

David's First Lunch in the Cafeteria

A social story for David





Today is a special day! David is going to the school cafeteria for lunch for the first time.



When it is lunchtime, David walks in a quiet line with his teacher and friends.



The cafeteria is a very big room with many tables and chairs. It can be a little bit noisy.



If the noise feels too loud, David can wear his special headphones to help his ears feel better.



David stays in the line to get his lunch tray. He waits patiently for his turn.



If David feels worried, he can take three slow, deep breaths to help his body feel calm.



David finds a seat at the table. He sits with his friends and looks at all the yummy food.



David eats his lunch and talks quietly with his friends. Eating lunch at school is fun!



When David is finished, he carefully carries his tray to the bin. He is a great helper.



David did it! He had a wonderful first lunch in the cafeteria. David is very proud of himself.