

## Shopping with My Family

*Going to public outings can sometimes be overwhelming for individuals with ASD, particularly grocery shopping. They may have a hard time focusing on what they need to do and might become distracted. This may result in wandering away from family members in public. Because the individual loves dinosaurs, the following scenario and Power Card were written to remind an individual to stay close to family members while shopping.*

T-Rex is such a cool dinosaur. This dinosaur likes to adventure out and look for things, but he knows he needs to stay close with his family especially when hunting for food. T-Rex also doesn't want to get lost. Just like T-Rex, I need to stay close with my family while we hunt for food at the grocery store.

### **T-Rex wants you to remember:**

- Stay with your parents while shopping at the grocery store.
- Hold on to the grocery cart.
- Only put items in the grocery cart that Mom and Dad tell you to.
- This makes T-Rex happy!

# Power Card



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Adapted from Gagnon, 2001