

# Preparing for the Holidays: Thanksgiving



As we prepare for Thanksgiving, it is important to minimize the holiday stressors, in order to maximize our ability to be thankful. To do this, we prepare individuals for the change in routine and schedule, for sensory challenges, and for communication needs.

## Change in Routine

First, we prepare for the change in routine. To prepare for change, it is beneficial to use evidence-based practices, such as visual supports and social narratives.

Some examples of these strategies are available on the [IRCA Visual Supports](#) page. Customizing visuals and supports for individual needs is always recommended.

### Thanksgiving Break Story



This social narrative explains time off from school due to Thanksgiving holiday and includes color icons depicting: weekdays, change, no school, Thanksgiving, home, and school. It can be used with "Blank Monthly Calendar" also found in this category on the visual supports page.

### Today is Thanksgiving



This is a short social narrative to describe the Thanksgiving Day events that includes blanks to fill in to personalize text and color icons: Thanksgiving, turkey dinner, choose, and home.

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