

My Daily Helper

Pink Bunny & Friends

Stopping a Favorite Activity



**A Social Story About
Ending Something Fun and Moving Forward**

1

I Enjoy My Activity



I may really enjoy a game, toy, show, or special activity.

Ask Together

How could this step help you?



A Timer Helps Me Know



A timer can show how much time I have before the activity ends.

Ask Together

How could this step help you?



I Get a Warning



A trusted person gives me a warning so stopping is not a surprise.

Ask Together

How could this step help you?



One Minute Is Left



When one minute is left, I finish one small part and prepare to stop.

Ask Together

How could this step help you?



The Timer Finishes



When the timer ends, it is time to pause or put the activity away.

Ask Together

How could this step help you?



I May Feel Disappointed



I may wish for more time. I can feel disappointed and still keep my body safe.

Ask Together

How could this step help you?



I Save or Put It Away



I save my work, close the activity, or place the item in its safe spot.

Ask Together

How could this step help you?



I Breathe and Reset



I take a breath, stretch, or hold a transition item.

Ask Together

What helps your body during this step?



I Move to What Comes Next



I check my schedule and begin the next activity with support if needed.

Ask Together

How could this step help you?



Great Job - I Stopped!



Stopping was hard, but I used my plan and moved to the next thing.

Ask Together

What part of this story are you proud of?

