

My Daily Helper

Pink Bunny & Friends

Completing a Difficult Task



**A Social Story About
Using Small Steps, Help, and Breaks**

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A Task Feels Difficult



Some puzzles, schoolwork, chores, or new skills may feel difficult.

Ask Together

What words or pictures could you use?



I Notice My Feelings



I may feel stuck, worried, tired, or frustrated. Those feelings give me information.

Ask Together

How could this step help you?



We Break It Into Steps



A trusted person can divide the task into small picture steps.

Ask Together

How could this step help you?



I Choose the First Step



I focus only on the first small action instead of the whole task.

Ask Together

How could this step help you?



I Give It a Try



I try in the way that works for me. Trying can include using supports.

Ask Together

How could this step help you?



I Ask for Help



I tell someone which part is confusing or difficult.

Ask Together

What words or pictures could you use?



My Helper Shows One Part



My helper may model one piece while leaving a part for me to practice.

Ask Together

How could this step help you?



I Take a Short Break



A planned break gives my brain and body time to reset.

Ask Together

How could this step help you?



I Return for the Next Step



When I am ready, I return and complete another small step.

Ask Together

How could this step help you?





The task does not have to be perfect. My persistence, communication, and effort count.

Ask Together

What part of this story are you proud of?

