
Social story cheats for snow related activities

Getting Gear on

I like to go skiing (snowboarding). To be able to go skiing safely, I need to stay warm and have the right gear on.

I have to put on gear like my hat, gloves, ski boots, snow suit, goggles, (add any items specific to the person).

Sometimes it's hard for me to put these on so I can use my words to ask a staff member for help.

I can also ask for help if I feel too hot or too cold when I have my snow gear on.

Sometimes I will have to wait until I get to a safe place to take off my gear if I am feeling too warm. This is okay.

I know I have to put on my gear to be able to ski and have fun.

My equipment

I like to go snowboarding (skiing).

I have some of my own equipment for when I go snowboarding.

Sometimes my equipment must be (in the van, at the storage place, wherever...) and not with me.

My belongings are special and I can get worried when I do not have them. When I get worried I can ask a staff member to remind me where they are and how long it will be until I get to use my equipment.

I will write down where they are and keep that note in my pocket to help me remember where my equipment is and that it is safe. *(or carry a picture of the item or just a note with what time I will be reunited with my things, etc.)*

A staff member will help me remember too.

I like having my own equipment and I know it will be safe even if I am not with it the whole time I am snowboarding. I will have a good time snowboarding.

The van

I take a long ride in the van to get to the mountain to ski.

I like to go skiing.

Sometime when I am in the van I get tired of sitting.

When I am tired of sitting I can: *(these are examples- insert ones that work for your group/kid)*

-play a game

-listen to my Ipod

-take a nap

-read a book

-talk to my friends

-play with my quiet toy

If I am still having a hard time I can *(ask a staff member when we will be there one time, have a staff write down when we will be there, check my schedule, etc.)* .

I can be waiting in the van for awhile, but I can wait patiently so I can have a good time on the mountain.

Small Spaces

I sometimes have to wait or sit in small spaces like the lodge room or the van.

Sometimes this makes me anxious and I want to get out. I may get so anxious I want to yell.

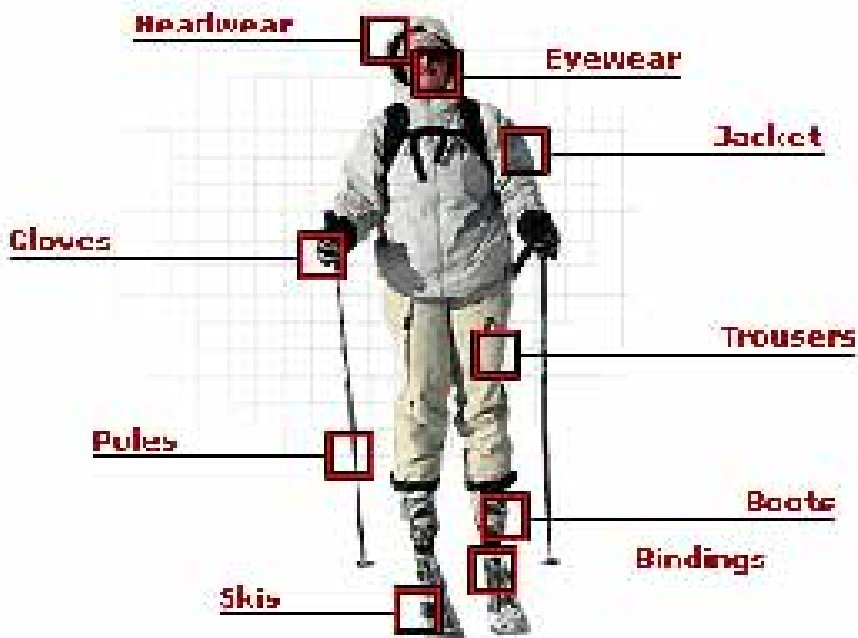
If I yell in this small area, it will be very loud.

Loud noise may disturb and upset my friends and that is not okay.

We are outside to have a fun time and learn to ski.

When I feel anxious or like I want to yell, I can ask an adult for help, take deep breaths or look at my schedule to see when we start the next activity, play a game, (whatever their choices are at that moment...).

I will do a good job in the small space and keep my voice quiet.



GOGGLES



BOOTS



POLES



GLOVE



SKI



SNOWBOARD

JACKET





yes



cold



like



sick



loud



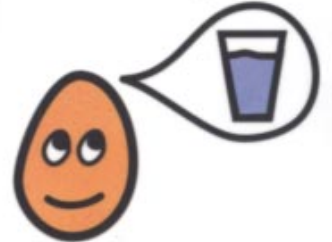
looks good



quiet



thirsty



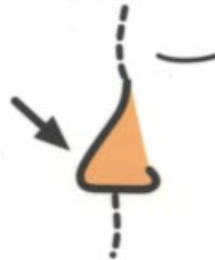
excited



head



nose



eyes

ear



hand



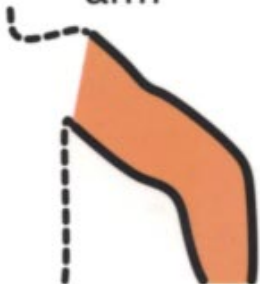
leg



foot



arm



good job



Yeah!



mad



disappointed



funny



bored



pain



delicious



hungry



feel



tired



sad



frustrated



yucky



don't like



hot



great



happy



grumpy



fun



my turn



your turn



I'm ready



I hate that



I feel



I need a break



I hear



I need help



I see



I'm not ready



I have



I want



It's a

