

My Daily Helper

Pink Bunny & Friends

Going Grocery Shopping



**A Social Story About
Finding Food and Supplies at the Store**

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We Make a Shopping List



A list shows what food and supplies we need.

Ask Together

What might happen during this step?



I Enter the Store



I stay with my trusted person as we enter the store.

Ask Together

What might happen during this step?



I Choose a Cart or Basket



I may push a cart, ride safely, or carry a basket.

Ask Together

What words, pictures, or gestures could you use?



I Follow the List



We visit one section at a time and check off each item.

Ask Together

What might happen during this step?



I Find Each Item



I help find safe choices and place them gently in the cart.

Ask Together

What might happen during this step?



I Handle Busy Sounds



Stores can be bright, loud, or crowded. Headphones and breaks can help.

Ask Together

What might happen during this step?



I Wait at Checkout



I keep the cart in our space and wait until it is our turn.

Ask Together

What could help your body during this step?



We Pay for Our Items



The cashier scans the items and my grown-up pays.

Ask Together

What might happen during this step?



I Help Carry the Bags



I help in a safe way, then we bring the groceries home.

Ask Together

What might happen during this step?





I stayed with my helper, followed the list, and completed the trip.

Ask Together

What part of this experience are you proud of?

