

# My Visit to Allied Therapy



## Social Story



**Today, I am going to visit a special place called Allied Therapy. It is a place where we go to get help with different things, like moving our bodies, talking, and feeling good.**

**My friends at Allied Therapy are kind and fun, and they make sure I feel safe and happy while I'm there.**



**When I first arrive at Allied Therapy, I will walk inside.**

**When I go inside, I will need to take off my outdoor gear, like my jacket and shoes.**

**This is because Allied Therapy is warm and cozy inside, and it's important to be comfortable while I'm there.**



**I can also say “Hi!” to my friend Allie D! She’s here to support.  
I can take her into my room if I feel nervous or like I need a friend.  
She is really soft and great at cuddles.**



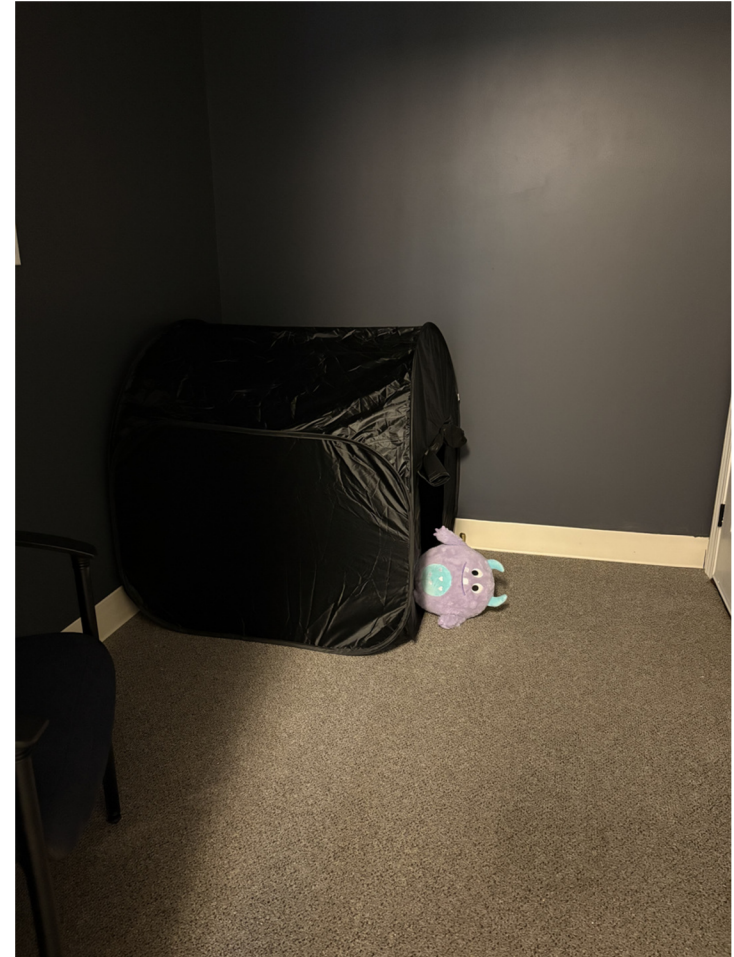
**After I walk inside, I will go to the waiting room.**

**The waiting room is a place where I can sit and wait for my turn. It might be a little busy with other kids and parents, and there might be toys, books, or pictures to look at.**

**If the waiting room feels noisy or too busy, I can always find a quiet spot to sit and relax. Allie can come with me to help me feel calm.**



**When it's my turn, I will hear my name, and I will walk to a special therapy room.  
Each room is different, and they are all set up to help me feel  
comfortable while I learn and play.  
Some rooms even have soft mats to jump on or toys to play with.**



**Some of the rooms at Allied Therapy are called Sensory Rooms. In a sensory room, I might see things like soft lights, calming sounds, or special toys that I can touch. They help me feel calm and comfortable. If these lights or noise are too much, I can ask for a break.**



**When I'm at the clinic, I might see a door with a stop sign on it.  
The stop sign means I need to stop and wait.  
The door might be closed because someone is using the room or it's not  
ready yet. That's okay!  
I'll wait until someone says it's time to go.**





**When I'm in the therapy room, I'll stay there until it's time to leave.  
I might do things like jumping, drawing, or talking.  
I can try my best, but I can ask for a break if I need one.  
If something doesn't feel good, like a sound or light, I can tell my friend.  
They will listen and help me feel better.**



**When my session is done, it's time to go.  
I'll put on my jacket and shoes, then walk out of the clinic.  
I can feel proud of what I did and look forward to my next visit!**



**I am excited to visit Allied Therapy!**

**It's a safe, friendly place where I will learn new things and feel good about myself.**