



MY HALLOWEEN TRICK-OR-TREAT STORY



HALLOWEEN IS A SPECIAL TIME WHEN PEOPLE DRESS UP,
DECORATE THEIR HOMES, AND SPEND TIME TOGETHER.

SOME THINGS MIGHT FEEL EXCITING.

SOME THINGS MIGHT FEEL SURPRISING.

SOME THINGS MIGHT FEEL TOO LOUD, BUSY, OR OVERWHELMING.

ALL OF MY FEELINGS ARE OKAY.



I CAN CHOOSE MY COSTUME
I CAN WEAR A COSTUME IF I WANT TO.
MY COSTUME CAN BE SOMETHING I REALLY LIKE.
I CAN ALSO CHOOSE COMFORTABLE CLOTHES, PAJAMAS,
OR ANOTHER OUTFIT.
I DO NOT HAVE TO WEAR A COSTUME TO ENJOY
HALLOWEEN.



I CAN GO TRICK-OR-TREATING

WHEN I GO TRICK-OR-TREATING, I MIGHT WALK WITH MY FAMILY OR FRIENDS.

WE CAN WALK FROM HOUSE TO HOUSE.

WHEN WE GET TO A HOUSE, I CAN WAIT FOR MY TURN.

SOMEONE MIGHT OPEN THE DOOR AND GIVE ME A TREAT.

I CAN SAY:

"TRICK OR TREAT!"



I CAN TAKE A BREAK
SOMETIMES HALLOWEEN MIGHT FEEL LIKE TOO MUCH.
THERE MIGHT BE LOTS OF PEOPLE, SOUNDS, LIGHTS,
COSTUMES, OR WAITING.
MY BODY MIGHT TELL ME THAT I NEED A BREAK.
I MIGHT FEEL:

- OVERWHELMED
- TIRED
- NERVOUS
- EXCITED
- FRUSTRATED
- UNCOMFORTABLE



WHEN I NEED A BREAK, I CAN TAKE ONE.

I CAN TELL AN ADULT:

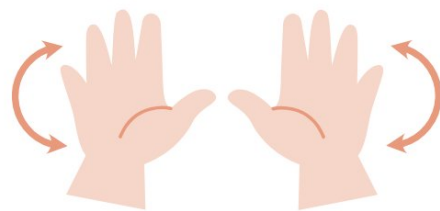
"I NEED A BREAK."

I CAN USE MY COMMUNICATION DEVICE, GESTURE, POINT,
OR SHOW AN ADULT THAT I NEED SPACE.

I CAN MOVE SOMEWHERE QUIETER.



I NEED A BREAK



I AM DONE

I DO NOT HAVE TO KEEP TRICK-OR-TREATING JUST
BECAUSE OTHER PEOPLE ARE STILL GOING.
MY COMFORT MATTERS.

THERE ARE MANY WAYS TO ENJOY HALLOWEEN.



I CAN PARTICIPATE.



I CAN COMMUNICATE.



I CAN TAKE BREAKS.



I CAN BE WITH MY FRIENDS.



HOW TO USE THIS SOCIAL STORY



SOCIAL STORIES CAN HELP CHILDREN UNDERSTAND WHAT TO EXPECT AND EXPLORE WAYS THEY CAN PARTICIPATE IN NEW OR EXCITING SITUATIONS.

PARENTS CAN:

- READ IT TOGETHER BEFORE HALLOWEEN, WHEN YOUR CHILD IS CALM AND RELAXED.
- TALK ABOUT WHAT MIGHT HAPPEN, COSTUMES, DECORATIONS, TRICK-OR-TREATING, CROWDS, AND SOUNDS.
- PRACTICE COMMUNICATION SUCH AS "TRICK OR TREAT," "I NEED A BREAK," OR "I'M DONE."
- IDENTIFY A BREAK PLAN AHEAD OF TIME, SUCH AS A QUIET PLACE, HEADPHONES, OR GOING HOME.
- READ IT MORE THAN ONCE AND REVISIT IT AS HALLOWEEN GETS CLOSER.
- FOLLOW YOUR CHILD'S LEAD. THE GOAL ISN'T TO MAKE YOUR CHILD PARTICIPATE IN A CERTAIN WAY, BUT TO HELP THEM FEEL PREPARED AND SUPPORTED.

REMEMBER: A SOCIAL STORY IS A TOOL FOR PREPARATION, NOT A SCRIPT YOUR CHILD HAS TO FOLLOW. THERE IS MORE THAN ONE WAY TO ENJOY HALLOWEEN. 🎃

