





GOING TO A BIRTHDAY PARTY

Sometimes, I get invited to a birthday party. A birthday party is a fun way to celebrate someone's special day.

 Before the party, I might help pick out a present or make a card. It feels nice to do something kind for the birthday person.

 I bring the gift to the party, but I don't open it—that's for the birthday person to do! When I get to the party, I might see balloons, decorations, or friends. It's okay if it feels loud or busy—I can take breaks if I need to.

 At the party, we might play games, eat snacks, or sing "Happy Birthday!" There may be cake, music, and fun surprises.

 I can say "Happy Birthday!" and use kind words. I try to take turns, follow directions, and be safe while I play.

If I feel overwhelmed, I can:

Take a quiet break _ Ask a grown-up for help _ Use my calm-down tools

 When it's time to go, I say "Thank you!" and give a goodbye wave or hug.

Birthday parties can be exciting, different, and fun! I can have a good time and feel proud of how I participated.