

Taking Care of My Body

Social Story

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Symbol Supported Social Story

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This resource was made using the black and white versions of Widgit Symbols. To make the social story more personalised you can customise the colours of all symbols and skin-tones in InPrint 3.

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Insert photo of person here



My name is



I am in



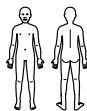
class.



When people



grow



their bodies



change.



People



can learn

to be

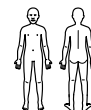


healthy

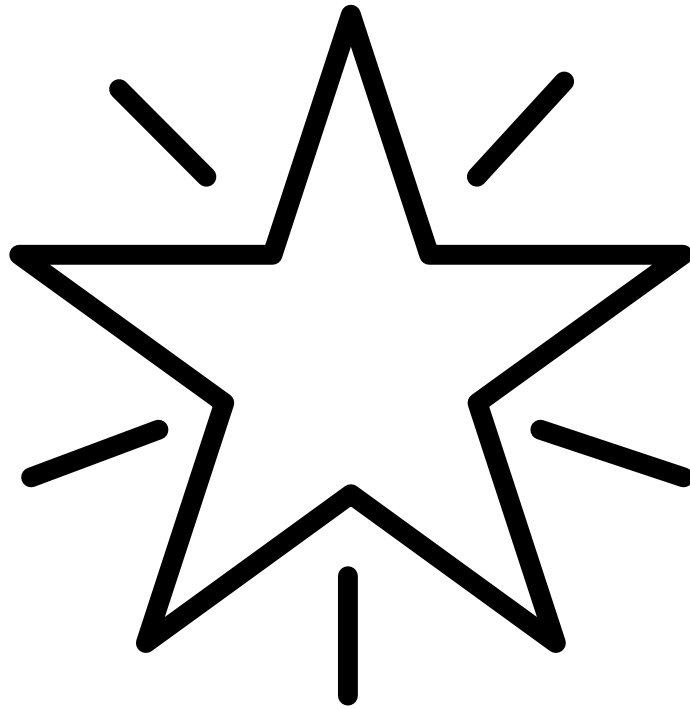
and



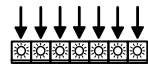
look after



their bodies.



It is good to look after our bodies.



Being healthy means it is good to clean our bodies every day.



Our bodies are precious.



It is good to look after them.



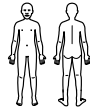
If people



don't



look after



their bodies



they could have



health issues.



● sore



teeth



● tangled hair



● itchy skin



● smelly armpits



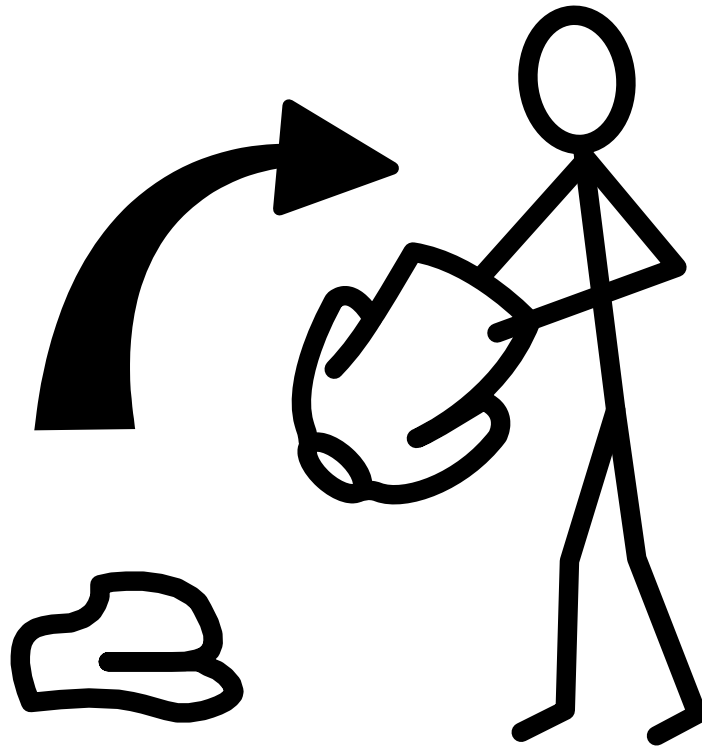
● spotty skin



● bad



breath



I can try to dress myself.



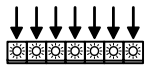
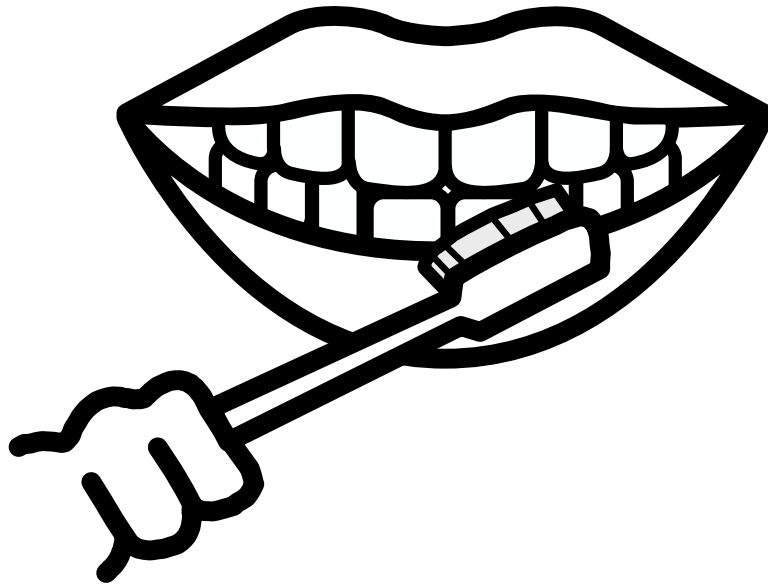
I can try to be clean.



I can try to be comfortable in my clothes.



Looking in a mirror might help.



Every day I can try to brush my teeth.



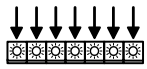
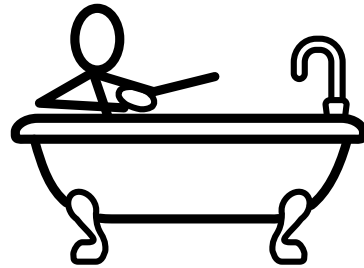
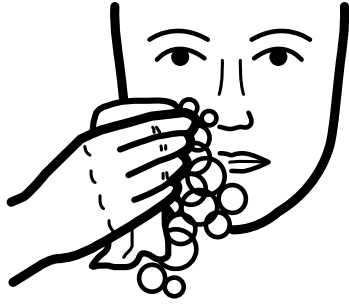
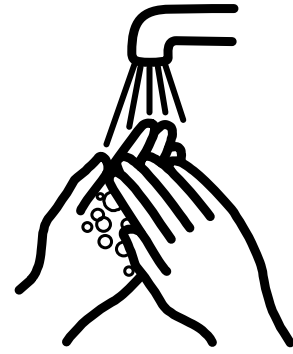
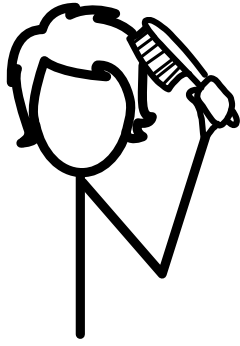
I could try different flavours of toothpaste.



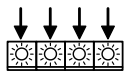
I could try listening to a song to help me brush my teeth.



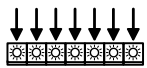
This might be fun.



Every day I can try to brush my hair.



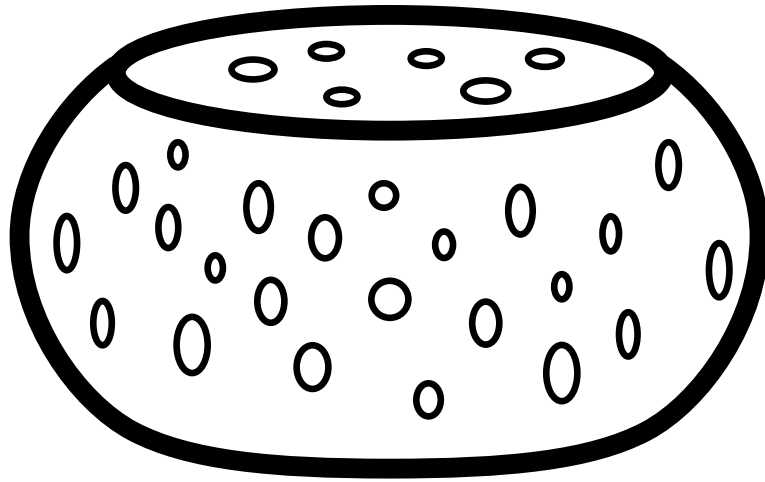
Everyday I can try a soft brush for my hair.



Every day I can try to wash my hands and face.



I can try to have a bath or shower.



My parents



can help



me.



I could try



different



cloths



and sponges.



Some might



be rough



and some might



be soft.

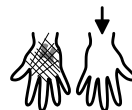


I can work out

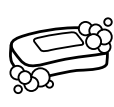
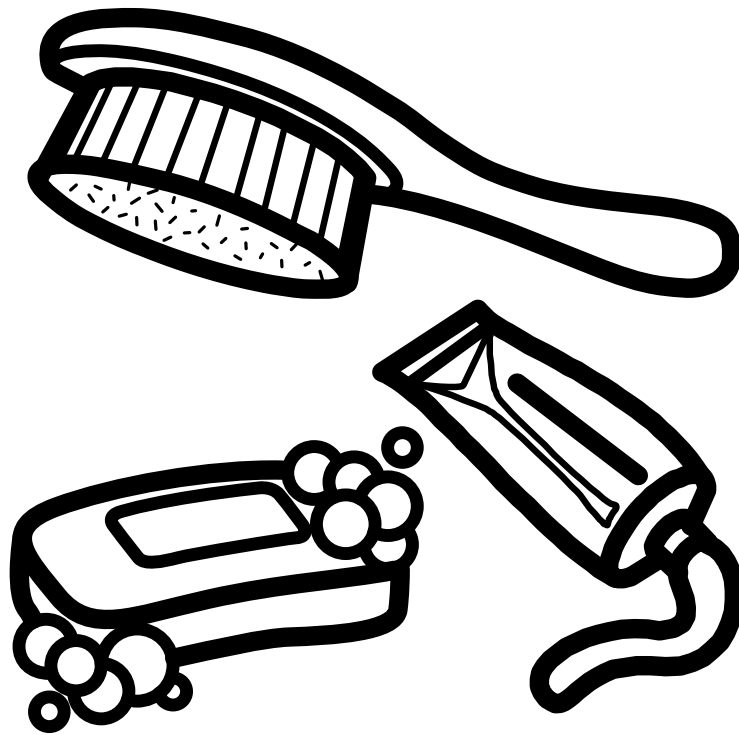


what is best for me

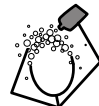
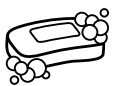
to



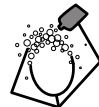
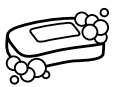
stay clean.



I could try different soaps, shower gels and shampoos.



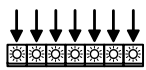
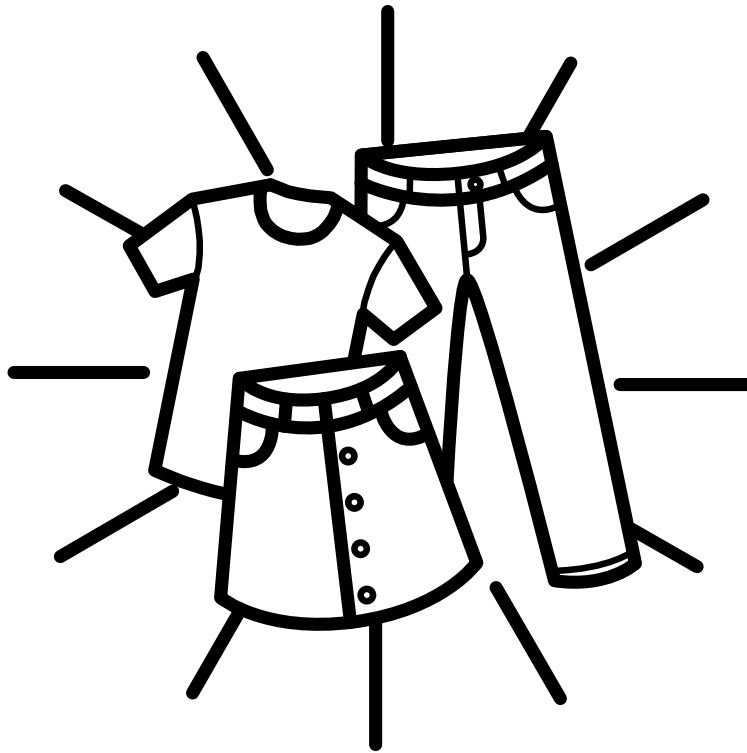
Some soaps, shower gels and shampoos smell a lot.



Some soaps, shower gels and shampoos smell a little.



I can work out what is best for me to stay clean.



Every day



I can put on



comfortable



clean clothes.



I can put



dirty clothes



in the washing basket.



Dirty clothes



might have



dirt

on



them.



Dirty clothes



might



smell

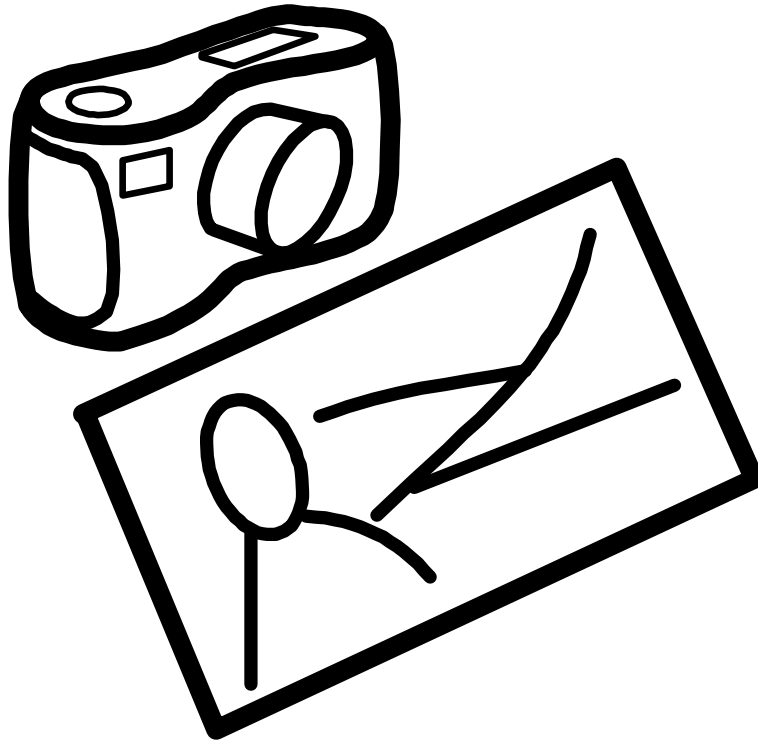
if



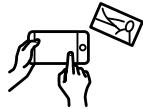
I wear them



more than once.



I might



take photos of



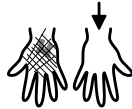
when I am comfortable.



I might



take photos of



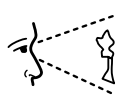
when I am clean.



I could



stick these



somewhere I can see



them.



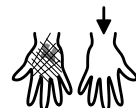
These



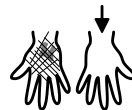
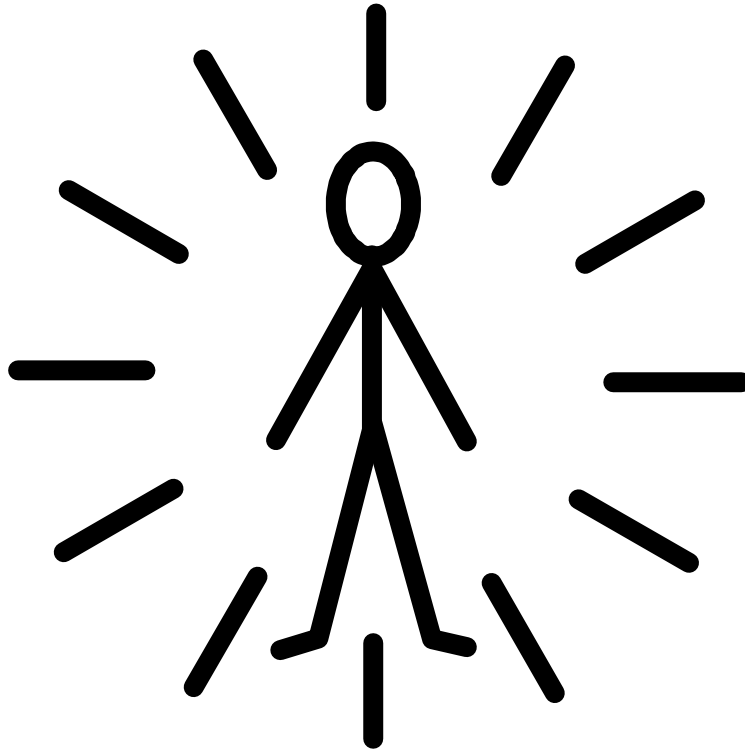
might help



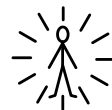
to remind me



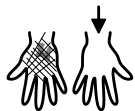
how to stay clean.



My parents might help me to stay clean.



I can try to do a good job of taking care of my body.



I can be healthy, clean and comfortable!



WELL DONE

ME!