My Road Trip

A social story to read together before a trip in the car

Add a cover picture (the car or the road)

1

Add a picture of the family car

Sometimes my family goes on a road trip.
This story is about riding in the car to a new place.

2

Add a picture of the child buckled in

On a road trip, we drive in the car for a long time.
I sit in my seat and wear my seat belt to stay safe.

3

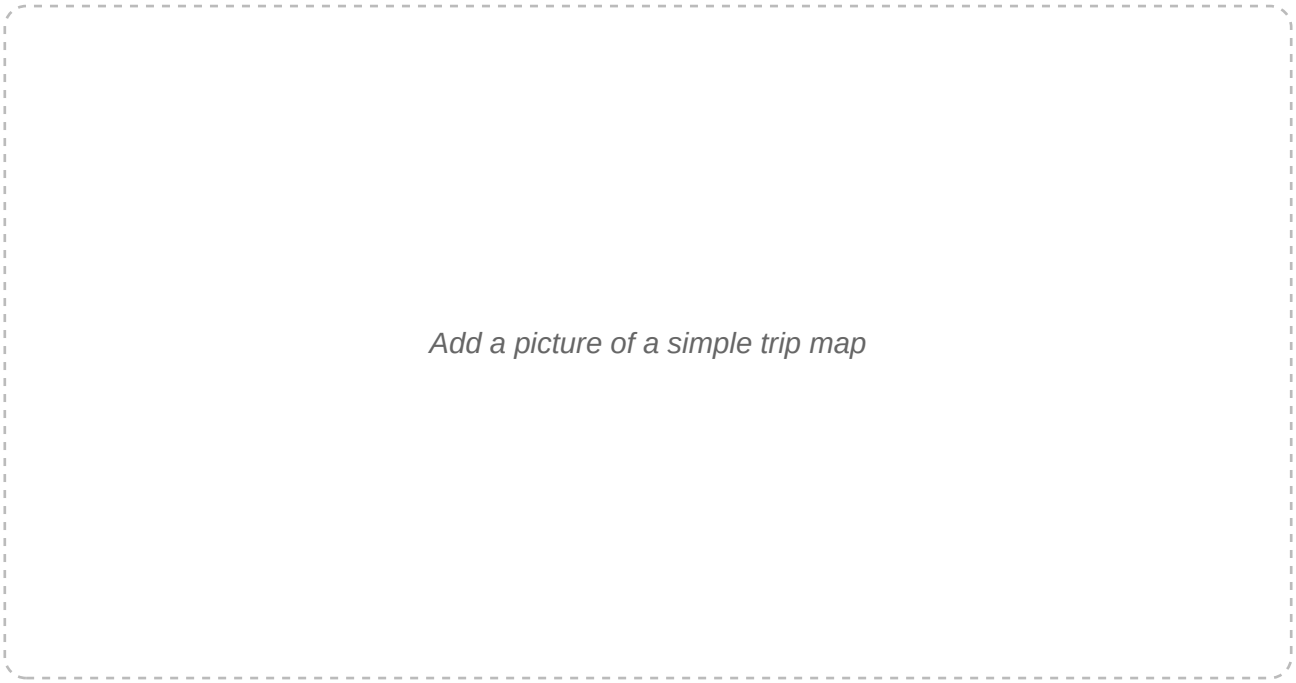
Add a picture of travel activities

The drive can be long.
I might bring toys, music, or a tablet to enjoy along the way.

4

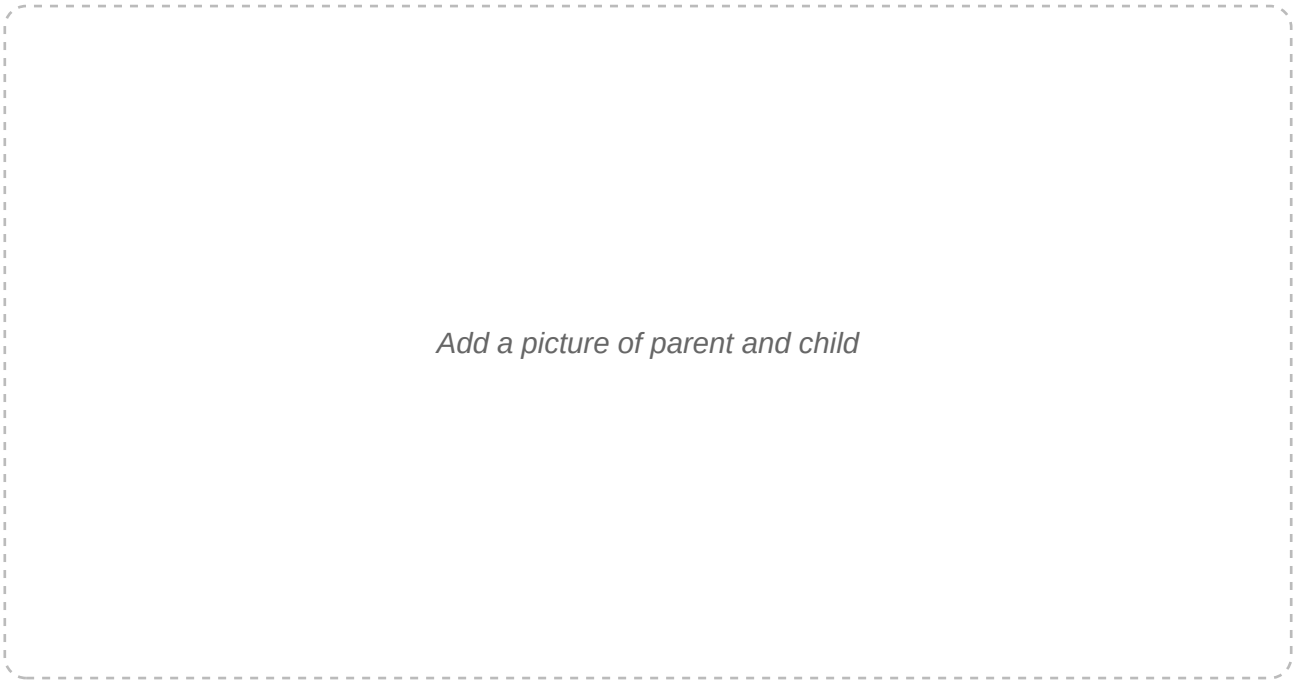
Sometimes the car stops for a break.
We can stretch, use the bathroom, or have a snack.
Then we get back in and keep going.

5



A long drive can start to feel like a lot.
I can look at my trip pictures to see how many stops are left.

6



If I start to feel upset or tired, that is okay.
I can tell my grown-up when I need a break.

7

Add a picture of arriving somewhere

After the drive, we arrive at our new place.
I am learning to wait and ride for a long time.
My family is proud of me.

8

Add a picture of the family together

A road trip takes us somewhere new.
My family will help me feel okay along the way.

A Note for Grown-Ups

- Read this with your child in the days before a road trip, and again on the day you leave.
- It follows Carol Gray's Social Stories™ approach: it describes the drive honestly and gently, answers who/what/when/where/why, and centers what helps rather than telling your child how to feel.
- Add your own photos in the boxes — real pictures of your car, the route, and your destination make it far more meaningful.
- Personalize the words: add your child's name, your stops, and the comfort items and activities your child loves.
- Page 5 mentions trip pictures. A simple picture map of your stops gives your child a way to track the journey.

This resource is for informational purposes only and does not replace professional advice or supervision.