

My first school sleepover

Social Stories



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Today, I am
having my
first sleepover
at my school.



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I am feeling a little bit nervous about it.

But that's okay, there are some things I can do to help myself feel better.



I can cuddle my
favourite toy.

This is a good
idea.



I can think about how much fun it will be with my friends.



I can spend
some time in
my cool new
sleeping bag.



I can get a
drink of water
or talk to my
teacher.

These are all
things that I can
do to help myself
feel better.



When I go to sleep, I can think about what I will do when I'm picked up at school by my family tomorrow!



I might find it
hard to get to
sleep.

Or, I might wake
up in the middle
of the night.

This is okay.



If I can do this sleepover, I will get to go on other school camps with my friends when I am older!



Staying at
school for a
sleepover is a
good idea.
I can't wait!





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