

# Catching the bus



A social story by Blue Sky Community Services

This social story is about catching the bus.

This experience can feel a little different when it is new to you.

We hope this story helps you prepare for catching the bus.

Sometimes I might travel on the bus. I might be going to school on the bus, or I might be going into town or somewhere else on the bus.



Sometimes I might be excited to travel on the bus. Other times I might feel nervous or worried about travelling on the bus. It's okay if I feel like that.

There are people who can support me if I need help. I might have someone travel on the bus with me for support. The bus driver can help me too.



If I want to, I could take some sensory tools with me on the bus to support me.

**I might need to wait at the bus stop for a while. There might be other people waiting too.**



**I need to keep myself safe while waiting for the bus. I should sit or stand away from the road. When the bus comes, I should stand back until the bus stops and the doors open.**

**We need to take turns at getting onto the bus. It helps if I'm patient.**



**It's okay if I want to say hello or wave to the bus driver, but if I prefer not to that's okay too.**

**I can tell the bus driver if I need some help to get on to the bus. They will help me.**

I can sit on a seat that is free. I might like to sit in a seat by the window so I can look at things outside.



Seats by the window are popular so there might not be one that's free for me. That's okay though, because I might be able to sit in one next time I'm on the bus.

When I'm on the bus it's very important that I stay seated. If there are seatbelts I need to put one on. This helps keep me safe.



I shouldn't put my feet on the seat in front of me because I need to respect other people's personal space. They should respect my space too.

It might be loud if there are lots of people on the bus. If I use headphones to support me I could take these on the bus to use while I travel.



Sometimes the bus might be crowded if there are lots of people. I will have my safe, personal space in my seat and will do my best to stay relaxed.

When the bus arrives at my stop I should stay in my seat until the bus stops moving. This is so I don't get hurt. When the bus stops I can stand up and move towards the front.



I can tell the bus driver if I need help getting off the bus.

I might want to say or wave goodbye to the bus driver, but it's okay if I don't want to.



Once I'm off the bus I should stand back out of the way so the bus can drive off safely.

Now I'm off the bus I can head to where I need to go next.



I did such a great job at catching the bus, and I know I'll do a great job next time I need to go on the bus too.



If I start to feel overwhelmed  
at any time while on the bus,  
that's okay.

I can let someone know and  
they will help me.

We hope this social  
story helped you  
prepare for going  
on the bus.

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