

Fidget's Hot Weather

Social Story



Looking after ourselves when it's hot



GMT
MINDSET MATTERS



My body gives me clues when I am getting too hot

I might notice:



my skin feels hot



my mouth feels dry



I feel more sleepy



My clothes feel uncomfortable



I feel more irritated



It's harder to concentrate



GMT
MINDSET MATTERS



I can help my body feel more comfortable

I can try things like:



**Taking more
drink breaks**



**Staying in
the shade**



**Wearing a hat
or sunglasses**



**Wearing cool,
comfy clothes**



**Taking more
rest breaks**



**Using a fan or
cooling cloth**

I don't have to do everything. I can choose what helps me.



GMT
MINDSET MATTERS



If I need help, I can tell someone

Sometimes I might need an adult to help me.

I could say:

"I'm feeling too hot."

"Can we find somewhere cooler?"

"Can I have a drink?"

"I need a break."

It's okay to ask for support.



GMT
MINDSET MATTERS



Everybody is different

What helps one person might not help someone else.

I can learn what works best for me.

Looking after myself helps me enjoy summer safely and comfortably.

Download a printable version of this social story via the QR code or our website



GMT
MINDSET MATTERS

