**GROCERY SHOPPING DAY**

**\*Where possible we recommend using real photos, i.e. of specific people or places mentioned**

**I like going out to the shops and helping with the shopping.**



**I go shopping at [insert name of grocer and place].**



**It is my turn to help with shopping on
[insert day, morning/afternoon or evening].**

**I like to help with planning meals and the
shopping lists.**



**I love to look through recipe books to pick out my meals.**

**I know that I can't eat the same amount of food and the same types of food as most other people.**



**It is important to me to see what meals I am having during the week before I go shopping.**

**This helps me plan for any special events or meals I might need to include in my week.**



**Before shopping I need to be reminded and agree to what is expected of me when out:**

**
✓ I will go to the bathroom when we first get to**

**the shopping centre.**

 **✓I will hold the shopping list and cross off the**

 **items as we buy them.**

 **✓ I will not add food or drink to the shopping**

**trolley that is not on the list.**



**✓ I will stay with mum and not run away.**

 **✓ I will listen and do as I am asked.**



 **✓ When shopping is finished I can go for [insert treat].**

**
✓ I will pack my rice crackers to snack on if I get hungry.**

**If I don't do what is expected:

🗷 We will leave the shops and come home.
 This will make mum unhappy with me and I'll be sad missing out.**

**🗷 I will miss out on my [insert treat] at the shops.**



**If I need to go to the bathroom during the shopping, mum will come with me and then we can go back and finish shopping.**



**If I get lost I need to meet mum at the front counter of [insert grocery store name].**



 **Sometimes shopping is hard for me.**

**All the food I like can be distracting.**

**It is important that I can see my weekly meal plan.
This reminds me that I am having a lot of the food I like throughout the week and I'm not missing out.



Sometimes I might get angry and not listen.**



 **If I don't calm down or get very anxious, I might have to leave and go home.**

 ****

**First try to tell me that:**

 **You understand and can see I am unhappy - I like to feel listened to.**

**Ask what I think is unfair - Maybe we can talk through it.**

**Ask me to take three deep breaths to explain what is wrong - I like to know you care and want to help.**

**Remind me that if I don't listen and help now, we need to go home and the shopping won't get done.**

**Remind me that after shopping we have a lovely [insert treat].
 **

**When we have finished shopping, I like to know that I did a great job!**