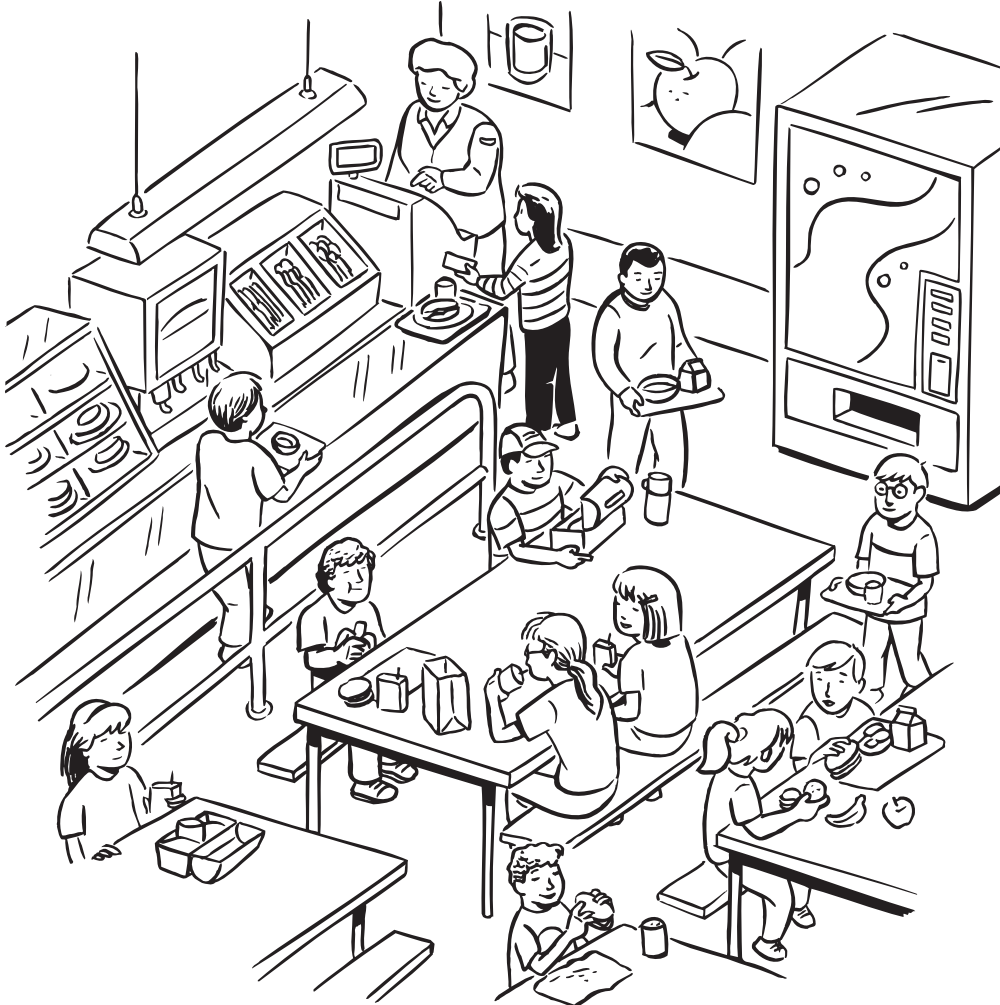


Sensory Stories

Cafeteria

A Story for

Sensory Stories



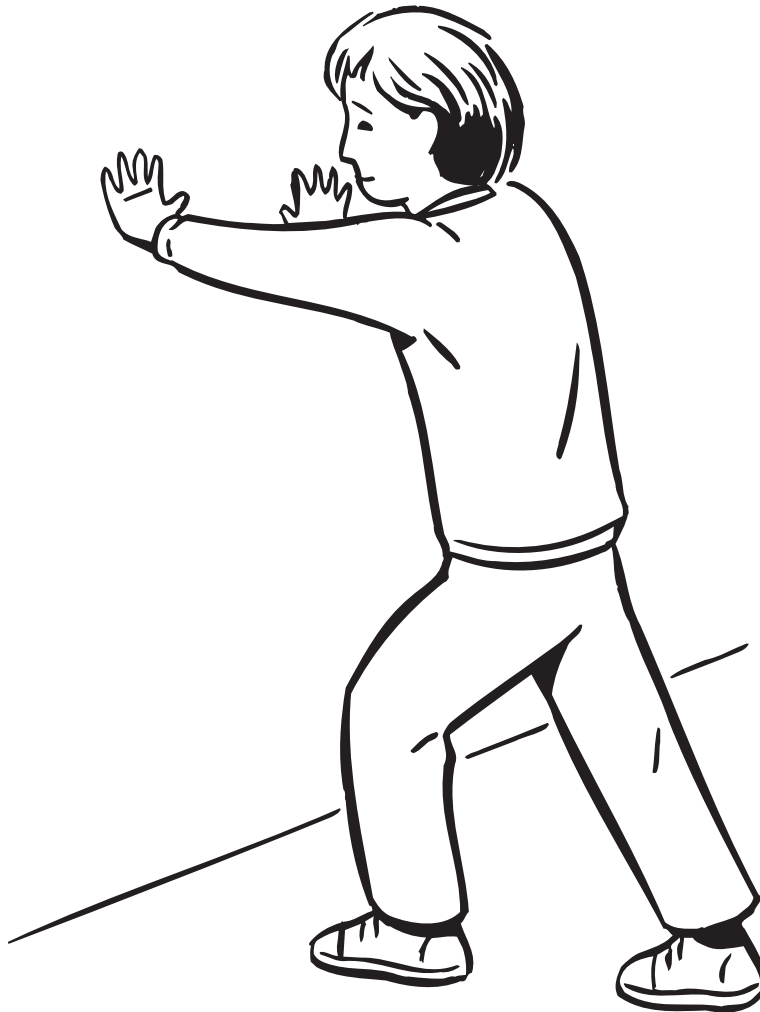
Children eat at school. Sometimes they eat in the cafeteria. Some children bring their lunches and some children buy their lunches.

Sensory Stories



The cafeteria can be crowded and noisy, with lots of different smells. Some children don't like going to the cafeteria when it's crowded and noisy.

Sensory Stories



Going to the cafeteria is better when I get my body ready. When I'm waiting in line, I can push really hard against the wall with my arms. This helps me to relax.

Sensory Stories



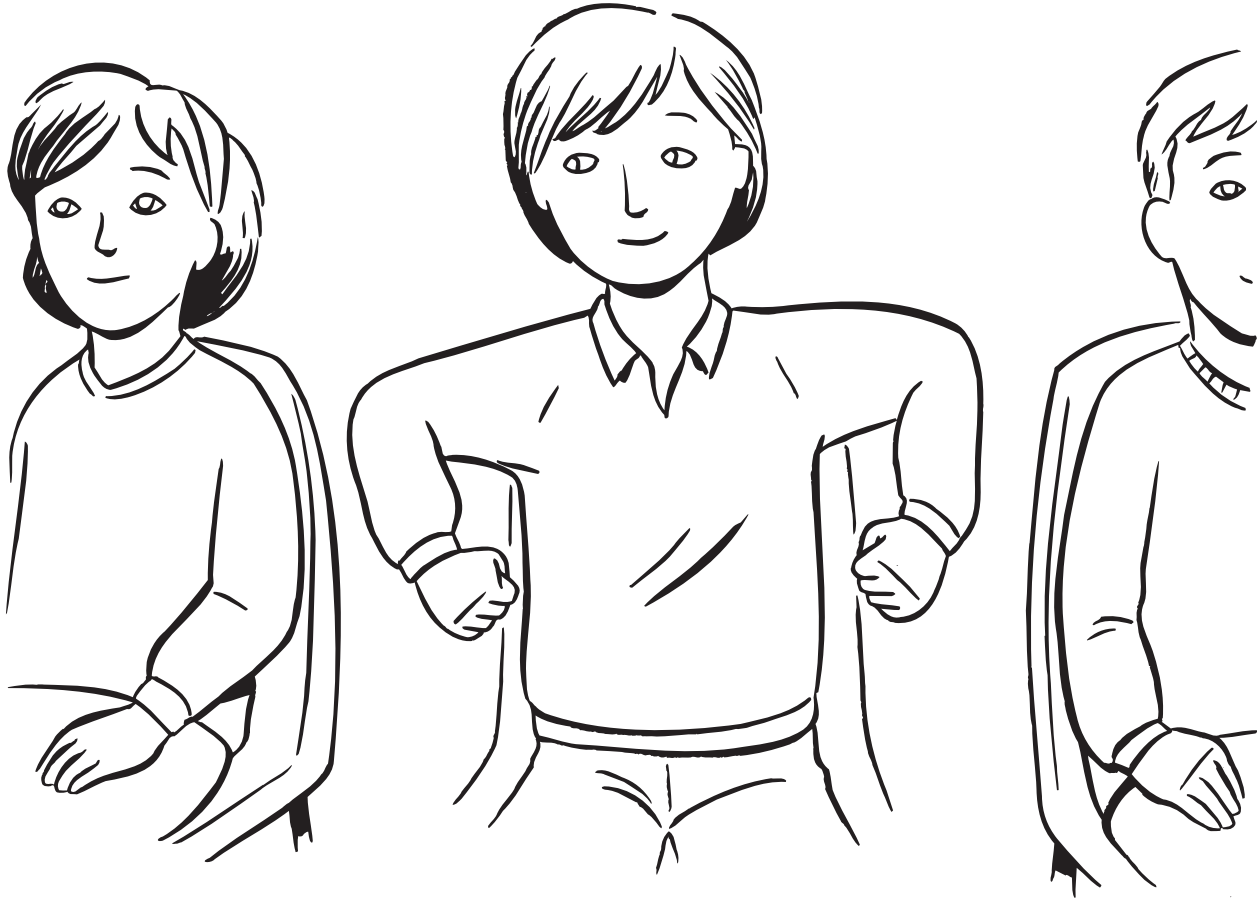
To keep me relaxed in the cafeteria, I can wear a heavy fanny pack.

Sensory Stories



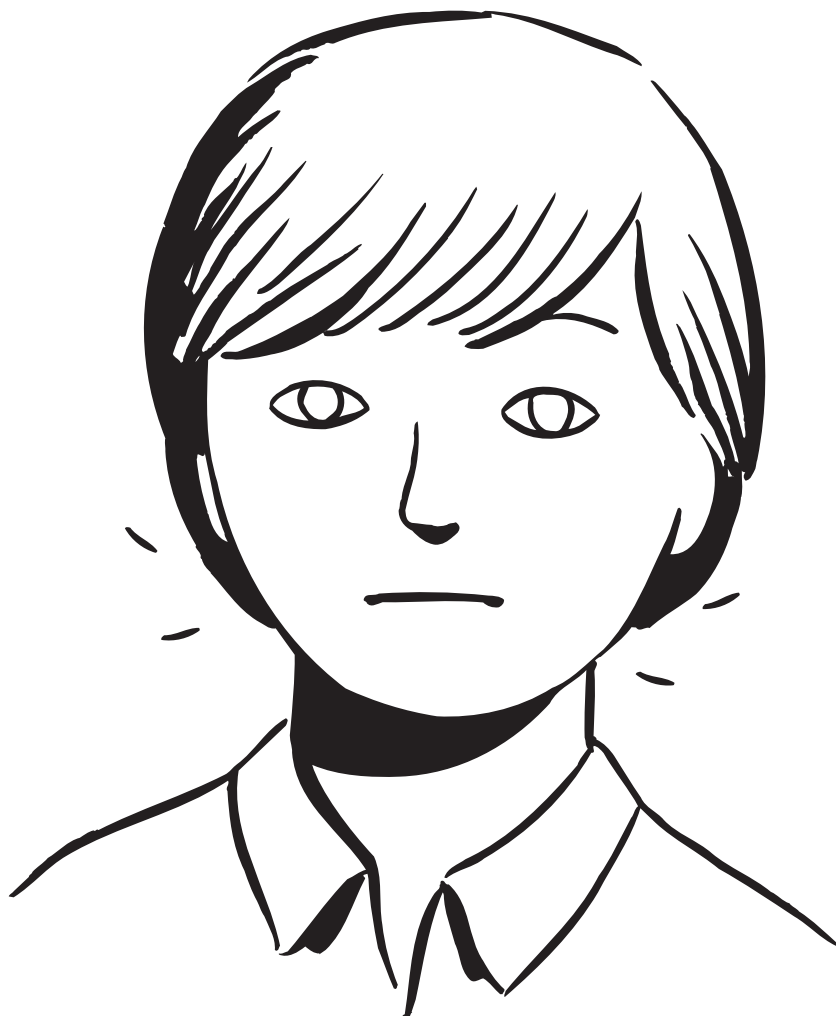
I can wear headphones so the noise doesn't bother me.

Sensory Stories



I can sit at the end of the table and do an elbow check to make sure no one is sitting too close.

Sensory Stories



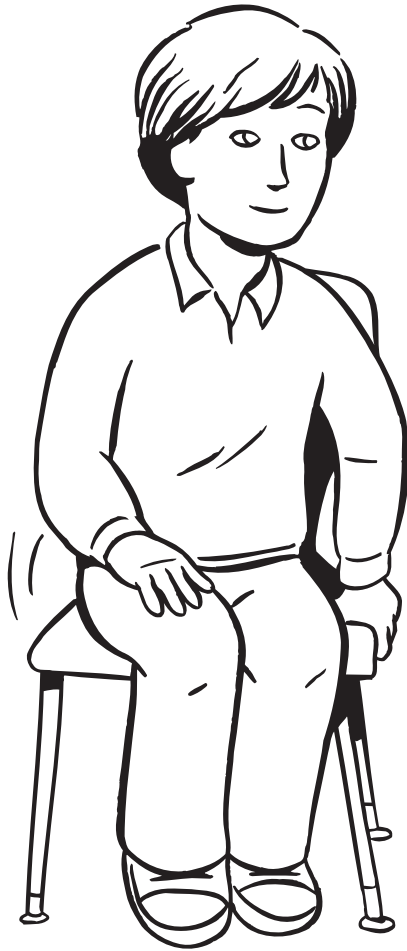
I can get my mouth ready to eat by squeezing my lips together and biting down hard.

Sensory Stories



When I'm sitting and eating, I can squeeze my legs together really hard. Then I can take a deep breath. and relax.

Sensory Stories



I try to eat most of my food. When I am done, I can wipe my mouth and give myself a big hug. I like to eat in the cafeteria.