

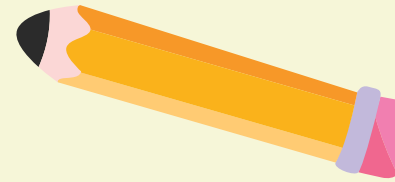
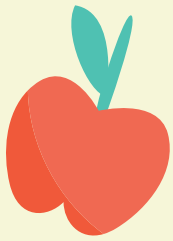
I'M GOING TO SCHOOL!

It's all new, what do I do?

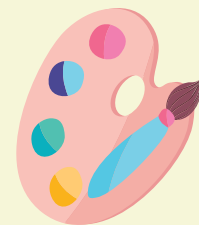
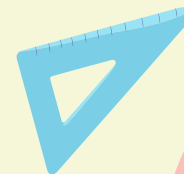
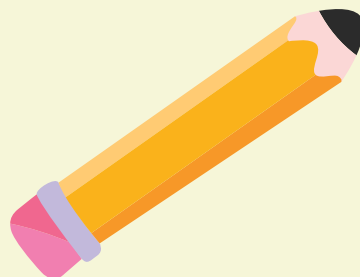
TRANSITION WORKBOOK

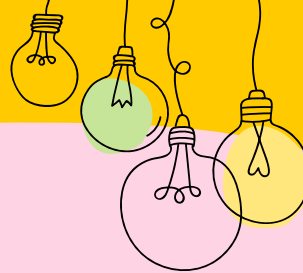


Nikki Saunders



Starting school can be a challenge for most children, and for children on the autistic spectrum, even more so. Change can be difficult for them, meaning the more support with visual aids during transitions, the easier on their anxieties. Visual booklets and social stories create a sense of reliability during times of change, helping children feel more secure and structured, until they have established their way around a new routine. The photos, words and pictures you personalise into the layout in this booklet, will help your child learn specific information about what to expect in their new environment, and why. This book aims to improve their understanding of their transition, in a way that they can retain visually. This book can also help the adults and other children around them, learn how the autistic person perceives their situation, supporting them appropriately.





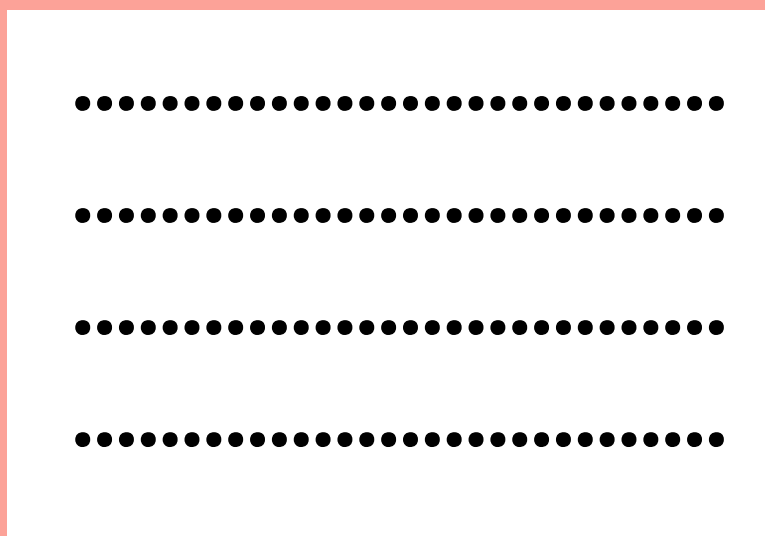
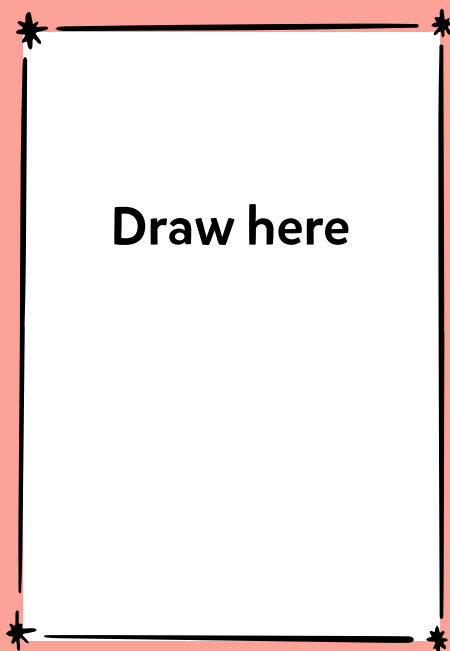
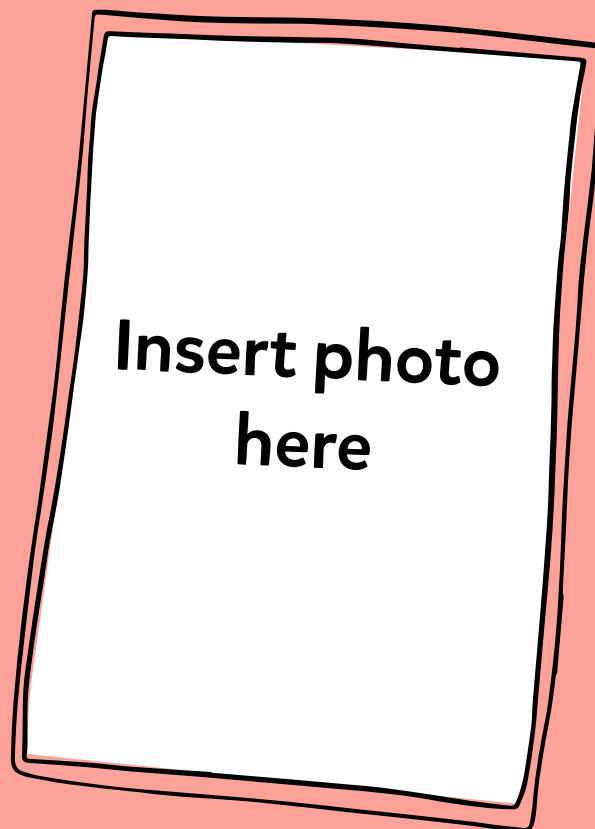
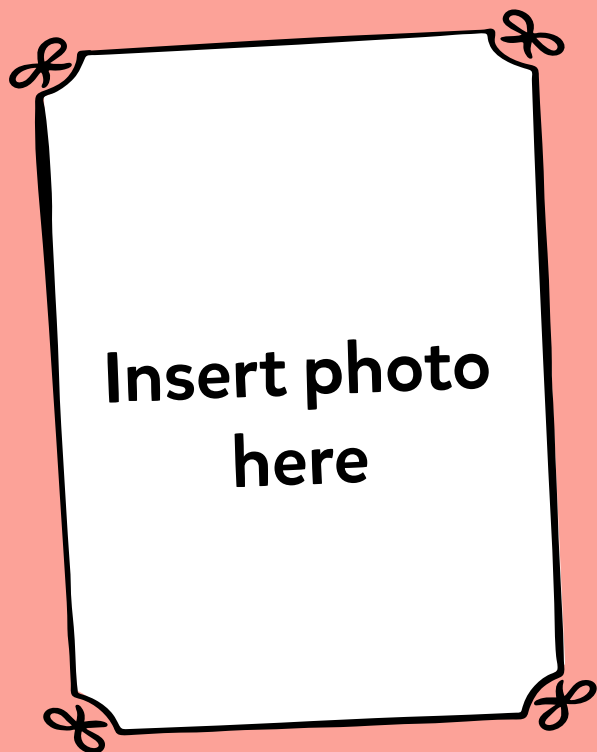
I am starting school! That's great! This book will help me to know what to do!



My name is
I am years old
and I am starting school.







My favourite things are:



Here is my new uniform..



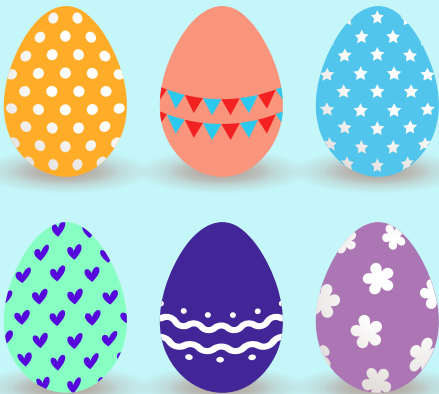
SCHOOL TIMETABLE



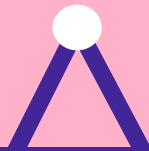
DAYS				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				



There is no school in half terms. These are around times like Easter time, summer holidays and Christmas time.

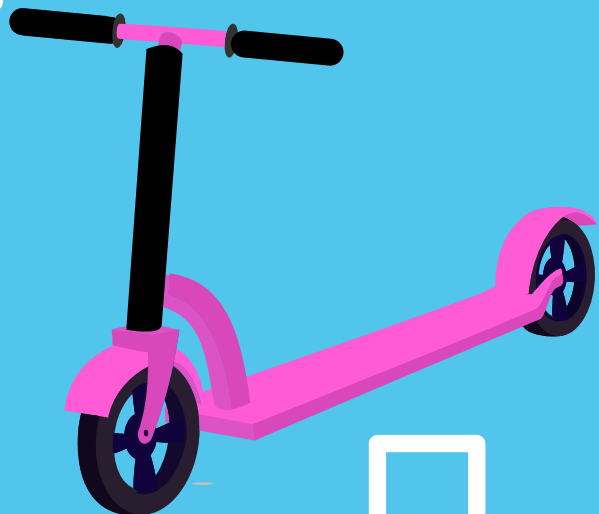


It's very exciting, here is a photo of my new school!



**Insert photo here
of my new school.**

I will be travelling to school
using my



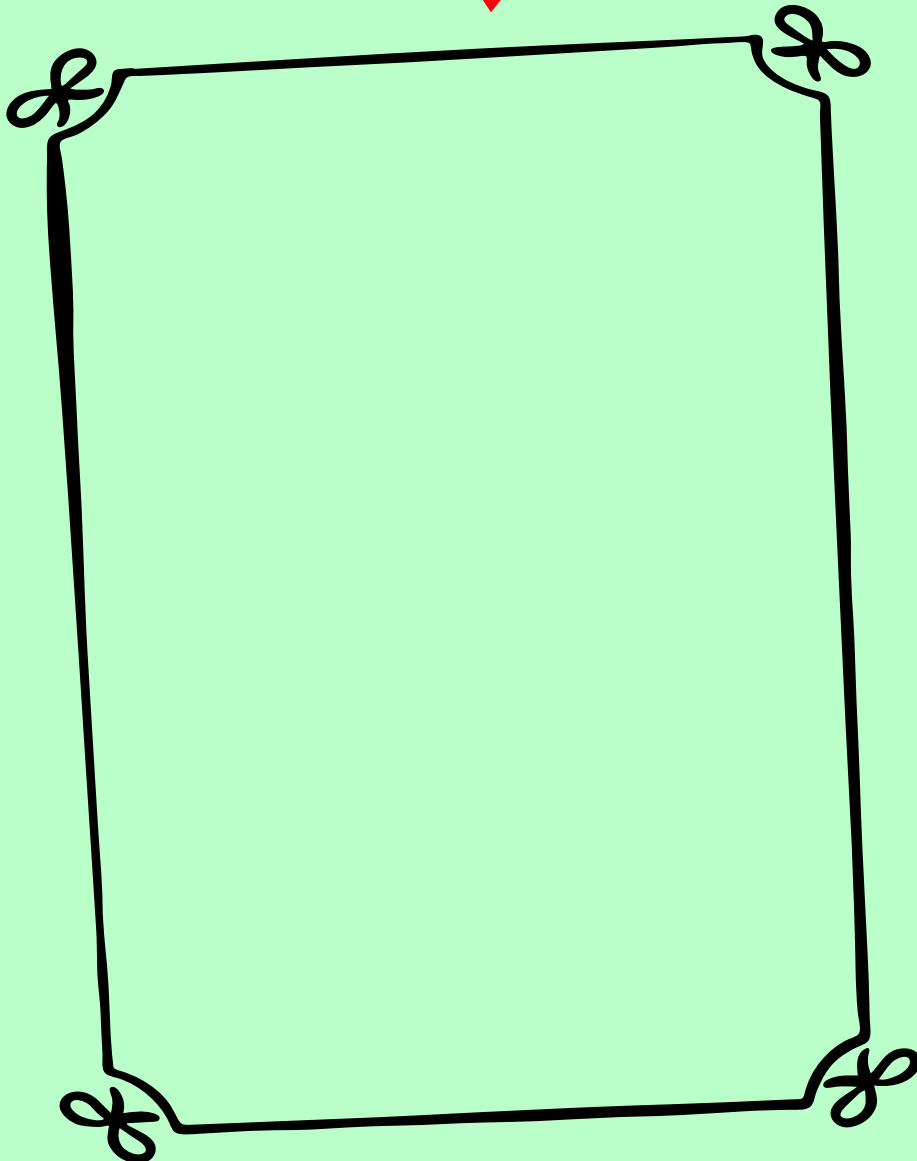
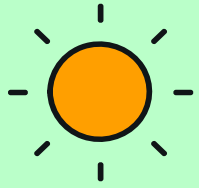
Here is a photo of **my**
teacher.



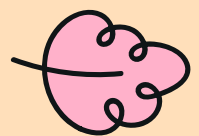
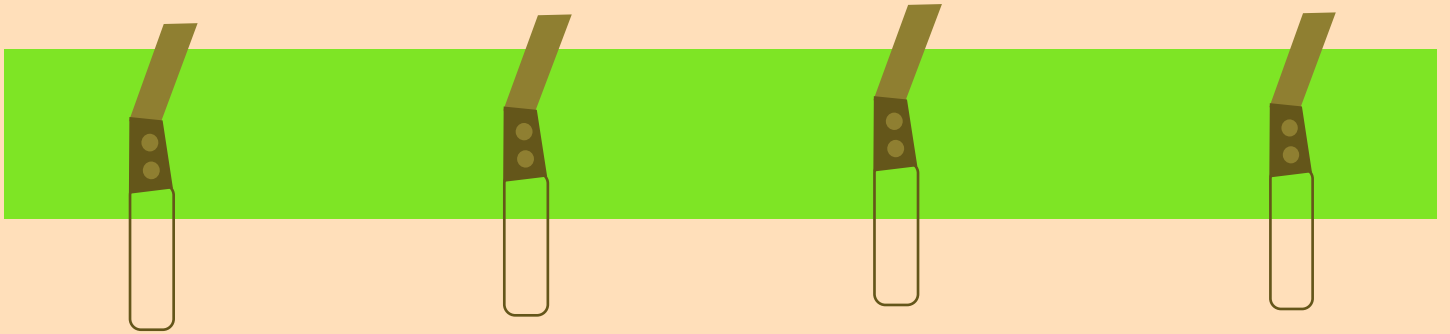
**Insert photo here, ask
your school for photos!**

My teacher's name is

Here is a photo of my
new classroom!



I will hang my bag and
my coat, on my peg in
the morning.



**In the morning I
say goodbye to**



**and I will see
them again
after school.**



If I need to go to the toilet, I can put my hand up and say, "please may I go to the toilet?"



My teacher may ask us
to listen and raise our
hand before we talk.



School is fun and I will make
lots of friends.

I can play and learn in
my classroom and
outside at playtime!





If I am unsure or want to ask a question, I can put my hand up and ask for help at any time.



At playtime, if I need help, I can go and find a grown up for anything I need.



**If I fall over, or have an
accident, I will go
to a grown up who will look
after me.**



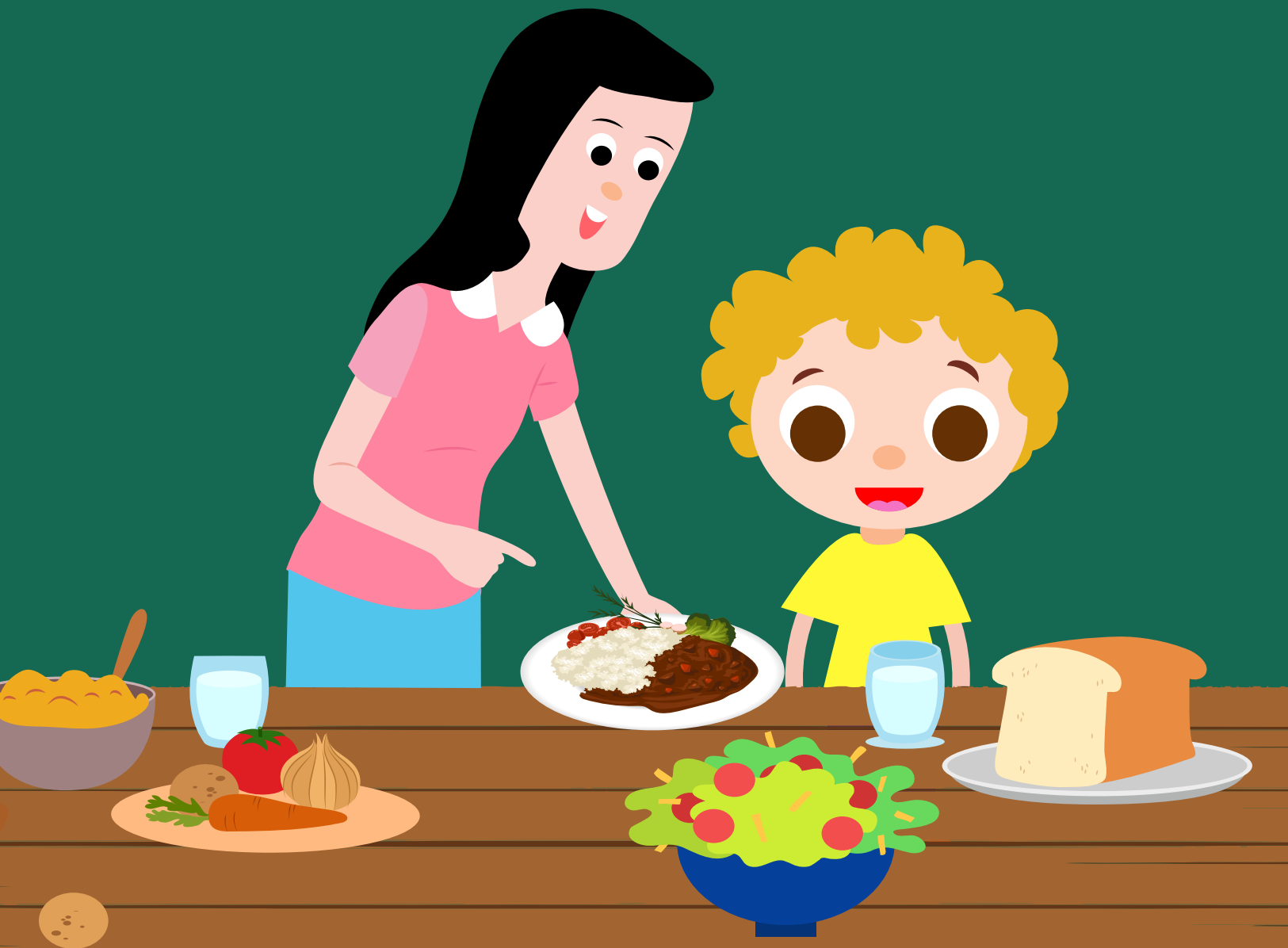
If I can't see my friend
in the playground, I can
find a grown up who will
help me.

Can you help me
find my friend?

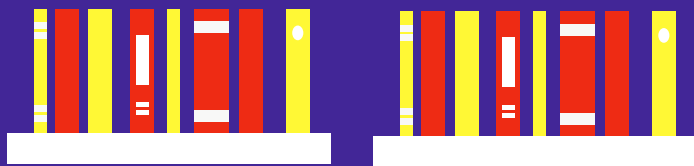
Yes of course,
let's look
together..



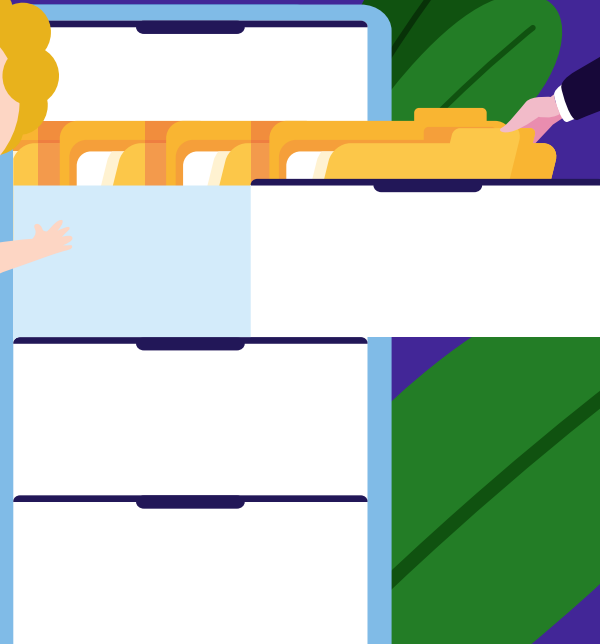
At lunch time, if I need help with cutting up
my dinner I can ask a grown up.
If I am packed lunch they can help me
with opening my packets too.



If I can't find something,
I can ask a grown up
to help me look for it.



Please may you
help me look
for something?



Yes I can
help you.

If I feel tired or poorly, I can tell
my teacher who will help me.

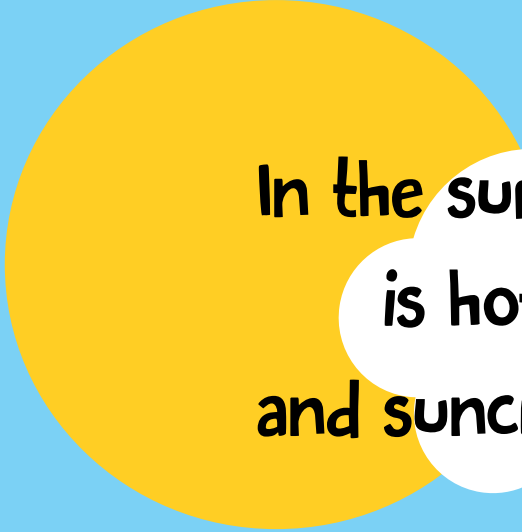


My teacher and grown ups
are here to help me
with anything.



If it's cold outside, I need
my coat, hat and my
gloves on when I go
outside to play.

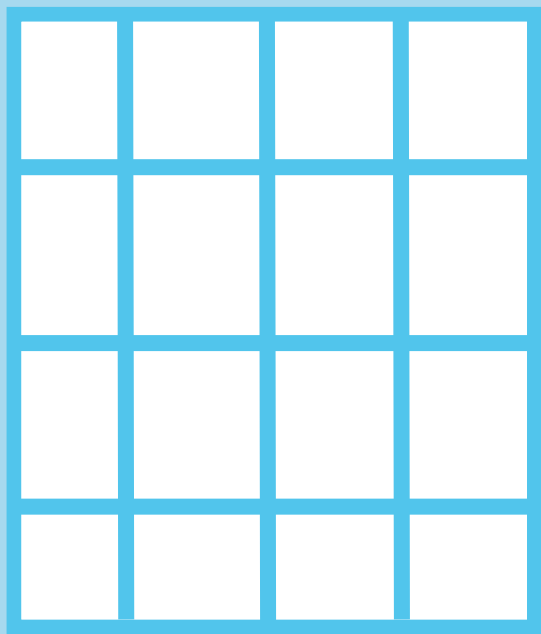




In the summer time when the weather is hot, I may need my sun hat and sunscreen, before I go out to play.



When my water bottle
is empty, I can go and
fill it up.



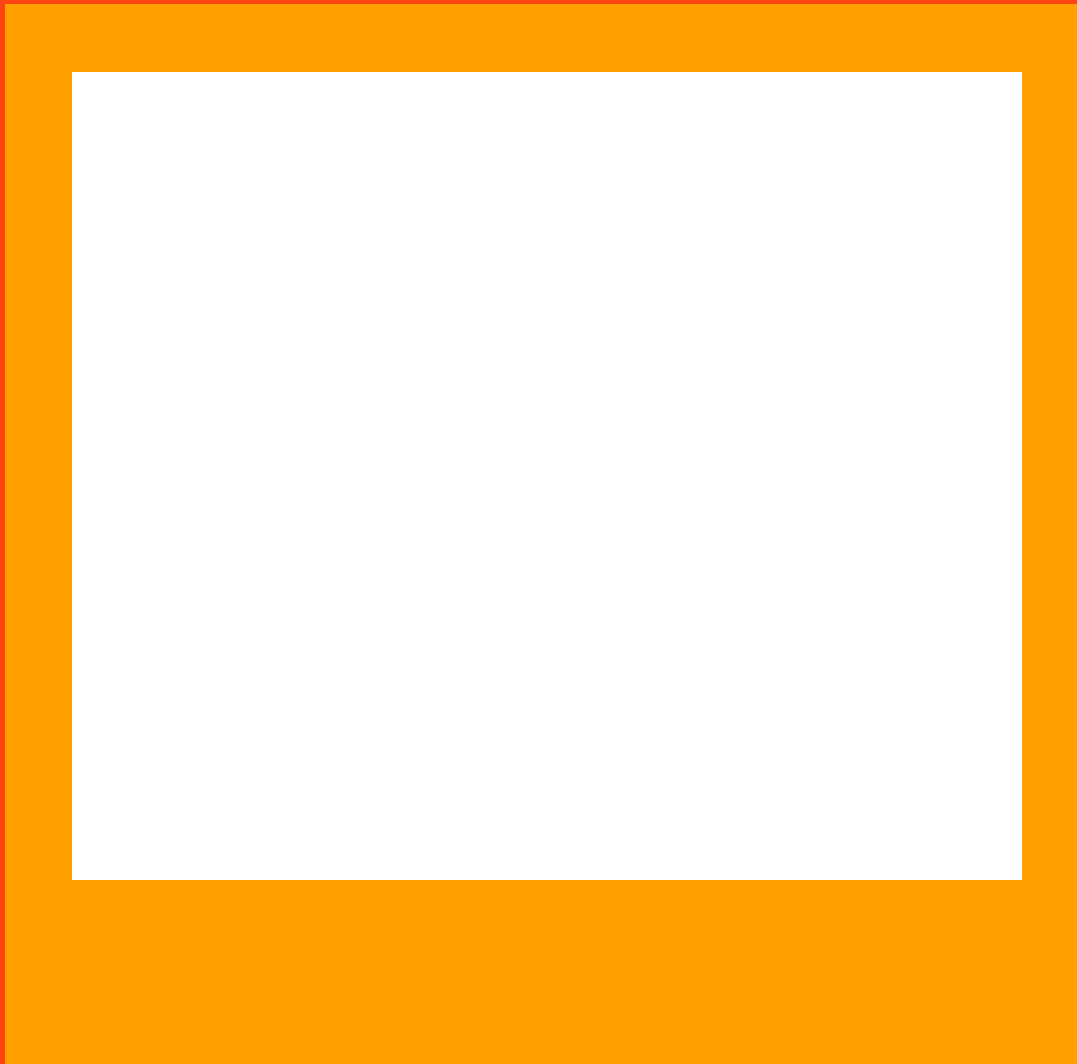
At the end of the day,
I can get my bag
ready for



to pick me up.

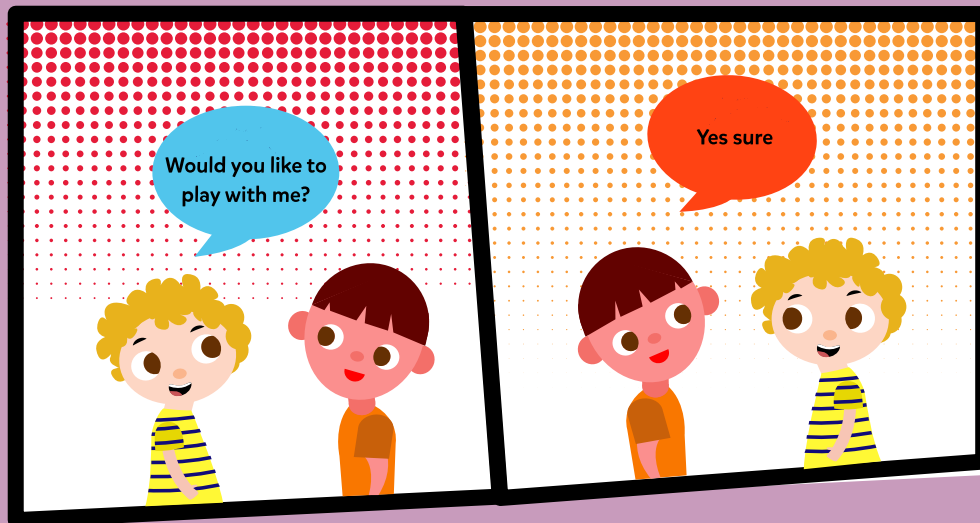


Use this page to draw
about *your first day at*
school!



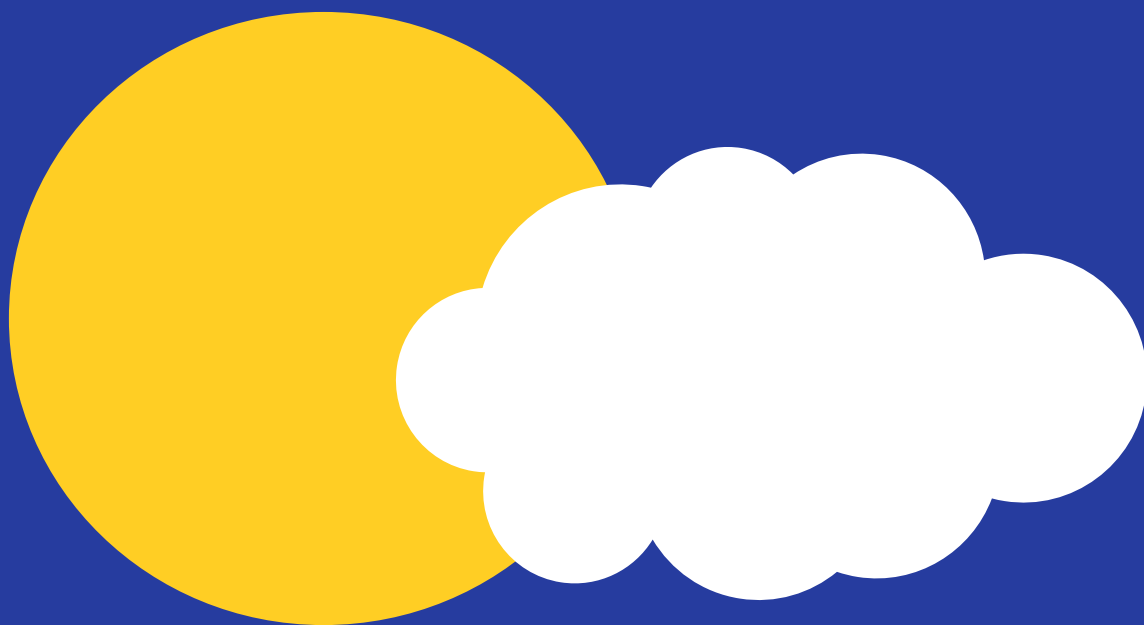
What are comic strips?

Comic strips are visual representations of a conversation for example;



This helps your child relay back to you visually how they may be feeling, conversations that may have occurred and what people's intentions might be.

It can be useful to use good, happy and friendly ideas in for example, a green colour. You can use red for those that may not be very good ideas, or not so good choices, also anger, frustration and unfriendly occurrences.



Start with small talk about light subjects maybe about their day or the weather and the child will draw their responses. The good thing about comic strip conversations, is all you need is paper and some crayons meaning you can do this anytime, anywhere.

A color coded guide to use:

Green: Good ideas, happy, friendly

Red: Bad ideas, anger, unfriendly

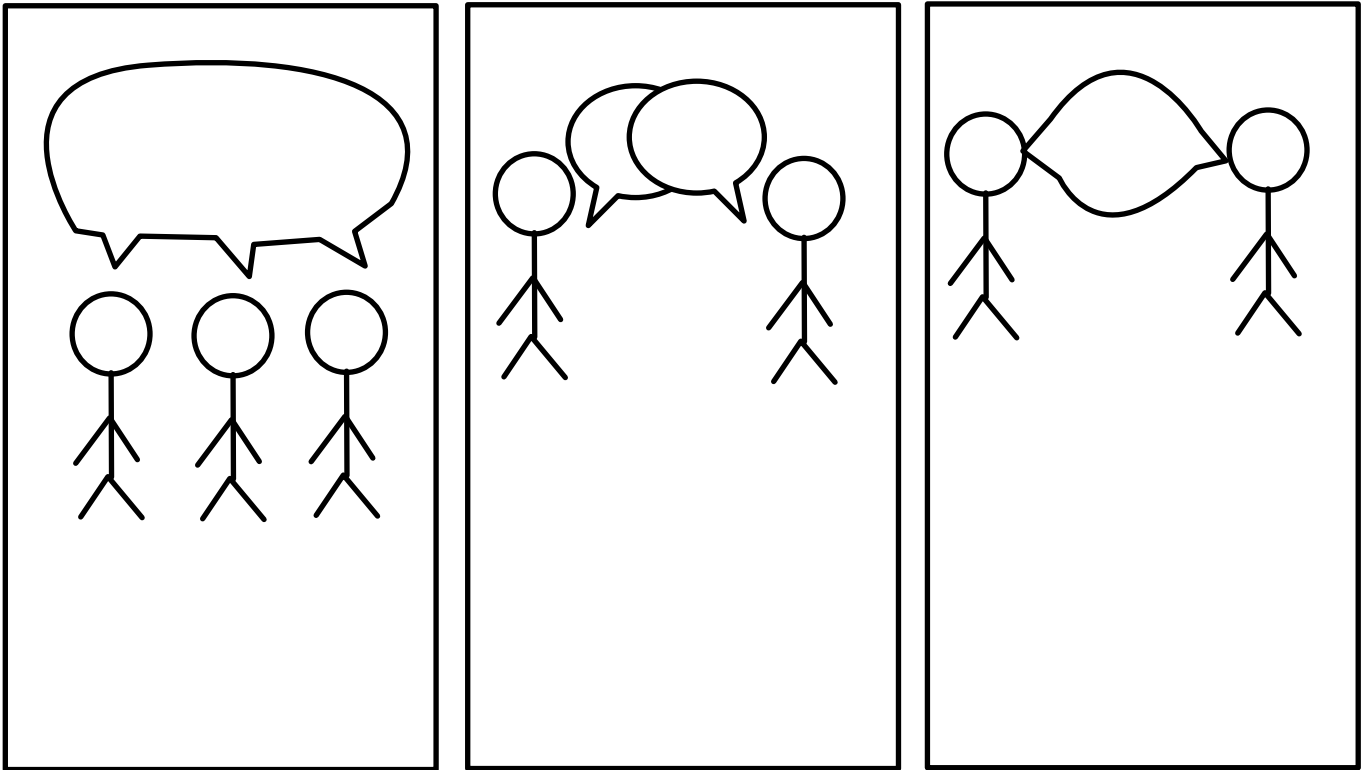
Blue: Sad, uncomfortable

Yellow: Scared or frightened

Black: Facts, truth

Orange: Questions

Purple: Proud



Examples and tips:

To explain that a lot of people were talking at the same time, you would use one large speech bubble with more people.

To explain interrupting, the speech bubbles would overlap each other.

To represent listening, the bubble would go from the persons ear to the person they were listening to.



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The photos, words and pictures you personalise into the layout in this booklet, will help your child learn specific information about what to expect in their new environment, and why. This book aims to improve their understanding of their transition, in a way that they can retain visually. Liaise with your child's school early and request photos required for each page.