

I'm Going Back to School!

Social Story to help children with disabilities feel prepared, safe, and supported as they transition into a new school year.

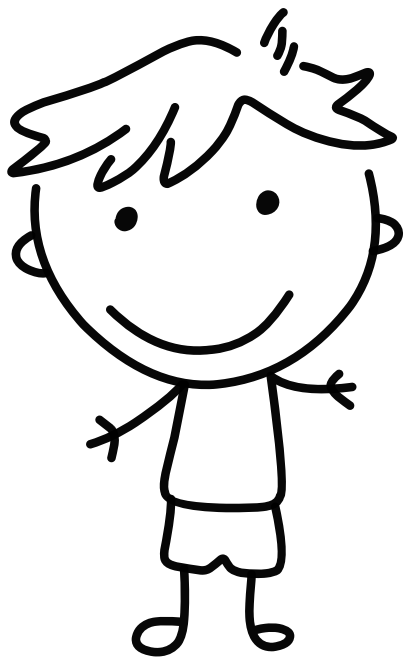


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I'm Going Back to School!

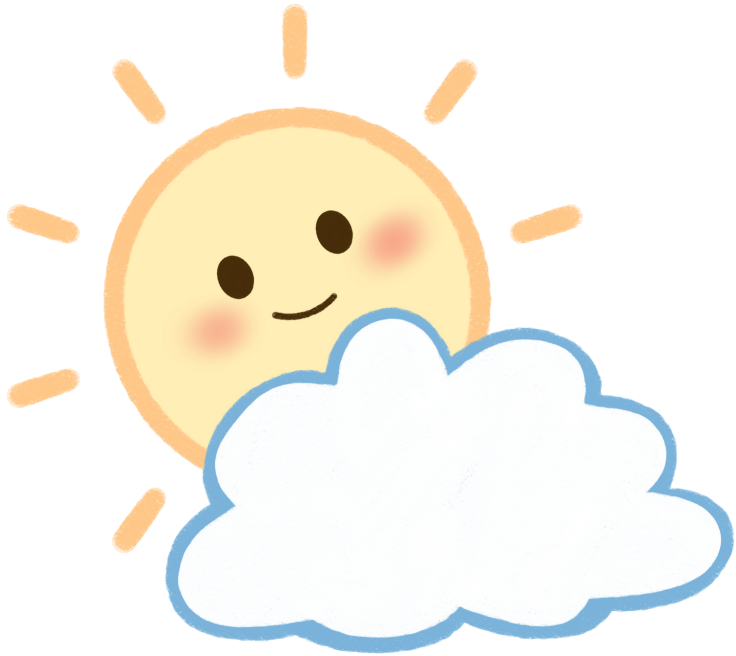
A story to help me feel ready.





Soon, it will be time to go back to school.

School is a place where I can learn, play, and grow in my own way.



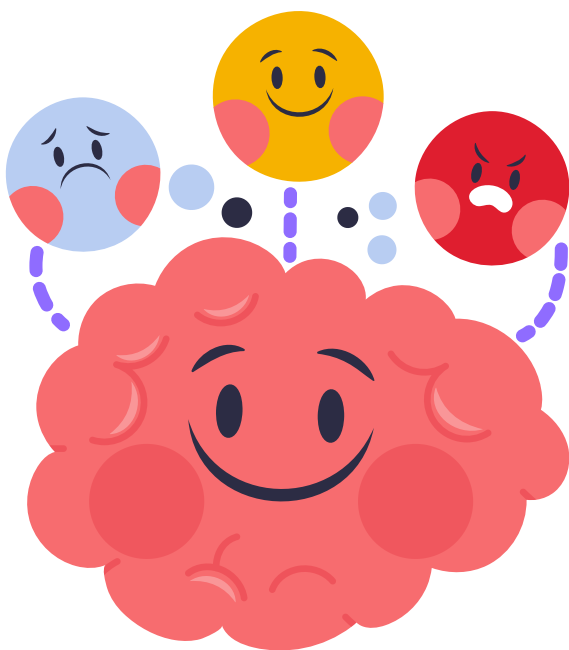
In the morning, I will get ready for school.

I can follow my morning routine checklist.



When I arrive at school, there might be many sounds, people, or lights.

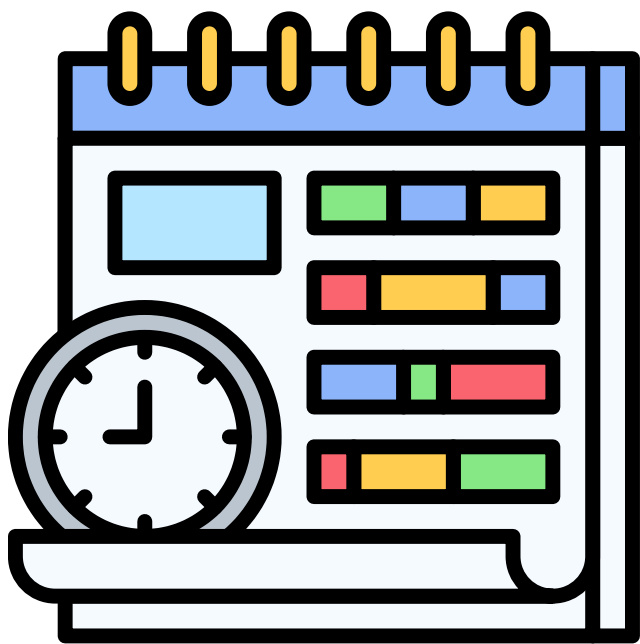
I can wear headphones or ask to take a break if that feels like too much.



I might feel nervous, excited, or both.

Saying goodbye to my grown-up can feel hard.

They will come back later — and I will see them again soon.



My school day has a routine. It might include:



Learning time



Creative time



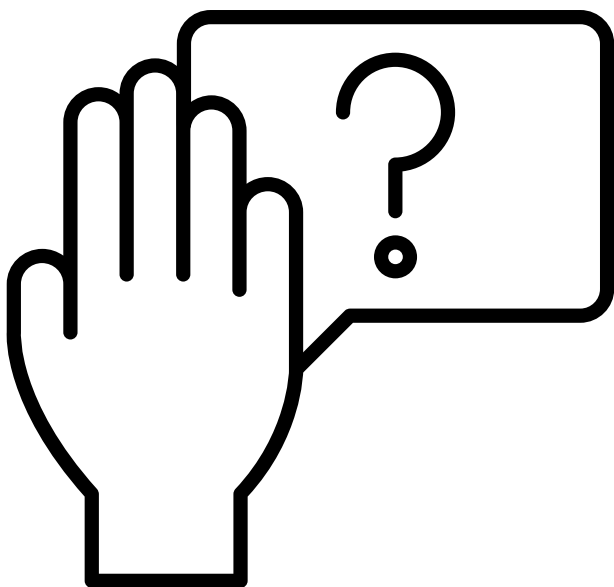
Snack and lunch



Breaks to rest or move

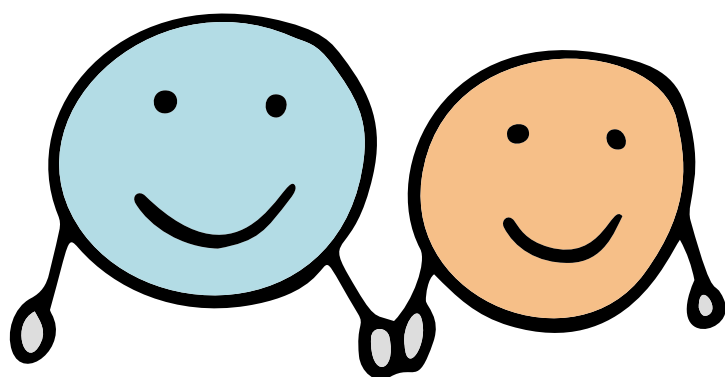


Grown-ups who help me



At school, I can ask for what I need
— or ask someone to help me do
that.

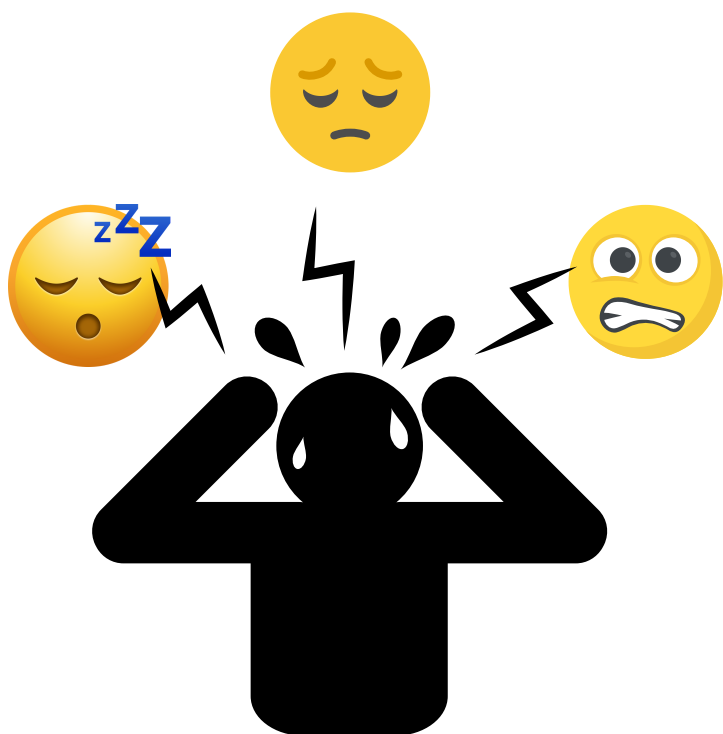
I might use words, signs, pictures,
gestures, or a talker.



I might see other kids at school.

Sometimes I watch. Sometimes I
play. Sometimes I do my own
thing.

There are many ways to be part of
the group.



Sometimes school feels tricky.

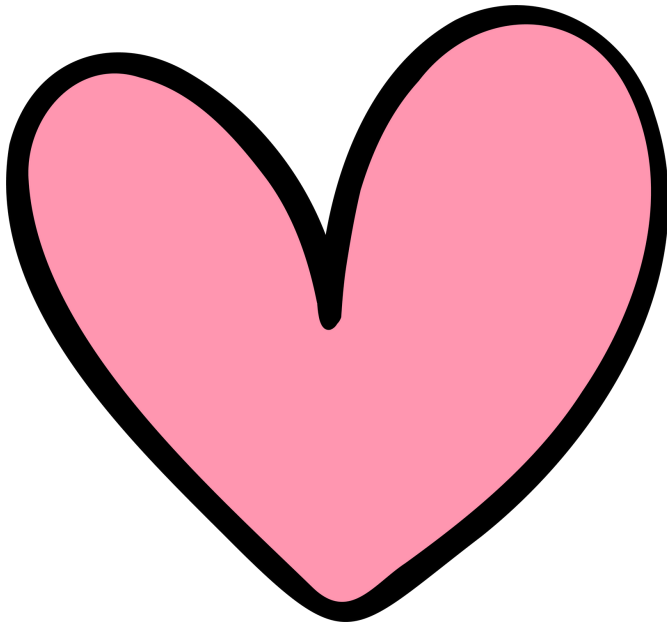
I might feel frustrated, tired,
overwhelmed, or stuck.

I can ask for help, take a break, or
do something calming.



When school is over, I will go
home.

I might ride the bus, go in the car,
or take another way.



Even if I feel nervous, I am not alone.

There are people who care about me and want to help.

I don't have to be perfect. I just have to be me.



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