

My Daily Helper

Pink Bunny & Friends

Having a Substitute Teacher



**A Social Story About
Handling a Different Teacher at School**

My Regular Teacher Is Away



Sometimes my regular teacher is absent and another teacher leads the class.

Ask Together

What could you do during this step?



I Notice the Change



A picture, message, or adult explains that today will be different.

Ask Together

What could you do during this step?



I Meet the Substitute



The substitute introduces themselves and learns about the class.

Ask Together

What could you do during this step?



I Check the Schedule



Most classroom rules and activities stay the same even with a different adult.

Ask Together

What could you do during this step?



I Learn Who Can Help



I can ask the substitute, classroom assistant, office, or another trusted staff member.

Ask Together

What could you do during this step?



I Begin a Familiar Activity



Starting with something familiar can help my brain adjust.

Ask Together

What could you do during this step?



Teaching May Feel Different



The substitute may use different words, timing, or methods.

Ask Together

What could help with this feeling?



I Use My Supports



I can use my schedule, communication tools, headphones, or planned break.

Ask Together

What could you do during this step?



I Finish the School Routine



I complete the day one step at a time and gather my belongings.

Ask Together

What could you do during this step?





I handled an unexpected school change and used the support available.

Ask Together

What part of this story are you proud of?

