

# Trick-or-Treat

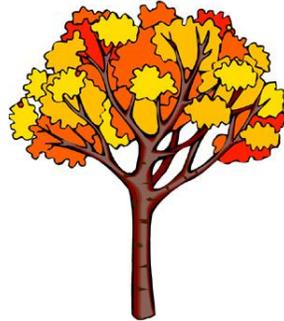


**Sensory/Social Stories For Enjoyment Of Life Events  
And Activities**

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October is such a fun month. It brings colorful fall leaves and **Halloween!**



In a few weeks, it will be **Halloween** and time for me to dress up in my favorite costume. I know it will be my favorite because I get to help pick it out. I need to be thinking about what I want to dress up as this year.



My costume will be different than my regular clothes. I might want to dress up as an animal, a super hero, a bug, or even a prince or princess. My parents will help me think of different ideas and will help me decide. Maybe they can show me pictures and that will help me make my choice.



Sometimes new clothes feel itchy. This makes me frustrated and I might have unexpected behaviors. When I have unexpected behaviors I might have difficulty using my words to explain how I feel. I can try my costume on at home before **Halloween** so I'll have time to get used to it. I can use my words to tell my parents how I feel. This is an expected behavior. I can tell them if I want to wear something on my face like a mask or face paint.



My parents might try on their costume too so that I can see how they will look different for **Halloween**. My friends will be dressing up in costumes. I wonder what they will be this year? I know they are going to look different too.

Maybe I can watch a video or read a book about Halloween. I like seeing what other kids do to celebrate. My parents are letting me choose a special bag to put my treats in.



I can practice trick-or-treating at home. My parents can pretend to answer the door so I can practice making **eye contact** and saying "Trick-or-Treat!" I can also practice saying, "**Thank you.**" I like to **use my words.** These are expected behaviors.



I might just trick-or-treat at 2 or maybe 3 houses. I can even make a list of whose house I want to go to and we can check it off each time I go to a house. If I get worried about seeing other children and people dressed up, I can use the following strategies to help me have **positive or expected behaviors**.

1. Do hand presses and count to 10



2. Take 3 deep breaths



3. Squeeze my hands together



I can also hold my parent's hand. This helps me get a **calm body** when I feel worried or uncomfortable. I can also walk next to them and **use my words** to let them know when I want to go home.

We celebrate Halloween at school and at home. At school we might have a parade and walk around the school campus so everyone can see us all dressed up. All my friends are dressing up for the party so we will all look different. My teacher said she was going to dress up, so that will be fun. My teacher is talking about the party beforehand so that we are all ready for the excitement and fun. We might even get to decorate a Trick-or-Treat bag.



I can't wait for Halloween. I will get up in the morning and put on my costume. I may wear some face paint or a mask on my face to go with my costume. My mom or dad might want to take a picture of me all dressed up. When I get to school, I will see so many other children all dressed up. There will be some who are Disney characters, perhaps a lion, a witch, or even Sponge Bob!

It will be noisy in class that day because everyone is so excited and laughing and talking. If it gets too noisy, I can ask to **take a break** and go to the bathroom or ask to go read a book. When it is time for the parade, my teacher will ask us to line up. Someone's tail or hat may touch me, but that's okay, it is just a costume. I can **move** back a little to **get away from it**. These strategies help me have **expected behaviors**. We will walk around the school and everyone will see us and say how nice we all look.



When we get back to class, my teacher will let us know when the party will be. We get to play games and have a treat. What fun!

When I get home, my parents might want me to rest or take a nap before we go out trick-or-treating in my neighborhood. That's okay! Later my parents will tell me to get my Trick-or-Treat-bag and we will walk to different neighbors' houses. I will remember to walk up to a friendly house, ring the doorbell and say, "Trick-or-Treat". I will **look** at my neighbor and get a treat or candy from them at the front door and put it in my bag and say, "**Thank you**". I will not go through my bag of goodies until my mom and dad say it is okay.



When it is time to go home, I will **listen** to my parents. These are **expected behaviors**.

I can't wait for Halloween. I get to choose my costume, try it on beforehand, practice what I need to say, read a book and look at pictures, and get ready to have fun! Happy, happy Halloween!

