

My Daily Helper

Pink Bunny & Friends

Getting a Minor Injury



**A Social Story About
Getting Help for a Small Bump or Scrape**

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A Small Accident Happens



Sometimes I may trip, bump myself, or get a small scrape while playing.

Ask Together

What is the safe choice in this step?



I Notice What Hurts



I pause and notice where my body hurts and whether I can move safely.

Ask Together

What is the safe choice in this step?



I Tell a Trusted Adult



I tell or show a trusted adult what happened.

Ask Together

What words, pictures, or gestures could you use?



I Sit Safely



I sit in a safe place while the adult checks the injury.

Ask Together

What is the safe choice in this step?





Clean hands help keep germs away from a scrape.

Ask Together

What is the safe choice in this step?



We Clean the Area



The adult gently rinses or cleans the small injury.

Ask Together

What is the safe choice in this step?



I Get a Bandage



A bandage may protect the area while it heals.

Ask Together

What is the safe choice in this step?



I Use Comfort and Breathing



I can breathe, hold a hand, or use a comfort item.

Ask Together

What is the safe choice in this step?



I Rest and Check My Body



We decide whether I should rest, return slowly, or get more medical help.

Ask Together

What is the safe choice in this step?





I noticed my body, communicated, and let a trusted adult help me.

Ask Together

What safe choice are you proud of?

