

My Daily Helper

Pink Bunny & Friends

Waiting Patiently



**A Social Story About
Waiting Safely Until It Is My Turn**

Sometimes I Need to Wait



At stores, school, appointments, or home, I may need to wait.
Waiting can feel hard.

Ask Together

What helps your body during this step?



I Learn How Long



A timer, clock, or trusted person can help me know how long the wait may be.

Ask Together

How could this step help you?



I Find My Waiting Spot



I stand or sit in the safe place that shows where I should wait.

Ask Together

What helps your body during this step?



I Take a Slow Breath



I breathe in slowly and breathe out slowly to help my body.

Ask Together

How could this step help you?



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I Use a Comfort Item



I can hold a safe comfort item when waiting feels uncomfortable.

Ask Together

How could this step help you?



I Choose a Quiet Activity



I may look at a book, listen quietly, or choose another calm activity.

Ask Together

How could this step help you?



The Line Moves



As people finish, the line moves forward. I stay with my trusted person.

Ask Together

How could this step help you?



My Turn Is Getting Closer



I notice that my turn is getting closer and prepare for what comes next.

Ask Together

How could this step help you?



Now It Is My Turn



When it is my turn, I calmly move forward and tell the person what I need.

Ask Together

How could this step help you?



Great Job - I Waited!



I waited safely, used helpful tools, and reached my turn. I can feel proud.

Ask Together

What part of this story are you proud of?

