

Social Story: My School Day

(Parents should replace the information such as name/ food etc as per their needs and explain the story to the child)

My name is [your child's Name]. I go to school. School is a place where I learn new things and see my friends and teachers.

In the morning, I wake up when my alarm rings or Mom/Dad gently wakes me. I stretch and say, "Good morning!" It is time to start my day.

First, I go to the bathroom. I use the toilet, wash my hands with soap, and dry them. Next, I brush my teeth. I put toothpaste on my brush, brush all my teeth in circles, rinse, and spit. My teeth feel clean and sparkly.

Then I get dressed. I put on my school clothes that Mom/Dad or I choose. I put on my socks and shoes. If something feels uncomfortable, I can ask for help. Wearing my school clothes means I am ready for the day.

I eat breakfast at the table. Breakfast gives me energy for school. I might have [favourite breakfast]. After eating, I put my dishes in the sink.

Now it is time to pack my school bag. I put in my lunch/snack, water bottle, and anything special my teacher asked for. My bag is ready to go!

I say goodbye to my family at home. I might feel a little excited or nervous — that is okay. I can take a deep breath if I need to. Then I go to school by [bus, car, walking — customize].

When I arrive at school, I greet my teacher and friends. I put my bag in the right place and sit at my desk or in the circle. During the school day, we do learning activities, playtime, lunch, and rest time. The bell or teacher tells me when it is time to change activities. If I need a break, I can ask my teacher.

At the end of the day, I pack my things and say goodbye to my teacher and friends. I go home by [bus, car, walking]. When I get home, I might feel tired or happy. I can tell my family about my day.

Coming home means I can relax, play, eat a snack, and rest. Tomorrow will be another school day, and I know what to expect.

I did a great job going to school today!