SOCIAL STORIES

Social Story: A Trip to the Shop

Free download · My SEND Friend Shop

A simple social story about going to the shop, including queues, noise, and permission to leave.

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

Who this is for

Children and young people who find shopping trips difficult, and the adults supporting them.

What is inside

- How to use the story
- Story pages
- A notes page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

How to use this story

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

A shorter list, a quieter time of day, or a familiar shop can make the story true. Include the real way the person can ask to leave.

A TRIP TO THE SHOP

We are going to the shop

We are going to a shop. A shop is a place where people buy food or other things. Shops can be bright, noisy, and busy, or they can be quieter, depending on the time and the place.

I can know the plan before we go: where we are going, what we are getting, and how long we might stay.

Which shop, and what we are going for

A TRIP TO THE SHOP

Going in

We will go in together. I can stay close to my adult. If I need a trolley or a list to hold, I can have one.

If the shop feels too much at the start, we can take a moment outside or leave and try another time.

What helps me as we go in

A TRIP TO THE SHOP

Looking, choosing, and waiting

We will walk around and get the things on our list, or the thing we came for. I may be able to help with a small job, if I want to.

There may be queues at the till. Queues mean waiting. I can stand with my adult, hold my comfort item, or use a quiet activity if I have one.

What I can do in a queue, and what I find hard in shops

A TRIP TO THE SHOP

If it is too much

If the shop becomes too much, I can tell my adult, or show a card. We can leave, or take a short break, if we need to. Leaving is allowed.

We can try again another day, or finish the shopping another way.

The words or card I can use if I need to leave

A TRIP TO THE SHOP

When we are finished

When we have paid, or when we have decided to stop, we will go back to the car, the bus, or the walk home.

The trip to the shop is finished. I can have a quiet moment afterwards if I need one.

What we might do after the shop

Our shopping plan

Shop, supports, and our way of leaving if it is too much

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family and school resources
- Adapt every story so the facts are true for this person
- This is not a licensed Social Story™ product

> **A reminder about this free pack**
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