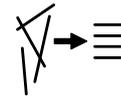
to school



in the holidays.



I might still use my visual timetable on weekends and holidays.



My visual timetable can help me to organise my days.



I can get ready for school.



WELL DONE

ME!