

My Body Is Smart



This Social Story was written by Gino Lerario gino.lerario@hse.ie for the North Tipperary Children's Services using Carol Gray's Social Story Method. To adapt it, go to www.carolgraysocialstories.com for the 10 criteria for writing Social Stories.

1

My body is smart.



It knows how to take care of itself -
how to keep itself healthy and safe.



My body learns how to stop germs and bacteria and viruses all on its own!



It just needs me to eat good food, sleep well, and get plenty of exercise.





Sometimes my body needs extra help -- like medicine or a visit to the doctor.



Other kinds of special help are using bandages, and keeping my hands clean.





My body is smart -
and I can help keep it that way.

