At my sleepover

Point to ask for what you need, to choose what to do, and to say how you feel.

I need


where is the bathroom?


I'm hungry


a drink


I'm tired


a break


quiet


my night light


my teddy


lights on


lights off


call home


I want to go home

Let's


let's play


a game


a movie


popcorn


pizza


build a fort

I feel


this is fun!


excited


silly


worried


scared


I miss home

Talk


yes


no



stop


help


my turn


thank you

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Bedtime away from home

The same bedtime steps as at home, in a new place. Point to each one as it happens.

1



pajamas on

2



brush my teeth

3



bathroom

4



into my sleeping bag

5



my teddy

6



night light on

7



a story

8



good night

My sleepover bag: tick each thing as it goes in



pajamas



toothbrush



toothpaste



pillow



sleeping bag



teddy



clothes for tomorrow



my talker



my board



night light



flashlight



hairbrush

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About me, for my sleepover

Fill it in together, and give it to the grown-up in charge when you arrive.



About me

Hi! My name is _____

I talk with:

☐ **words** ☐ **pictures** ☐ **a talker** ☐ **signs**

My yes looks like: _____

My no looks like: _____

Words or signs I use: _____

_____

When I'm upset, this helps: _____

_____

At bedtime, I like: _____

_____

Please tick what helps:

- ☐ let me keep my talker or board with me
- ☐ show me where the bathroom is
- ☐ leave a light on at night
- ☐ tell me what's happening next
- ☐ let me call home if I ask

Foods I like: _____

Foods I don't eat: _____

Allergies: _____

I need help with: _____

_____

If I want to go home: _____

_____

Thank you!

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