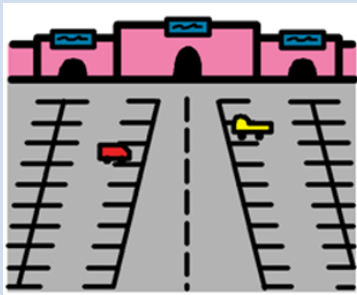


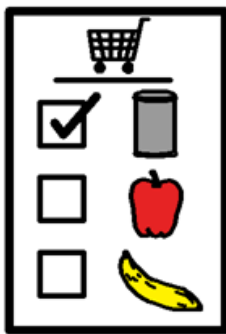
Going to the supermarket



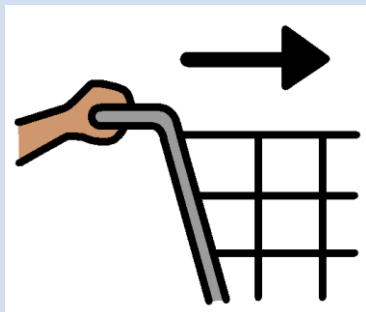
Going to the supermarket



Sometimes people need to go to the supermarket to buy groceries. I might go with a family member or friend

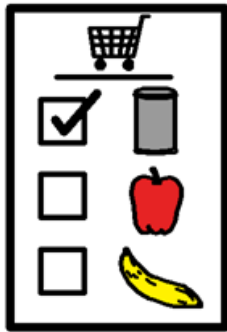


It can be a good idea to make a shopping list before we go so we can remember what we need to buy

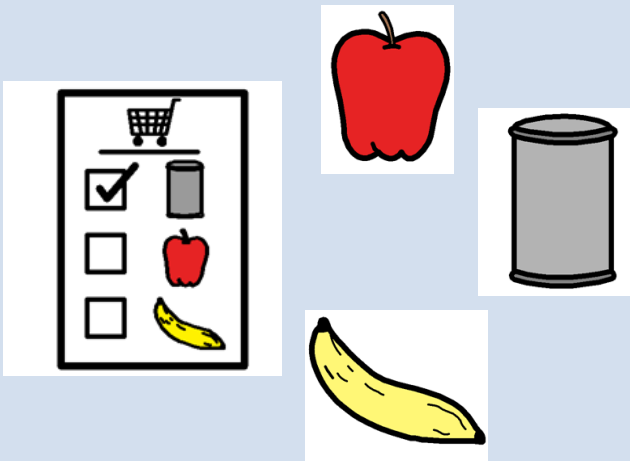


When I'm at the shops I can ask to push the trolley or hold some bags. This is a good way to help. I can also bring my shopping list.

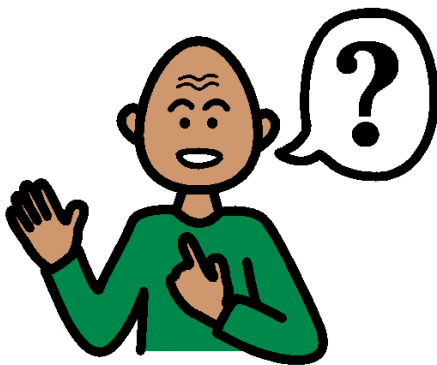
Going to the supermarket



When I find an item on my shopping list I can put it in the trolley I can tick it off the list.



We try to only get things that are on the list so that we only buy the things we need.



If I can't find an item on my list I can ask the person I'm with or a shop employee for help.

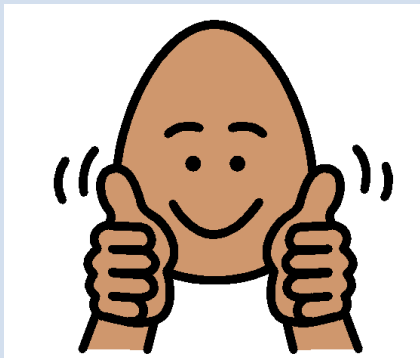
Going to the supermarket



Sometimes the shop can be busy and I might find the noises and the people overwhelming

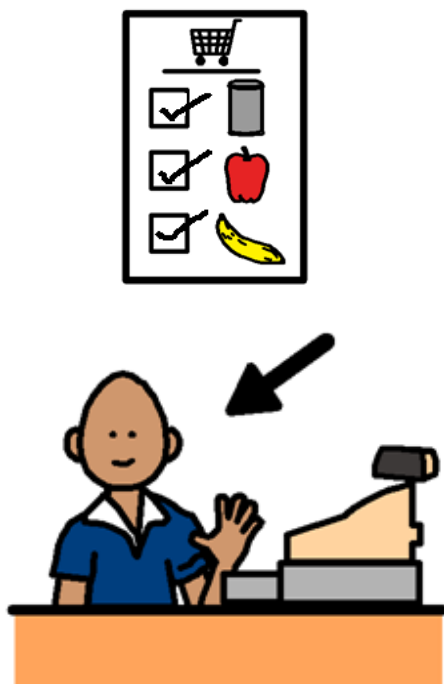


That's ok. I can try to stay calm. If I need a break I can tell the person I'm with and we can find a quiet place to rest.



When I feel ready I can go back to the supermarket and finish shopping

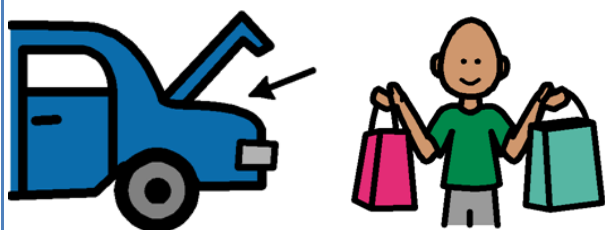
Going to the supermarket



When we have all the items on the list, we will go to the checkout.



When the items have gone through the checkout we need to pay. The person I'm with might help me to pay.



After we have paid we can put the shopping bags in the car and go home

Going to the supermarket



Going to the shops can be fun!