Use this social narrative to teach individuals with an autism spectrum disorder and related disabilities about getting a shot!

To learn more:

- **How-To Template: Social Narratives** in How-To Templates

**To Make & Use:**

1. Modify the narrative based on the individual needs.
2. Print the narrative and laminate if needed.
3. [Optional] Cut the template into individual text strips and use a clip to hold together if needed.
4. Read the narrative several times together with the individual.
5. Address the narrative during the activity, if needed.
Getting a Shot is OK!

Sometimes I go to visit the doctor.

Sometimes when I go to the doctor, I need to get a shot. That is OK!

The nurse will touch the middle of my arm.

The nurse might put a tight band around my arm. This will feel tight!

If the band hurts my arm, I can hold mom’s hand.

The nurse will wipe my arm. This might feel cold!

I will feel a little pinch. If I am scared, I can look away or hold mom’s hand.

The nurse will press down on my arm with a cotton ball.

Then the nurse will put a band-aid on my arm. Now the shot is all done!