

SOCIAL STORY

GOING TO THE GLOW DISCO



What's Happening?

Soon, there will be a **Glow Disco** at school!

It will be a **fun event** held in the **school gym**.

My family will **drop me off** and then **pick me up** again at the end.



Where Will It Be?

The disco will take place in the **gym**. I might notice it looks a little different:

- The **lights will be low or off**
- There will be **colourful lights that move or flash**
- There might be **glow sticks, glow clothes, or glowing decorations**
That's all part of the fun!

What Will It Sound Like?

There will be **music playing** – it might be a bit **loud**.

People will be **dancing, singing, and laughing**.

It's okay if it feels noisy – that means everyone is excited!

What Can I Do There?

At the Glow Disco, I can:

- **Dance** with friends
 - **Sing** along to songs
 - Show off my **cool glow clothes** or accessories
 - Have **lots of fun!**
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What If It Feels Like Too Much?

Sometimes, the lights and sounds might feel like **too much**.
That's okay. I can take a break .

There will be a **Quiet Room** nearby.
In the quiet room, I can:

- Sit in a **calm, quiet space**
- Take deep breaths
- Have a drink of water
- Rest for a little while

When I feel **ready**, I can go **back to the disco!**

What Should I Remember?

- It's okay to have fun in my own way
 - It's okay to take breaks if I need them
 - Everyone is there to have a good time
 - I will be safe, and adults will be there to help me
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 **The Glow Disco is going to be a great time!** 
I can't wait to dance, sing, glow, and have fun with my friends.



TICKETS ON SALE SOON !

STAY TUNED TO COMPASS & WHATSAPP FOR DETAILS