

My Daily Helper

Pink Bunny & Friends

Attending a Birthday Party



**A Social Story About
Celebrating in a Way That Works for Me**

1

I Look at the Party Plan



An invitation and picture plan show where the party is and what may happen.

Ask Together

What might happen during this step?



I Arrive and Say Hello



I may wave, smile, speak, or greet the host in my own way.

Ask Together

What might happen during this step?



The Party May Feel Busy



There may be people, balloons, music, movement, and new smells.

Ask Together

What might happen during this step?



I Use My Supports



Headphones, a comfort item, or staying near a trusted adult can help.

Ask Together

What might happen during this step?



I Join an Activity



I choose a game, craft, or comfortable way to be with the group.

Ask Together

What might happen during this step?



I Wait for Cake



I can wait at the table or choose a nearby calm activity.

Ask Together

What could help your body during this step?



We Celebrate the Birthday



I may sing, listen, cover my ears, or watch while the candles are blown out.

Ask Together

What might happen during this step?



I Give a Gift or Card



I can offer a gift, card, kind words, or another friendly gesture.

Ask Together

What might happen during this step?



I Ask for a Quiet Break



I tell my trusted adult when I need a calmer space or need to leave.

Ask Together

What words, pictures, or gestures could you use?



Great Job - I Attended the Party!



I celebrated safely and used the choices that worked for me.

Ask Together

What part of this experience are you proud of?

