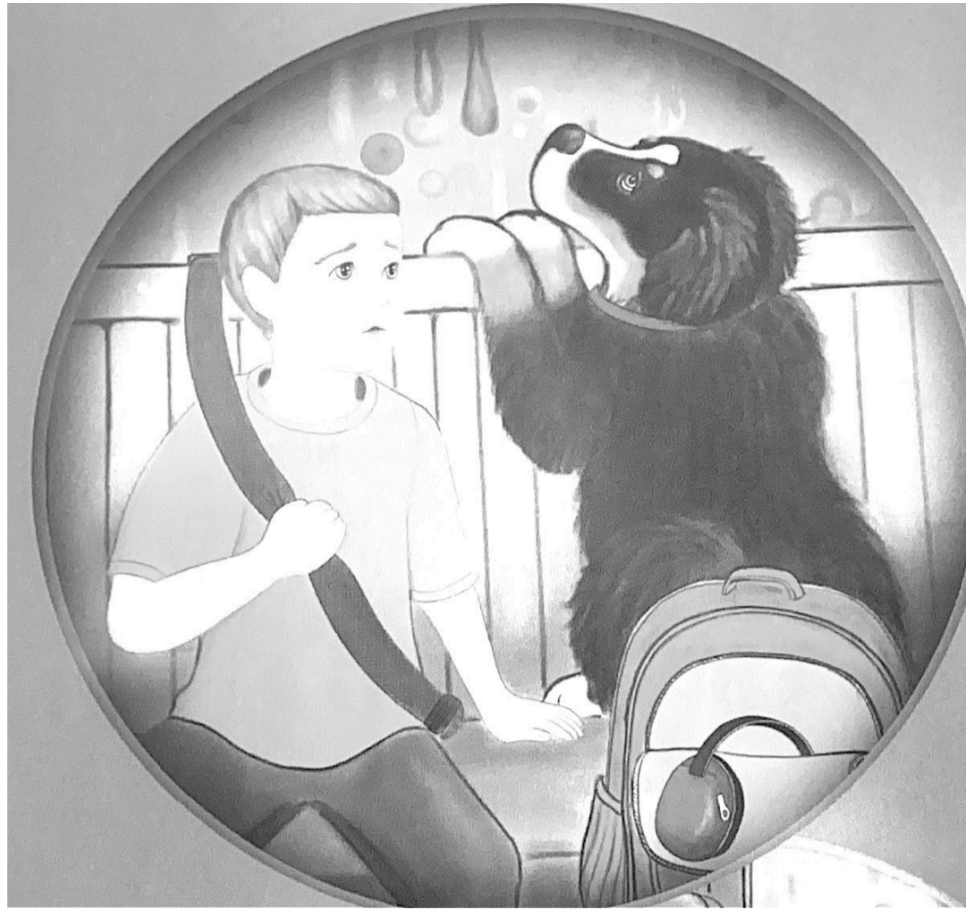




A New Adventure



Today we are going on a new adventure. I'm excited but nervous too! Sometimes new adventures can be scary, especially if I don't know what to expect.



Mom tells me we are going to a car wash. She knows what tools will help me. They are tools I practice in OT!



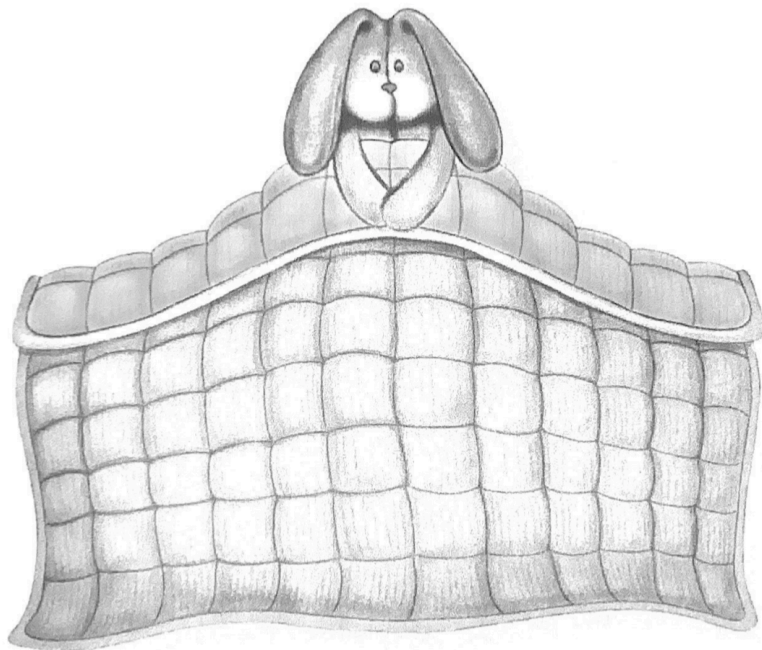
She shows me a visual schedule so I know what to expect today.



Mom tells me these other tools will help me too.
Sound blocker headphones make the noise quieter.



My weighted blanket is so heavy that it calms my body right down.



I even have Bunny with me! Bunny comes everywhere with me- he helps me feel safe, and he's kind of heavy too!



These tools helped me to feel safe and calm- and I even had fun at the carwash!



Now that the adventure is done, we are going to do something else that I love- swinging at the park! I will feel calm the whole rest of the day now!