



Embrace **Access**

Social Script

Going to the gym





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I am going
to my gym.





I will bring my

- towel
- gym tag.





I will scan my tag outside the building.





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The door will
open by itself.





I can take
the stairs **or**
use the lift
on my right.





If I use the lift,
I press **level 1**
for the gym.





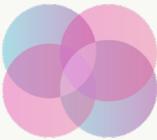
If I take the
stairs, I will
walk up until I
see the gym.





When I get to
the gym door,
I will scan my
tag again
and the doors
will open.





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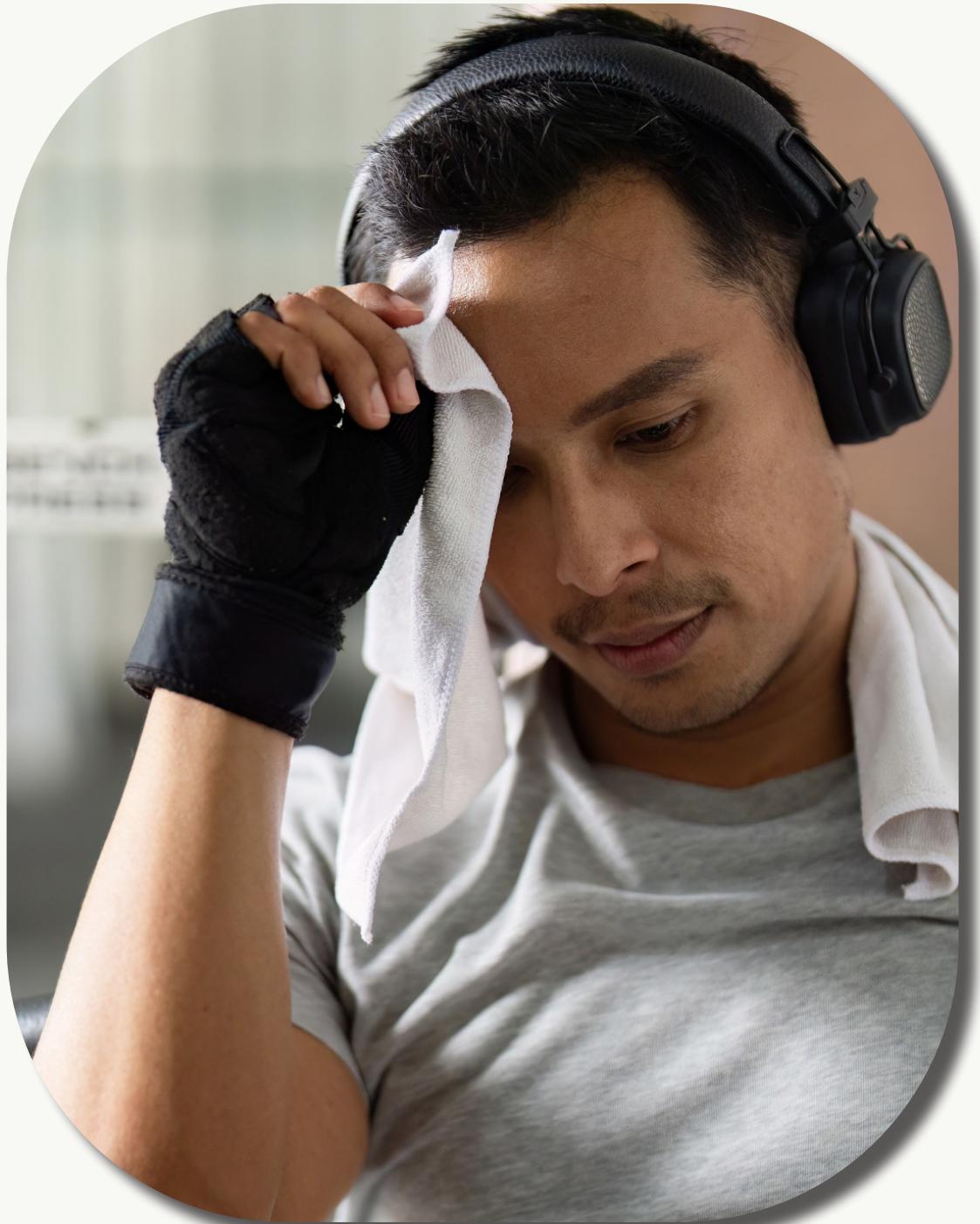
There are big speakers at my gym that play music.





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I wear
headphones to
block out noise.





Staff wearing
blue can
help me any
time I ask.





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Going to the
gym can be
lots of fun.





Embrace Access wrote this social story. Social Stories can benefit people with intellectual disability, autism, and other communication support needs by helping them understand social situations, reduce anxiety, and respond in positive ways. They also support greater community participation by building confidence in navigating new places, people, and routines. You must ask for permission to use the words and images in this story. Contact the team at Embrace Access to create your own codesigned social story.
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