

*A social story  
about*  
**PLANNING A  
COMMUNITY  
TRIP**





# I AM GOING INTO THE COMMUNITY

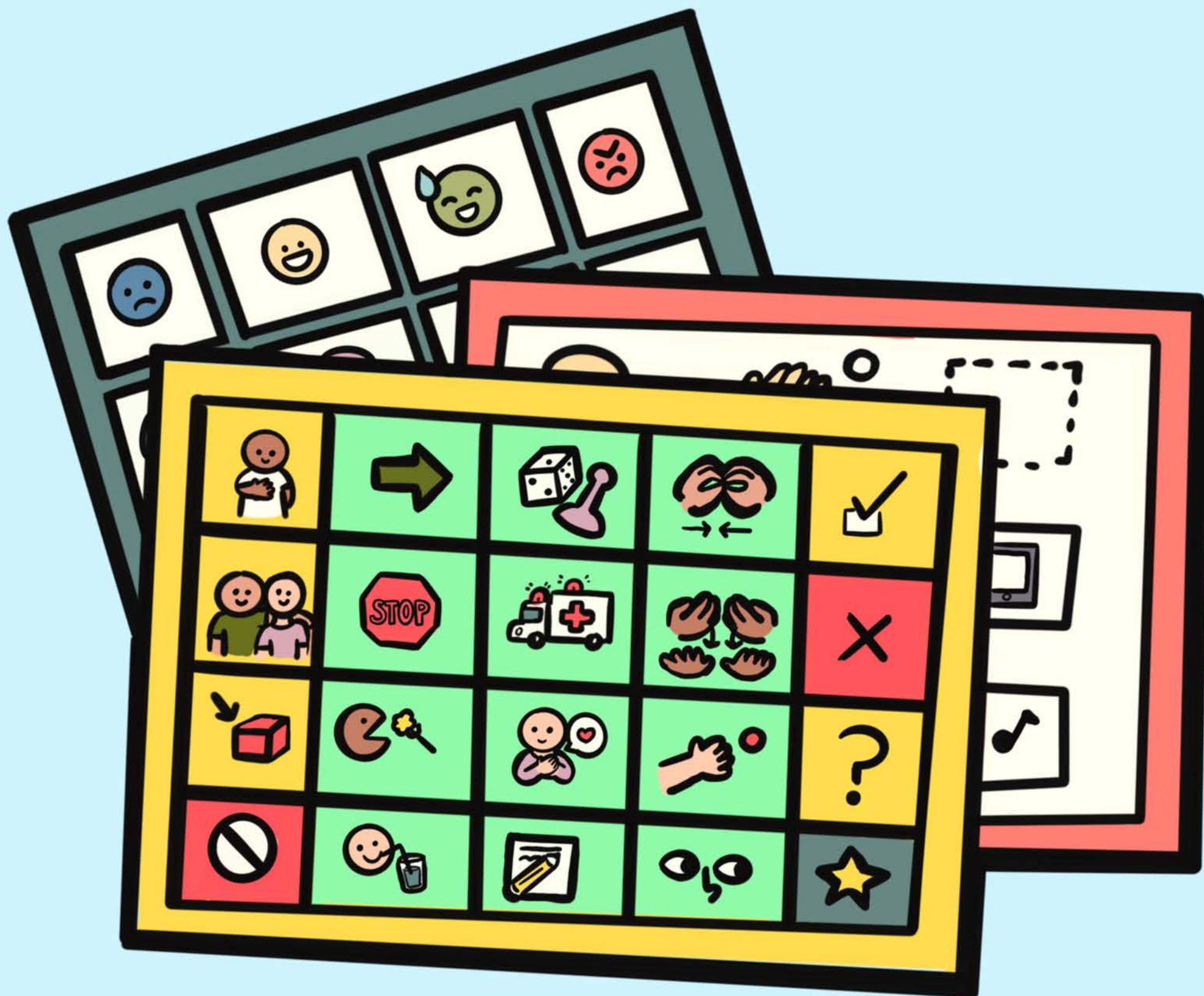
Sometimes, I go out into the  
community with my support worker.



We might go to the shops,  
the park, or the café.



# I WILL KNOW WHAT IS HAPPENING



My support worker will show me a visual schedule.

I can look at my schedule to see where we are going.

If something changes, my support worker will help me.

# GETTING THERE



We travel safely in the car or by walking.  
I stay with my support worker.

If I feel worried or confused, I can point to  
my help card or use my device.

# SAFE BEHAVIOUR HELPS ME HAVE FUN

When I am calm and safe, I can enjoy being in the community.

I can use a fidget toy or listen to music if I feel upset.  
I can ask for a break using my break card or device.



# WHEN I FEEL UPSET


Sometimes I feel angry or overwhelmed.

That is OK. I can show how I feel by:

- tapping "help" on my iPad
- Pointing to "break"
- Going to a quiet space with my worker



HELP

An illustration of a man with brown hair, wearing a red sweater and brown pants, sitting on a grassy hill. He is looking up towards a large, dark green, conical tree on the left. The background is a light green field with small yellow flowers. In the upper right, there is a circular inset showing two children playing in a field. One child is holding a red racket, and the other is holding a blue balloon.

If I feel like yelling, running, or hurting things or people, I will try to stop and choose a safe way to show how I feel.

My support worker can help me feel calm.

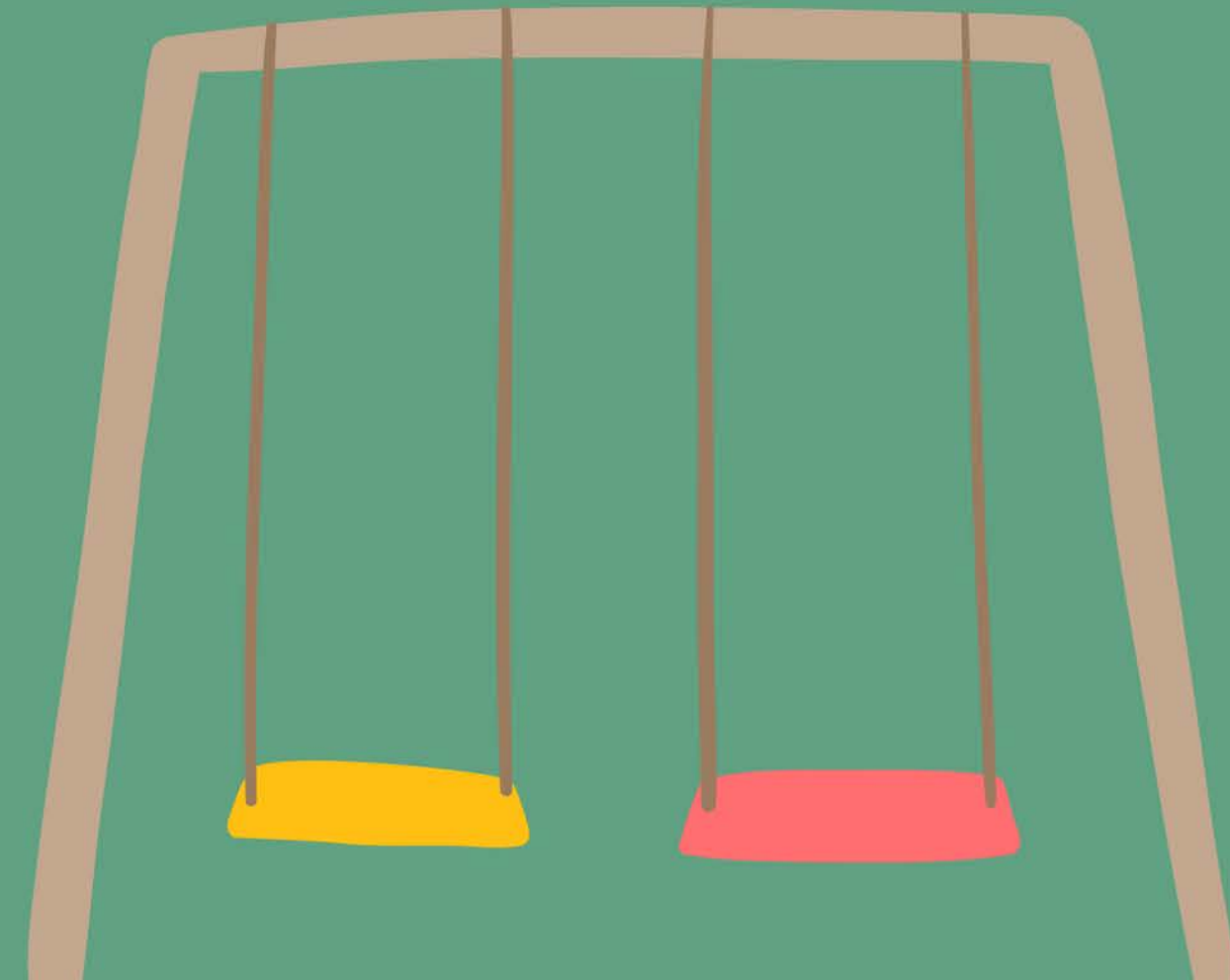
# WHAT I CAN DO INSTEAD

Instead of yelling, I can point to how I feel.

Instead of throwing things, I can squeeze a fidget.

Instead of running away, I can ask to go  
somewhere quiet.

Instead of hurting myself, I can ask for help.



# WHEN I USE SAFE BEHAVIOUR

When I use safe behaviour, I'll enjoy being in the community  
praise and favourite activities, and feel proud of myself



# WHEN THE TRIP IS FINISHED

When it is time to go home, my support worker will show me a visual.  
I can look forward to relaxing when I get back.  
I did my best. I am learning how to be safe and happy in the community.

