

My Daily Helper

Pink Bunny & Friends

Eating at a Restaurant



**A Social Story About
Enjoying a Meal Away From Home**

We Choose a Restaurant



A restaurant is a place where people order and eat food.

Ask Together

What words, pictures, or gestures could you use?



I Enter and Greet the Host



I stay with my group while the host welcomes us.

Ask Together

What might happen during this step?



I Wait for a Table



We may wait. I can use a quiet activity or comfort item.

Ask Together

What could help your body during this step?



I Sit at the Table



I sit in my chair and keep shared walkways clear.

Ask Together

What might happen during this step?



I Look at the Menu



Pictures, words, or a helper can show me the choices.

Ask Together

What might happen during this step?



I Order My Food



I can speak, point, or use my device to choose food and drink.

Ask Together

What might happen during this step?



I Wait for the Meal



Cooking takes time. I can talk, draw, or take a planned break.

Ask Together

What could help your body during this step?



I Eat in My Own Way



I can eat safe foods, explore something new, and tell someone what I need.

Ask Together

What might happen during this step?



We Pay and Clean Our Space



A grown-up pays. We gather our things and leave the table tidy.

Ask Together

What might happen during this step?



Great Job - The Meal Is Finished!



I used my communication and coping tools during a restaurant meal.

Ask Together

What part of this experience are you proud of?

