



Having a good



Christmas Day



A Story to Help

Having a Good Christmas Day

Story written and created in collaboration with Lynn McCann, Autism Specialist at Reachout ASC and author of 'Stories that Explain' published by LDA.

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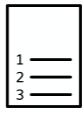
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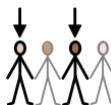
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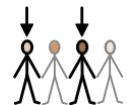
My name is _____.



My family plan to celebrate Christmas together.



Christmas is an important celebration for some people.



At Christmas some people take time off work and school.



Some people think Christmas is a lot of fun.

Some people like Christmas to be quiet and calm.

Some people don't celebrate Christmas.

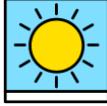

This is okay.

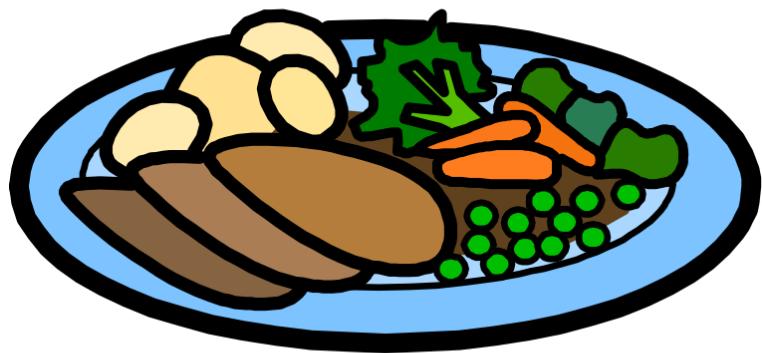


 Many families have a  Christmas Tree,  decorations and  presents.

 It can  be  difficult to have  presents and  not know  what is inside.

 I could  open  my  presents  in a quiet place.

 I could  open  my  presents  on  different days.



My family



might



have a special



Christmas



Dinner.



I might



eat

their



special



Christmas



Dinner.



I might



eat



my own



dinner



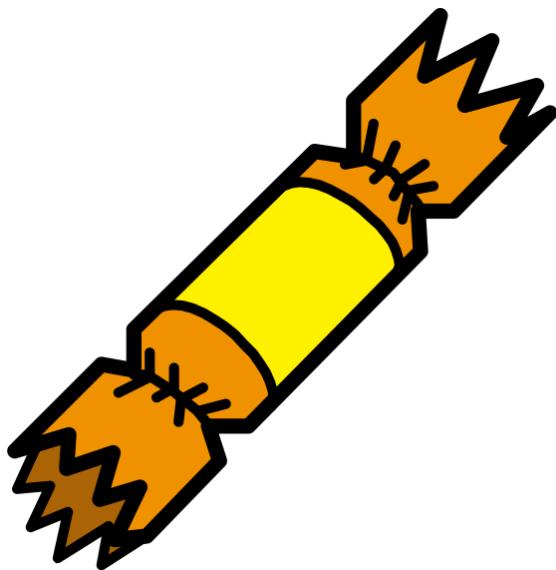
that



I like.



This is good.



  I might pull crackers, but I  don't  have to.

  I might wear a party hat but I  don't  have to.

  I might play games, but I  don't  have to.

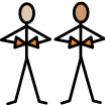
  I might sing songs, but I  don't  have to.

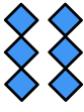


 If anything at Christmas upsets me, I can tell an adult.

 My adult will help me.

 We might make a list of what will help.

 We might find a quiet place away from the celebrations.

   Some things will stay the same at Christmas.