

Going to the Toilet

Social Story

Going to the Toilet at School Version

Symbol Supported Social Story

NB - Choose page 8 or 9 depending on needs

Published by Widgit Software Ltd

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Tel: 01926 333680

Email: info@widgit.com

Web: www.widgit.com

Story written and created in collaboration with Lynn McCann, Autism Specialist at Reachout ASC and author of '*Stories that Explain*' published by LDA.

Web: <https://reachoutasc.com/>

Facebook: <https://www.facebook.com/ReachoutASC>

This resource was made primarily with a single skin-tone as it is intended to be used with a specific person. To make the social story more personalised you can customise the skin-tones in InPrint 3.

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Insert photo of person here



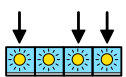
My name is



I am in



class.



I usually



eat



my breakfast



in the morning

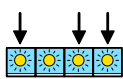
and



have a drink.



My family



usually

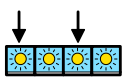
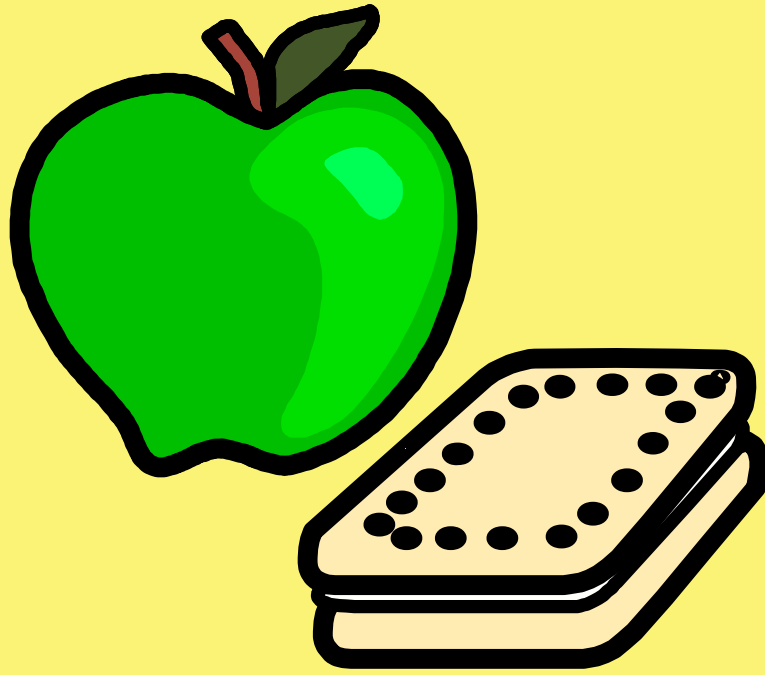


eat

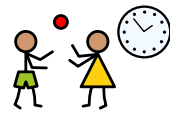
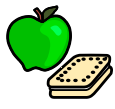
and



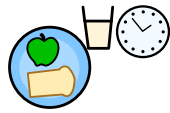
drink too.



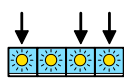
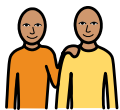
Some days I go to school.



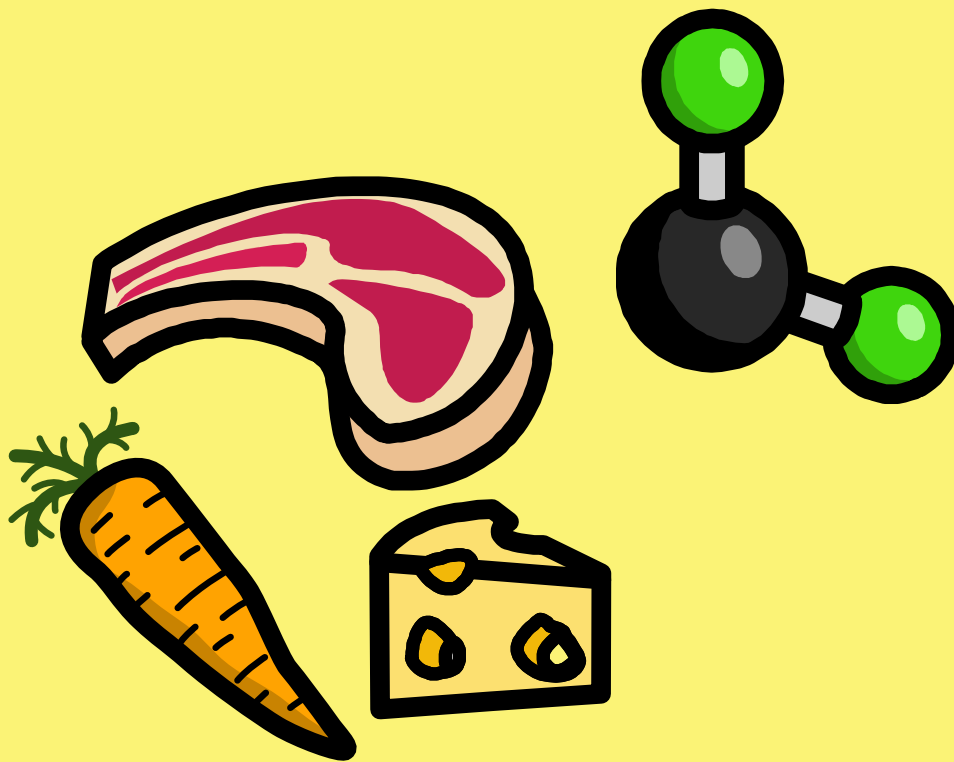
I might eat a snack at playtime and have a drink.



I might eat a meal at lunchtime and have a drink.



My friends usually eat and drink too.



Bodies



get good things

from



food and drink.



These good things

are

called nutrients.



People



get energy

from



eating

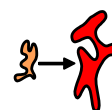
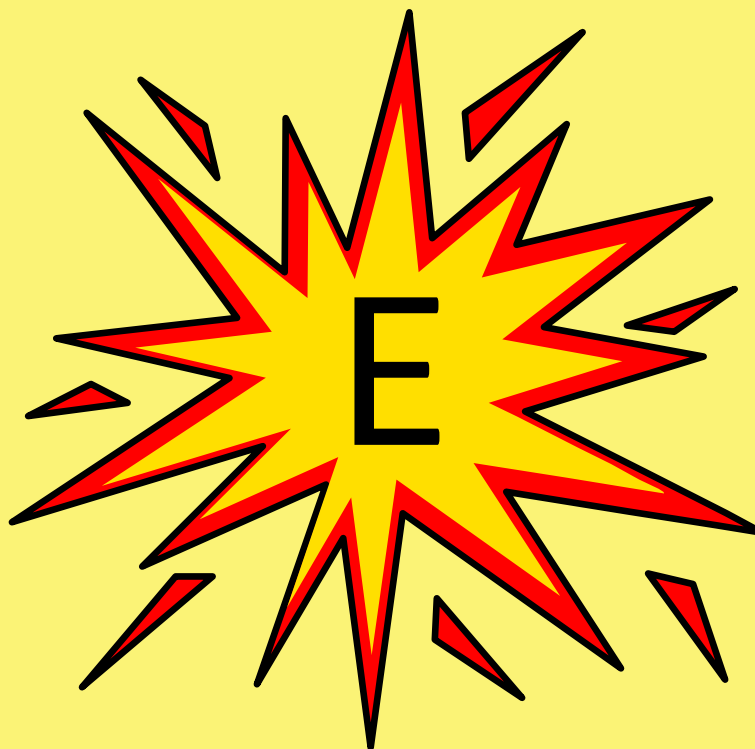
and



drinking.



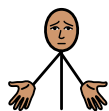
This is good.



Food and drink that is not used for energy in our body turns into



wee and poop.



Our body needs to get the wee and poop out



to keep us healthy.



It is good



to go to the toilet



to wee



or poop.



I could



show

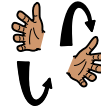


my toilet



symbol

or



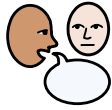
sign



'toilet.'



I could



say



"Toilet



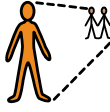
please."



I could

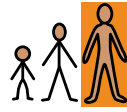


go

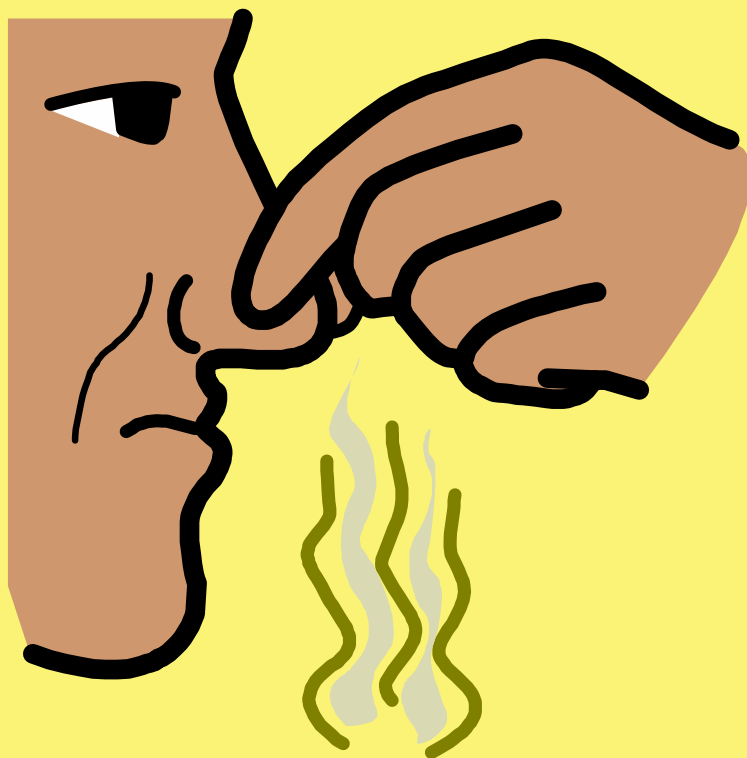


alone

or with a



grown up.



I can go to the toilet that feels the safest to me.



It might smell bad and the hand dryer might make a noise.



People might not like the noise or smell.



This is okay.



My teacher

or



TA

can help me.



I could



use

the



quiet



toilet.



My teacher

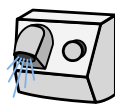


could



switch

the



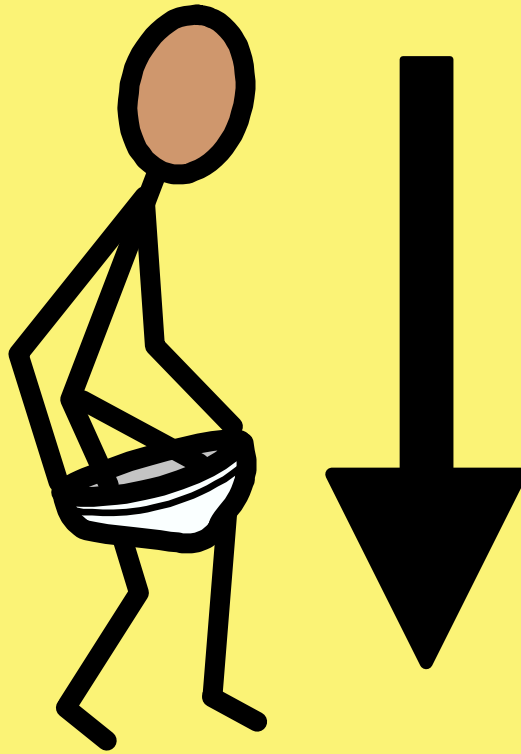
hand dryer



off.



This is good.



I can



go



in the cubicle.



I can



pull down my pants.



I can



sit on the toilet.



I can try

to

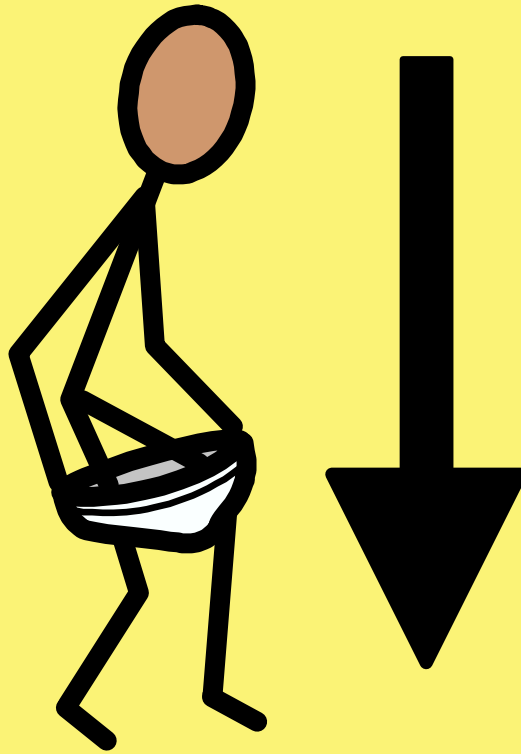


wee

or



poop.



I can

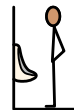


go



in the cubicle

or to a



urinal.



I can



pull down my pants.

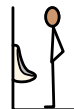


I can



sit on the toilet

or



stand at the urinal.



I can try

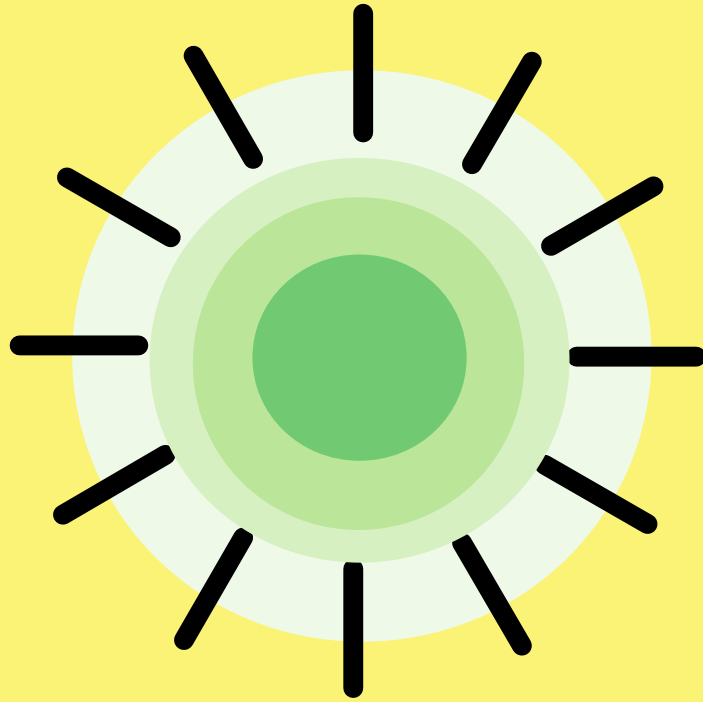


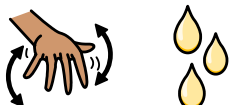
to wee

or

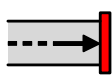




poop.




I might wee.


I might poop.

  
When I have finished I can try to wipe.

  
This is important and will keep me clean.



My adult



might help me



to wipe.



I can ask



them

to



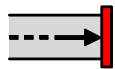
help me



wipe.



I will



finish



wiping.



I will



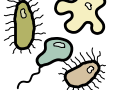
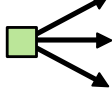


pull up my pants.

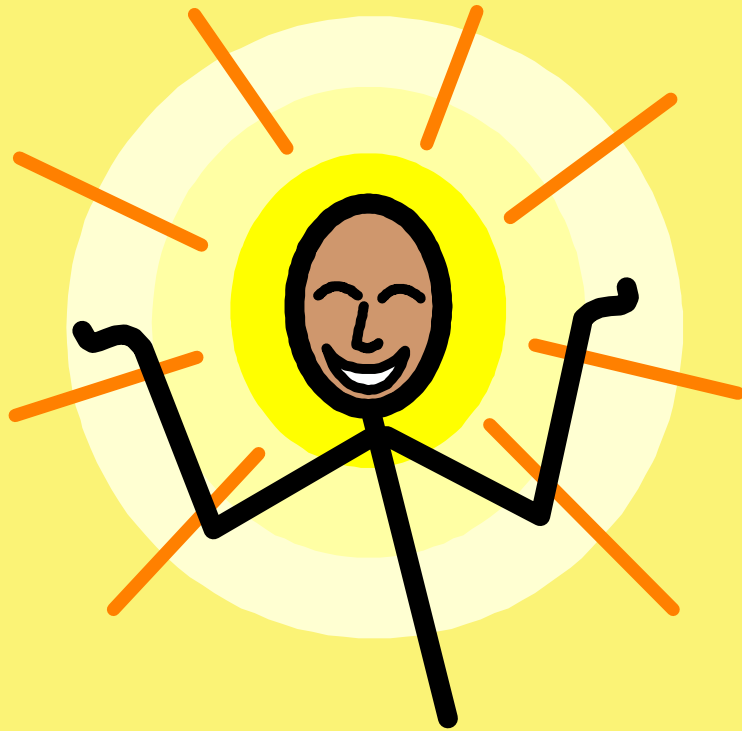


    
People should wash their hands after wiping.

    
People should dry their hands after washing them.

   
Clean hands stop germs spreading.


This is good.



I can



go to the toilet.



I can



wash my hands



after



using the toilet.



Well done



me!



Brilliant.