

I'm Going on a Cruise!



A Social Story
Courtesy of:

Autism on the Seas.com



My Story By: _____

I'm Going To: _____

I'm Leaving On: _____

I'm Coming Home On: _____

These People Are Going with Me on the Cruise:

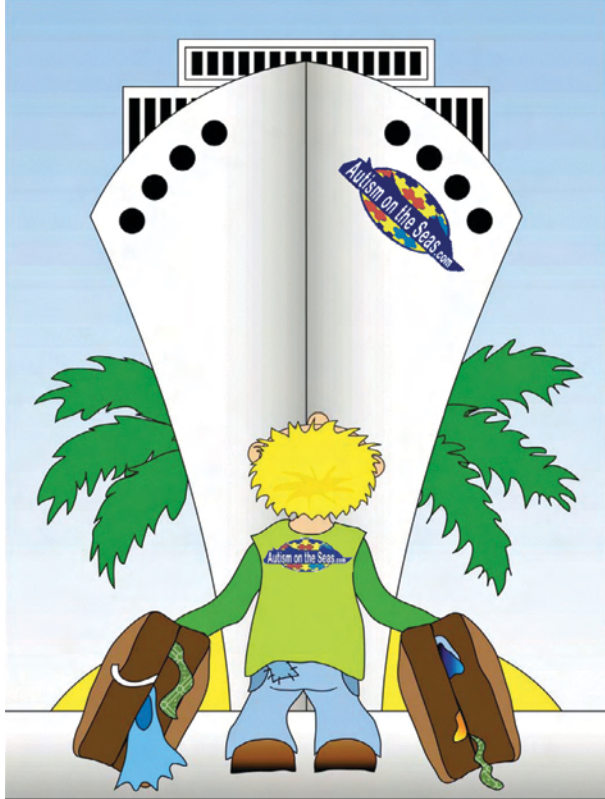


Autism on the Seas: I'm Going on a Cruise!

Tips for Families:

- # Social stories should be presented in a quiet and relaxed setting. The story could be read several days in a row (or even weeks) prior to the cruise. For example, parents could say, "In a few days (or next week) we will be going on a cruise. Let's read a story about what we will do on our cruise." By frequently reviewing the social story, parents are emphasizing what behavior is expected from the child. This should make the plane ride, port check-in, and ship boarding much easier because the child will know what to expect.
- # Once you have printed your social story and customized it for your child by filling in the information, laminate the pages and make it into a book that your child can take along on the cruise. This will be an excellent reminder of what to expect and can serve as a real anxiety-buster for your child.
- # If your child likes visual schedules or listing events on a calendar, map out your itinerary so your child knows what is scheduled for each day. This will be especially helpful if you have any port excursions scheduled. Also (if possible), allow your child to help select the shore excursions.
- # Bring along some things from home that will make your child feel comfortable. A few small toys, a favorite book or two, or a familiar stuffed friend can be great sources of comfort in an unfamiliar setting.
- # If you have a portable DVD player, MP3 player, or laptop, you may want to bring it along for downtime in your cabin. (An iPod Touch can work wonders for a child waiting in between courses during dinner). Also a few favorite movies or webcasts can really help a nervous traveler to relax.
- # Most ships offer in-cabin baby-sitting services for a small fee by competent cruise staff. Baby-sitting services are on a first come, first served basis, so you may want to plan ahead by contacting Guest Services with the time(s) and day(s) you anticipate needing this service.





On _____ , I'm going on a cruise ship with _____ .

The name of my ship is _____ .

We will get ready for the trip by packing our suitcases. I will help.

Some things we need to pack for my cruise are:

- My clothes
- My bathing suit
- My toothbrush and toothpaste
- My favorite book or two and a few little toys

Things I want to bring:

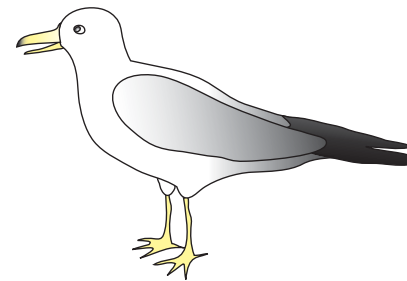


On _____ ,
we will go to the port.

The port is where you find
ships. Our cruise ship is waiting
for us at the port.



We will give our suitcases to the porter. He will keep our
suitcases safe. I'll get my suitcase back when I get to
my cabin.



Next we will go into a building. I will need to wait in line and have a quiet mouth. I will try to remember that it is okay to wait in line. I will be calm because my turn is next.

After I wait in line, it will be my turn. I will need to walk through a metal doorway. This metal doorway is called a metal detector.

I need to listen to the security people and follow directions. I will be calm and have a quiet mouth.





Next we will check in. I might need to wait some more, but it is okay. I can do it!

Now we get to go onto the big ship. I might have to wait in a short line, but I'll be okay. I will be calm.

The ship is big inside and there are a lot of people. I'm very excited, but I will try to be calm and have a quiet mouth.



There are many floors on the ship called decks.



There are a lot of fun and exciting things to do on the ship. My ship has swimming pools.





My ship has a rock climbing wall. My ship also has:



I can also play with other kids at the Adventure Ocean playroom.



We can take the stairs or use the elevator to go places on the ship. It can be very windy when you stand on deck.

My room on the ship is called a cabin.



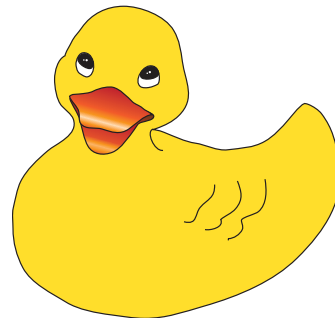
I will sleep in a bed in my cabin. I will be okay because my family will be with me.



My family will have a bathroom in our cabin. I will use the toilet in our cabin. I will wash my hands and brush my teeth in the sink.



I will take a shower or bath here.



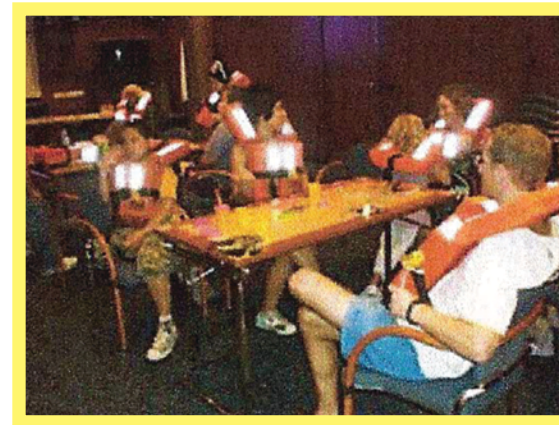


Next I will go to a safety drill. The drill is a practice called a Muster Drill.

I will carry my life jacket to the practice. At the drill, the cruise staff will show me how to put on the life jacket.

The life jacket keeps you safe. It is important to learn how to put it on. I can do it. I only have to wear the jacket for a few minutes. I'll be okay.

I will hear a loud horn. Next the Captain of my ship will talk about how to stay safe.



There will be lots of great things to eat on the ship!

At dinner time, I will eat at the same table. They will have many things that I like to eat. The waiters will be the same ones each night.

Yummy!



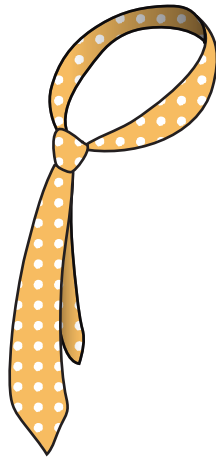


There are other places to eat on the ship too. Other places I might go to eat with my family are a buffet called the Windjammer. At a buffet, you get to choose what you like best from lots of different foods.

When I eat on the ship, I will use good manners. I will use my napkin, fork, and spoon. I will have nice hands, and a quiet mouth. I can talk. I just cannot shout or scream.

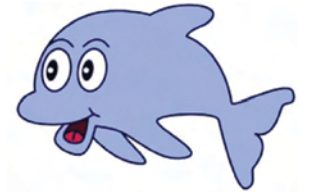


Sometimes on a cruise, you might get dressed up for dinner.
If I get dressed up for dinner, I will be calm and use good manners.





On a cruise, I will visit places called ports and see many interesting things. The ports we will visit on my cruise are:





Here is our schedule for the cruise:

(Parents and guardians, use this space to list your itinerary so that your traveler will know what to expect.)

Date	Destination

