TRICK OR TREAT



Social Story

Courtesy of Lansdowne Children's Centre

Lansdowne
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Lansdowne Children's Centre

www.lansdownecentre.ca



Halloween is on October 31st. Halloween is a fun holiday where people may dress up and go trick-or-treating.



Children might dress up as something fun or scary. If I want, I can dress up too. If I do not want to wear a costume, that's okay too.



This year I will dress up as:





Sometimes it can be hard to find a costume that feels comfortable. I can wear clothing that feels comfortable to me under my costume. If my costume feels uncomfortable, I can ask a trusted adult for help.



I will dress for the weather. Sometimes I may need to wear a coat over my costume or warm clothes underneath.



Trick-or-treating is when children collect candy and other items from neighbourhood homes with friends, family, or trusted adults.



This year, I will go trick-or-treating with:

_____

_____

_____

_____



When I arrive at a home, I can ring the doorbell or knock once or twice. I can say, “Trick or Treat!”, wave or smile, sign, use a communication device, show a card, or greet people in another way.



The homeowner may put treats in my bag or bucket. I can say “Thank you,” wave, smile, sign, give a thumbs up, or use my communication device.



Sometimes I might receive treats that are not my favourite. That is okay. Different people give different treats. If I have thoughts or feelings about a treat, I can talk about them with my trusted adult.



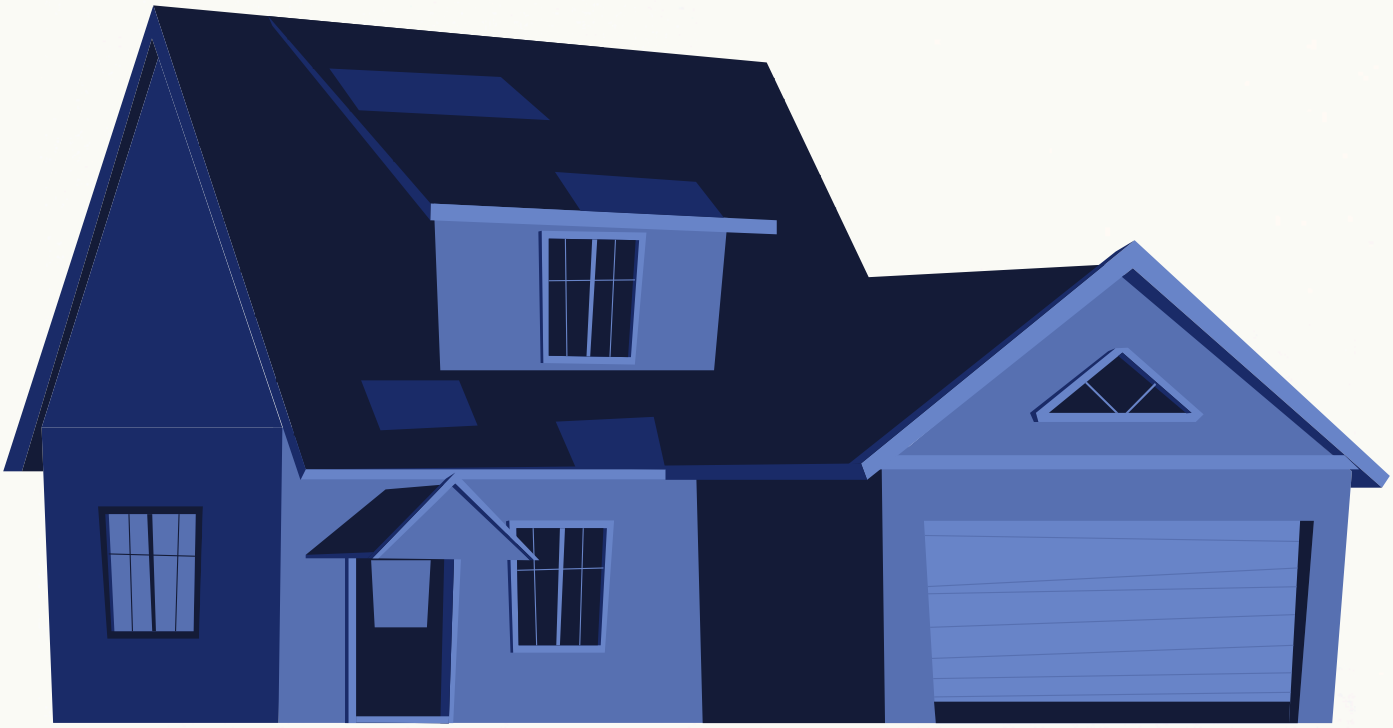
At some houses, I may be invited to choose my own treats. I can take the amount the person offers or asks me to take. Different houses may give different amounts of treats.



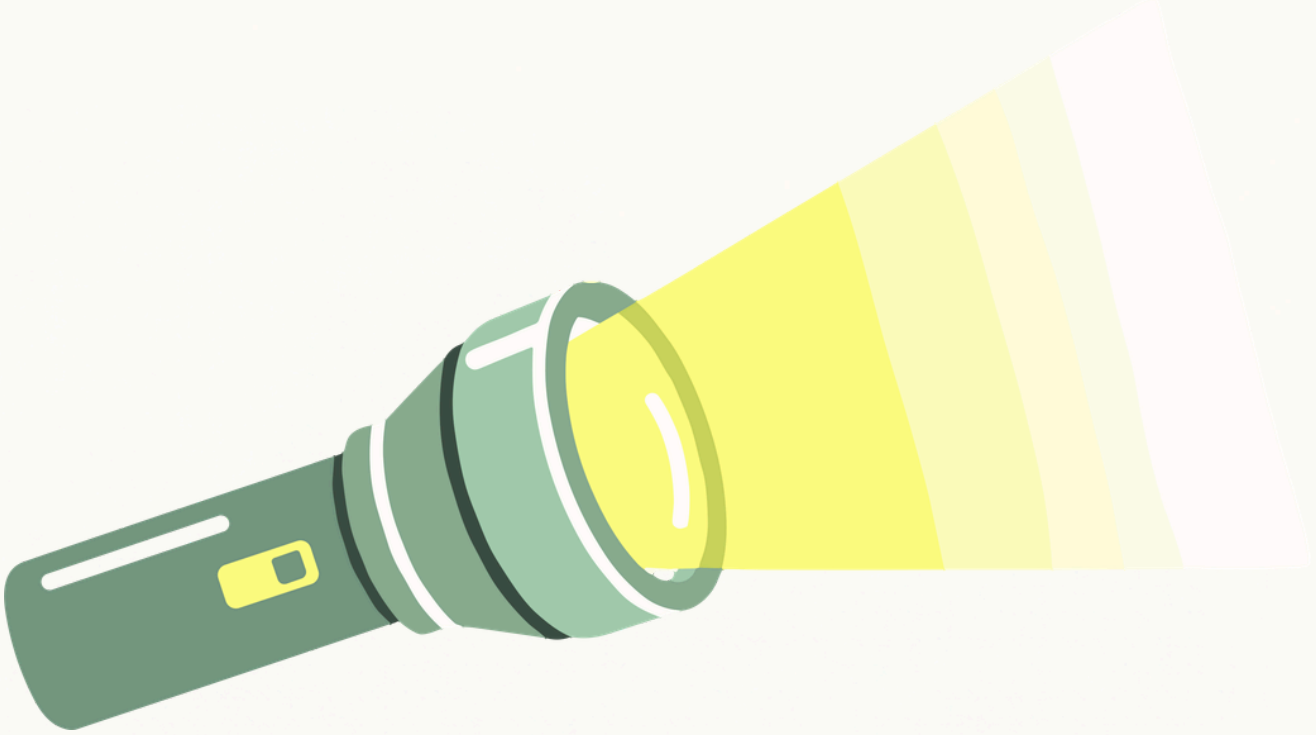
Sometimes other children will be trick-or-treating at the same house. I can wait my turn. I can still get treats even if I am not first in line.

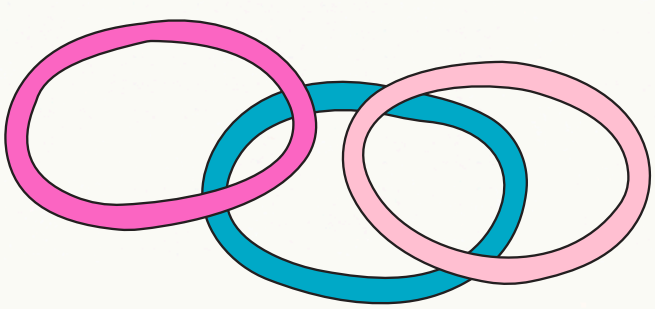


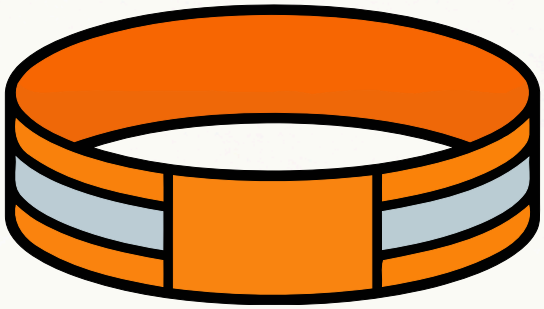
Some costumes or decorations may look scary, be surprising, or make sounds. If something makes me uncomfortable, I can stay close to my trusted adult.



If a house is dark or not decorated for Halloween, it may not have any treats. I can skip that house and move on to the next one.







If I go trick-or-treating at night, I can bring a flashlight or wear something bright to help me stay safe.



It is important to stay close to my trusted adult and follow safety rules. I will stay on the sidewalks, look both ways before crossing the street, and use crosswalks when available.



Halloween can be noisy, crowded, or exciting. If I need a break, I can stop, rest, use calming tools, or tell my trusted adult that I am ready to go home.



When I get home, my caregiver can look through my treats to make sure they are safe before I eat them. My caregiver will tell me when it's okay to have a treat.



Everyone celebrates Halloween differently. Some children collect lots of candy. Some collect a little. Some visit many houses. Some visit only a few. Some choose not to wear a costume. All of these choices are okay.



When I trick-or-treat, I will:



Dressing up and trick-or-treating can be lots of fun. Happy Halloween!



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