



Kid's Holiday Booklet



Eating Out

Here are the steps that might happen when you go out to eat at a restaurant.

Can you check the boxes as each one happens at the restaurant?



Eating Out

PLEASE
WAIT TO BE
SEATED.

1. Wait to be seated.



2. Order your food.



3. Wait for your food to arrive.



4. Eat.



5. Wait for everyone to finish eating.



6. Pay for your meal.

How Am I Feeling?



Happy



Angry



Sad



Worried



Excited



Calm



Silly



Scared



Disappointed



Frustrated



Relieved



Embarrassed

My Breathing Exercises



Bunny Breathing

Sit on your knees like a bunny. Take four quick sniffs in through your nose and then exhale slowly through your nose.

Blow Out A Candle

Put one hand on your chest and take in a deep breath. Then imagine there is a candle on your birthday cake and blow it out.

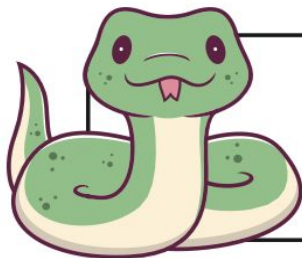


Blowing Bubbles

Pretend you have a bubble wand. Imagine you are blowing bubbles.

Smelling Flowers

Imagine you are smelling flowers. Breathe in slowly through your nose and out slowly through your mouth.



Snake Breathing

Breathe in through your nose and make a hissing noise as you exhale. Lie on the floor like a snake.

The Following Social Story Was Written by Robyn Weilbacher, M.S. CCC/SLP

Robyn is an award-winning ASHA Certified Speech-Language Therapist, Certified Autism Specialist, and Certified Hanen Centre Speech-Language Therapist for the *More Than Words Program*. She has been working with children ages two to six years old for more than 30 years.

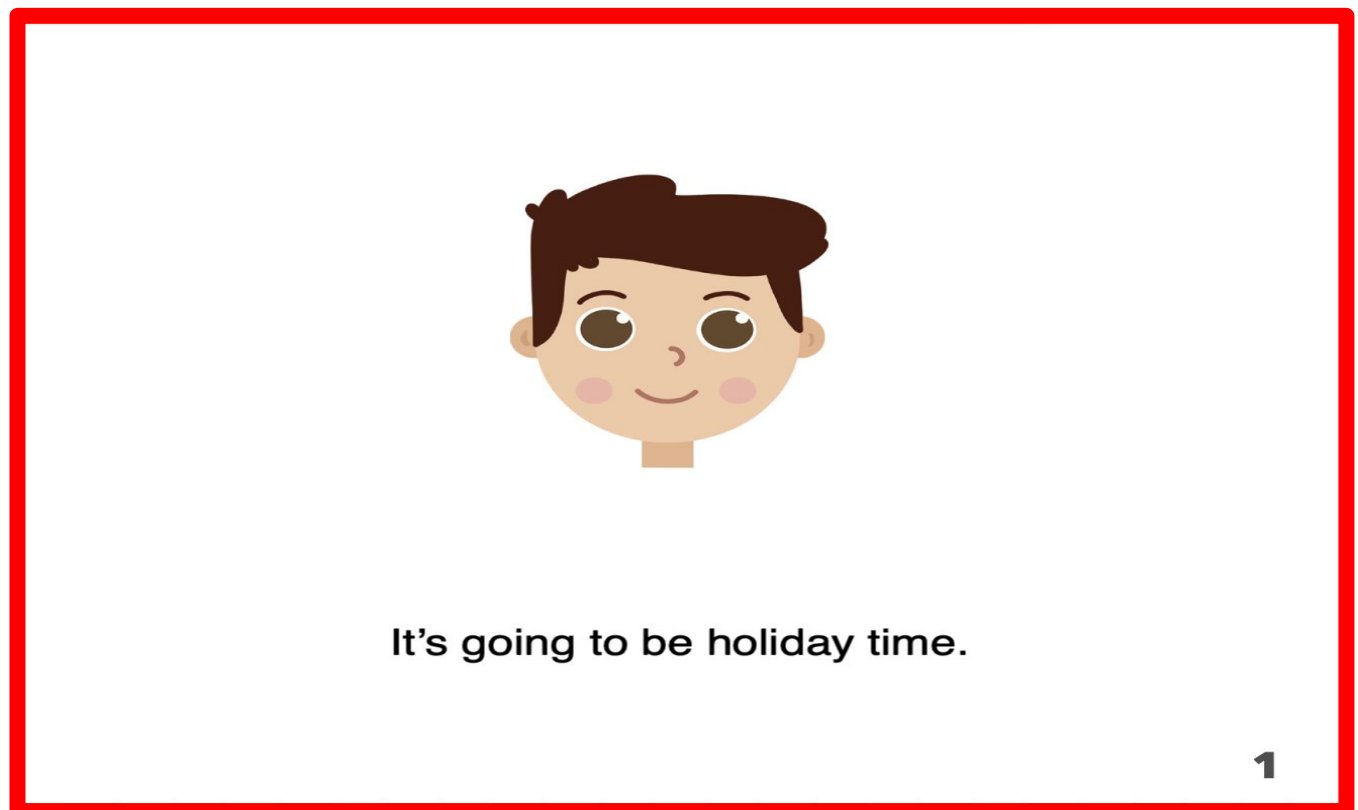
Robyn established *RW Language Therapy and Consulting* (Specializing in Autism, Family Support, and Coaching) to teach families that have children on the Autism Spectrum how to build functional communication and social-language skills in everyday life experiences, activities, and interactions at home. She provides resources, therapy, strategies, and customized materials, such as social stories, core words, and visual supports.

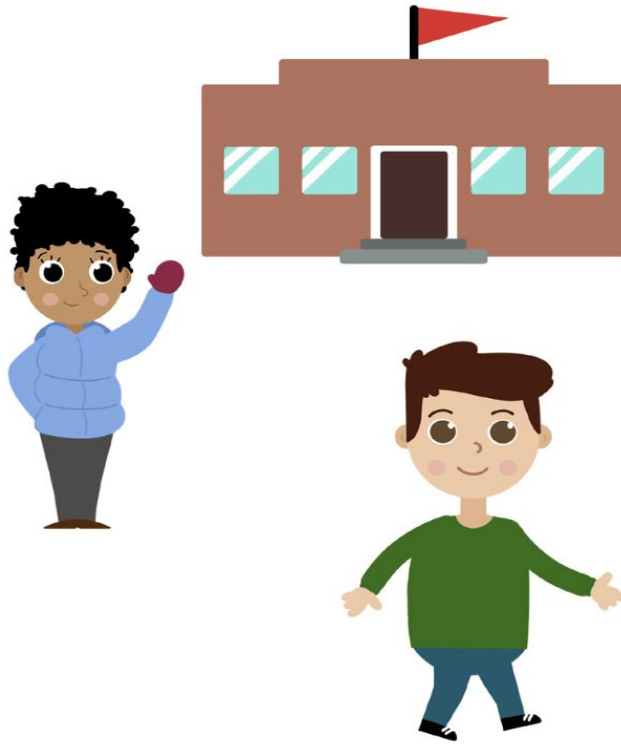
Robyn teaches Hanen Centre's *More Than Words* evidence-based 8-week program for families having children ages two through five on the Autism Spectrum. By providing tools, strategies, and real-life videos, families can better connect with their child and expand purposeful, interactive communication and social interactions. Services are provided via video conferencing.

RW LANGUAGE THERAPY AND CONSULTING

www.rwltc.com

robyn@rwltc.com





I will not go to school for a few weeks.



It will be fun to visit family and friends.





I might also get presents.

4



We may stay at home...

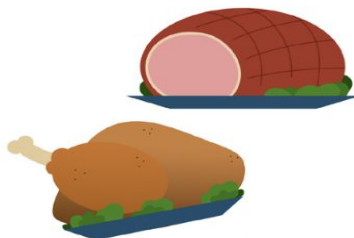
5



or we may go
somewhere else.



**Lots of
people
around.**



Different foods.



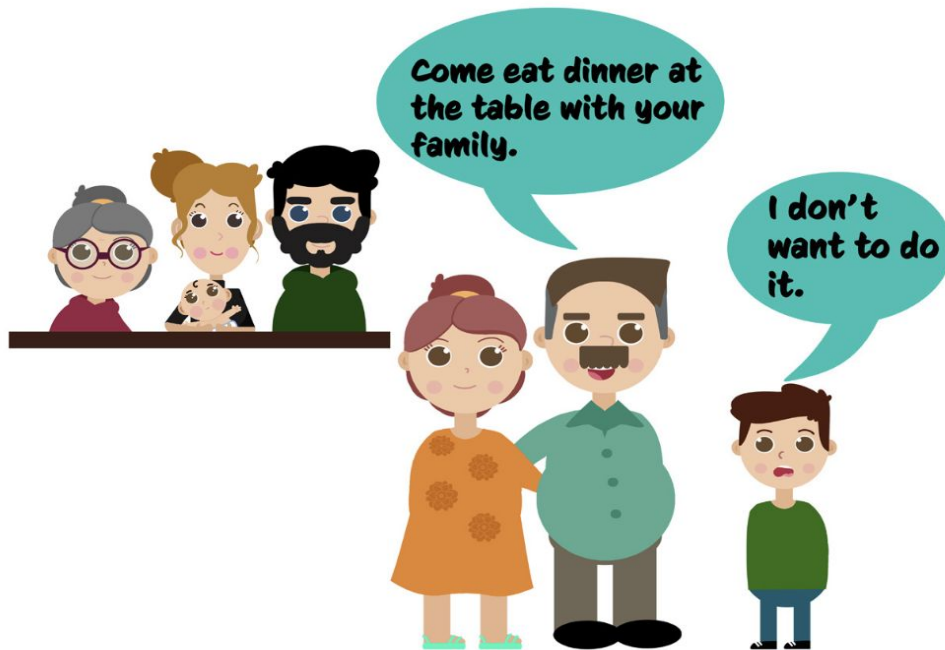
Loud noises.

There will be a lot of changes.



It may be very loud.

When it gets too loud, I can use my words and say, "It's too loud," or "I want to leave."



If I don't want to do something, I can use my words and say, "I don't want to do it." I can stay calm, take a deep breath and count to ten.



If I get mad about something, I can go find a quiet place to play.

10

I can have lots of fun at holiday time because I know what to do.

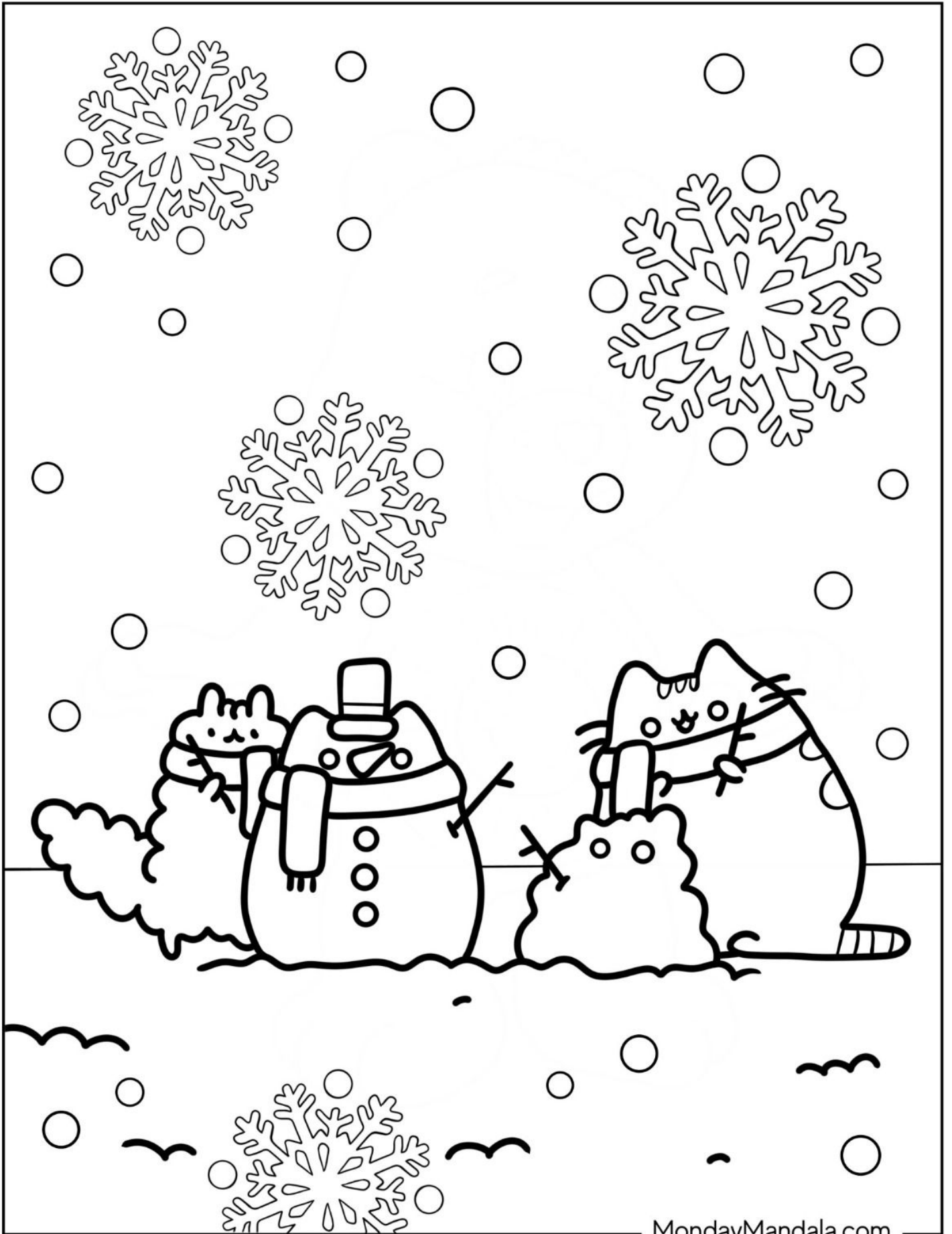


Mom and Dad are so proud of me.
I like the holidays.

11

Color Me!

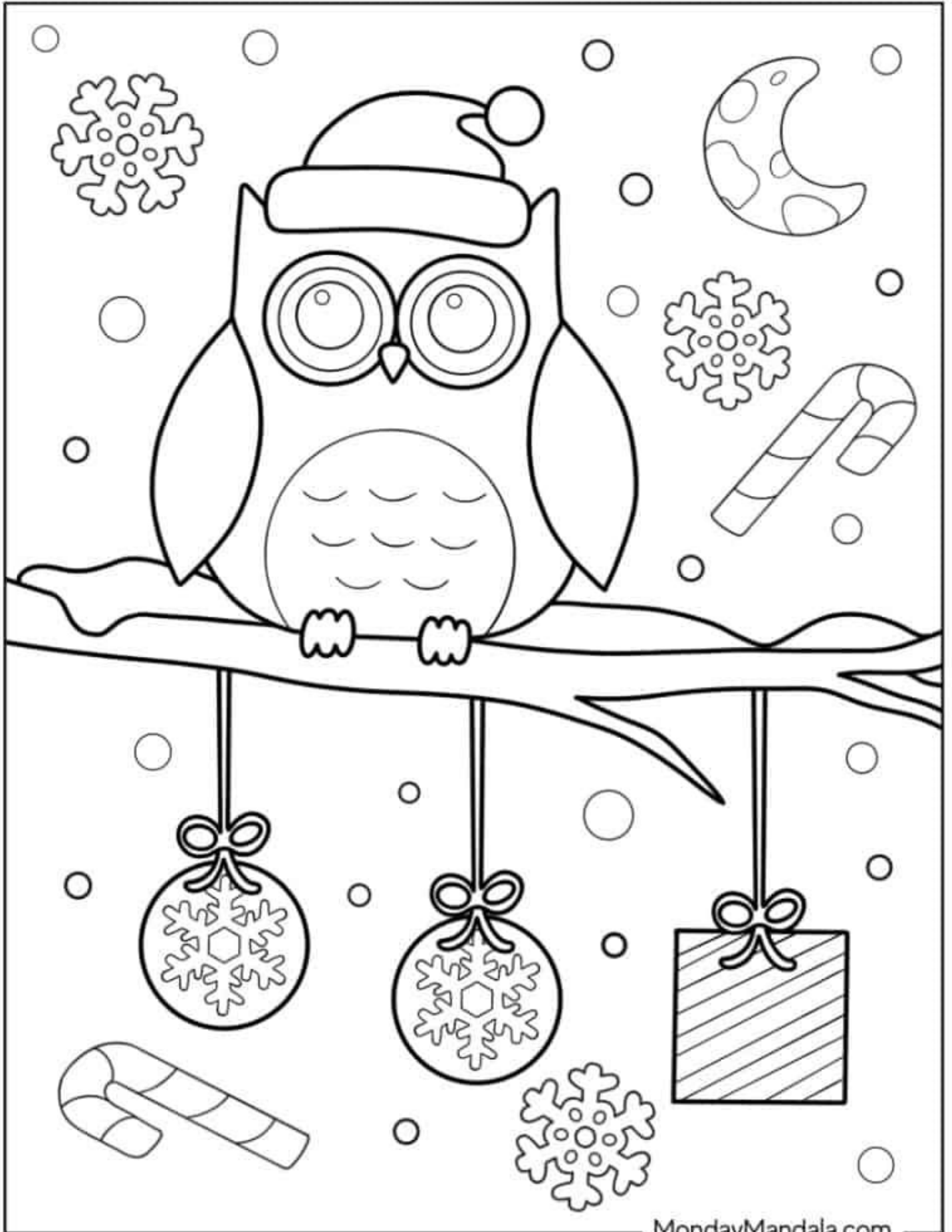












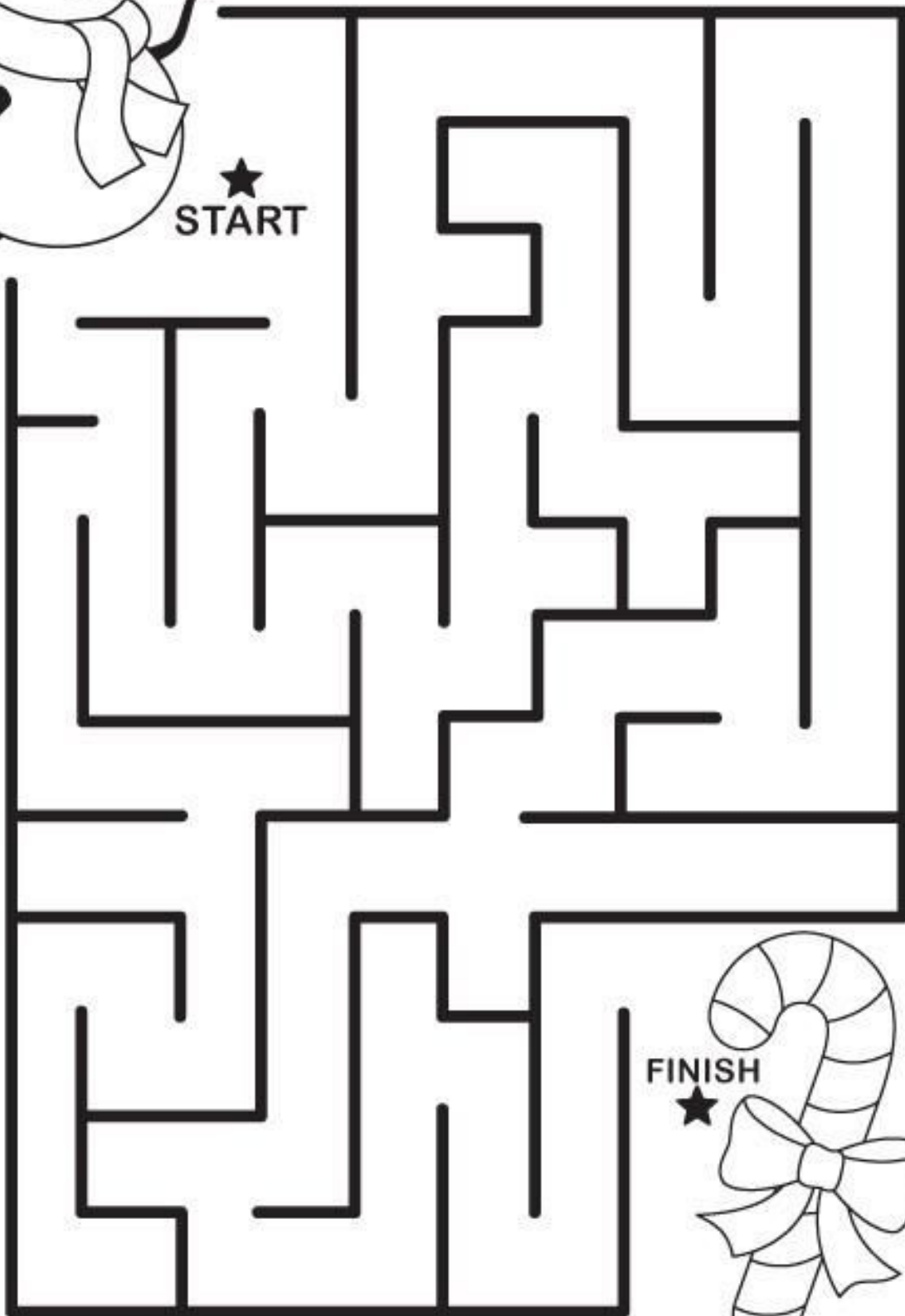




Help Frosty find his way to the candy cane!



★
START



★
FINISH



Winter Shadow Matching Game

Color the images and then draw lines to match each image shadow.



Winter

SCAVENGER HUNT



COAT



SLED



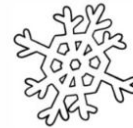
ICE SKATES



BOOTS



GLOVES



SNOWFLAKE

EAR MUFFS



FIREPLACE



SNOWMAN



SNOWBALLS



PINE CONE



HOT CHOCOLATE



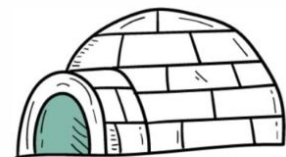
HAT



SHOVEL



SCARF



IGLOO

Match Winter Hats

connect each picture with its other half



Match by color



WINTER

COLOR BY NUMBER

- | | |
|--------------|----------|
| ① DARK BLUE | ⑤ RED |
| ② LIGHT BLUE | ⑥ BLACK |
| ③ BROWN | ⑦ YELLOW |
| ④ ORANGE | ⑧ GREEN |





Winter Line Tracing



Created by



**INTEGRATED
AUTISM
THERAPIES**