

1. Social Story: There's More than One Way to Get from Here to There



There are many ways to get from here to there.

For instance, I know one way to get home.

But there are other ways to get home too.

I know one way to go to school.



But there are other ways to get to school too.

In fact, there is more than one way to get to just about anywhere.

I sometimes feel anxious when someone drives in a different direction.



I have to remember that people who drive me places know all the different ways to get from one place to another.

When I'm feeling anxious, I have to remember there is no wrong way.



It's just a different way to get from here to there.

Next time I'm feeling anxious,

I can ask my Mom, "Are we still going to _____?"

If Mom tells me yes, "I can trust that she will get me there."

If I'm feeling anxious at school,



I can ask the bus driver, "Do you remember how to get to my house?"

If the bus driver says yes, "I can trust that he will get me home."

When people reassure me that I'll reach my destination,

It's okay to relax and not worry.

I can enjoy my ride when I trust the people who drive me from here to there.