

My Story About Going to the Doctor



Sometimes I go to the doctor for a check-up.



A doctor helps me stay healthy.



First, a nurse may measure how tall I am and how much I weigh.



The doctor listens to my heart with a stethoscope. It may feel cold.



Some children feel nervous at the doctor. Many people feel that way. That is okay.



I will try to stay on the table and answer the doctor's questions.



When the check-up is done, my grown-up and I go home.



A check-up helps my body stay strong. That is a good thing.

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How to use it Read it with the student before the event, then again in a calm moment. Read it as written; the student can point to each picture.

- 1. Descriptive** Sometimes I go to the doctor for a check-up.
- 2. Descriptive** A doctor helps me stay healthy.
- 3. Descriptive** First, a nurse may measure how tall I am and how much I weigh.
- 4. Descriptive** The doctor listens to my heart with a stethoscope. It may feel cold.
- 5. Perspective** Some children feel nervous at the doctor. Many people feel that way. That is okay.
- 6. Directive** I will try to stay on the table and answer the doctor's questions.
- 7. Descriptive** When the check-up is done, my grown-up and I go home.
- 8. Affirmative** A check-up helps my body stay strong. That is a good thing.

Why it is written this way First person and positive. Sentences describe what happens and what people feel; there is one directive, written as 'I will try to'. Add your own sentence if the student has a strategy you already teach.