

Going to the supermarket



This social story is about going to the supermarket.

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

We hope this story helps you prepare for your visit to the supermarket.

A social story by Blue Sky Community Services

Sometimes I might need to go to the supermarket. Some people might call the supermarket the grocery store or the shops.



I might go to Coles or Woolworths, or I might go to another shop that sells groceries.

Some supermarkets have low-sensory quiet hours. During this time, lights and sounds are reduced.



I might prefer to go to the supermarket during low-sensory quiet hours. To find out if a supermarket has these, I could search Google or call the supermarket to ask.

I might need to go to the supermarket when it isn't quiet time too.

If I am at the supermarket when it isn't quiet time, there might be lots of people, lights and noise.



This might make me feel a bit overwhelmed. It's okay if I feel this way.

If the lights in the supermarket are too bright, I can wear sunglasses. If it's too noisy, I can wear headphones.



I might take some sensory tools along to help me.

I might have someone with me to support me at the supermarket.



If I don't have anyone with me and I start to feel overwhelmed, I can tell someone and they will help me.

I might want to take a list of the things I need to buy at the supermarket with me. This helps me remember what I need.



I might want to use a basket or a trolley to put my items in. Or I might take a bag along with me to put my items in.

There are lots of aisles with groceries and products. Each aisle has signs with an aisle number and descriptions of products.



I will wander around and get the items I need. If I can't find something, I can ask someone who works at the supermarket. The workers will be wearing a uniform.

When I wander around the supermarket, I will be careful of other people around me, so I don't bump into them.



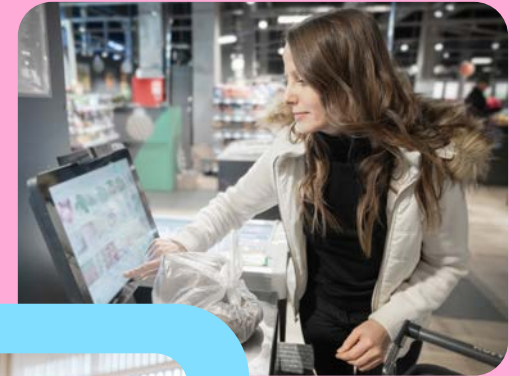
Other people should give me my space too.

When I am in the supermarket, I might hear music being played on the PA system. Sometimes I might hear supermarket workers making announcements.



When I am near the fridges and freezers I might feel a little bit cold.

When I have everything I need I will go to the checkouts. I might like to go through a checkout where a worker scans my groceries, or I might want to scan them myself at a self-serve checkout.



Some self-serve checkouts might be card only, meaning you can't pay with cash. Other self-serve checkouts will let you pay with card and with cash too.



I will need to look for the sign at the checkout to see if it's a card-only checkout or if it's a card and cash checkout, to make sure I go to the one I need. If I'm not sure I can ask someone.

I might hear some beeping when I'm at the checkouts.

When my items have all been scanned and packed into my bags, I will pay for them. I can take a receipt with me if I want to.



I am now finished at the supermarket, and I can take my groceries home.



If I start to feel overwhelmed at any time while at the supermarket, that's okay. I can let someone know and they will help me.

We hope this social story helped you prepare for going to the supermarket.

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