

Going to a Birthday Party

A social story about a fun day with friends

Draw or paste a photo of me here

This story belongs to: _____

Draw or paste a photo here

Soon, I will go to a birthday party for my friend.

My friend's name is: _____

GETTING READY

Draw or paste a photo here

We will drive or walk to my friend's house or a party place.

The party is at: _____

GETTING READY

Draw or paste a photo here

I will bring a wrapped gift for my friend.

My gift is: _____

ARRIVING AND GREETING

Draw or paste a photo here

**When I walk inside, I will see my friend
and their family.**

ARRIVING AND GREETING

Draw or paste a photo here

**I can say, “Happy birthday!” to my
friend.**

ARRIVING AND GREETING

Draw or paste a photo here

**Saying hello makes my friend feel
happy and welcome.**

ARRIVING AND GREETING

Draw or paste a photo here

**I will hand my gift to the birthday child
or put it on the gift table.**

HAVING FUN AND PLAYING

Draw or paste a photo here

**There will be toys, activities, or games
to play with other kids.**

HAVING FUN AND PLAYING

Draw or paste a photo here

**It is important to take turns and share
with my friends.**

HAVING FUN AND PLAYING

Draw or paste a photo here

**If the noise is too loud or I feel
overwhelmed, I can take a deep breath
or ask an adult for a break.**

The adult I can ask is: _____

CAKE AND SINGING

Draw or paste a photo here

It will be time to eat food and cake.

CAKE AND SINGING

Draw or paste a photo here

Everyone will sing the “Happy Birthday” song together.

CAKE AND SINGING

Draw or paste a photo here

My friend will blow out the candles on the cake.

CAKE AND SINGING

Draw or paste a photo here

I will get a piece of cake or a snack to eat.

GOING HOME

Draw or paste a photo here

The party will end after we play and eat.

GOING HOME

Draw or paste a photo here

My parent will pick me up to return home.

GOING HOME

Draw or paste a photo here

I will say goodbye to my friend.

GOING HOME

Draw or paste a photo here

I will say, "Thank you for inviting me!"

GOING HOME

Draw or paste a photo here

I will go home and play with my own toys.

The End

I did it!

FOR GROWN-UPS

How to use this story

- Read the story together a few days before, and again just before the event.
- Add real photos of your child, the place and the people in the picture boxes.
- Fill in the blanks together, so the story feels like their own.
- Read it when your child is calm, not in the middle of a hard moment.
- Practise the steps together with a little role play.

This story is a general support tool, not a substitute for individualised guidance from a qualified professional.

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