

# My Daily Helper

Pink Bunny & Friends

## When I Feel Sick



**A Social Story About  
Helping My Body Rest and Recover**

1

## My Body Feels Different



I may feel tired, hot, cold, sore, dizzy, or different from usual.

**Ask Together**

**What is the safe choice in this step?**



## I Tell a Trusted Adult



I tell or show a trusted adult what I notice.

### Ask Together

What words, pictures, or gestures could you use?



## We Check My Temperature



The adult may gently use a thermometer and ask questions.

### **Ask Together**

**What is the safe choice in this step?**



## I Drink Water



Small sips of water may help unless a healthcare professional says otherwise.

### **Ask Together**

**What is the safe choice in this step?**



## I Rest



I stay in a comfortable place and give my body time to recover.

### **Ask Together**

**What is the safe choice in this step?**



## I Use a Tissue



I cover coughs and sneezes and put used tissues in the bin.

### **Ask Together**

**What is the safe choice in this step?**



## I Wash My Hands



Soap and water help reduce the spread of germs.

### **Ask Together**

**What is the safe choice in this step?**



## An Adult May Call the Doctor



The adult may contact a healthcare professional if symptoms are concerning or continue.

### Ask Together

What words, pictures, or gestures could you use?



## I Follow My Recovery Plan



I use only the food, fluids, medicine, and activities approved for me.

### **Ask Together**

**What is the safe choice in this step?**





I listened to my body and accepted help. Resting is an important job.

**Ask Together**

**What safe choice are you proud of?**

