



## Social Stories

### Table of Contents

The following social stories are designed to help prepare riders for the different components of a typical iCan Bike, five day program.

<b>First Day of Bike Camp</b> .....	2
Prepping for day one of the bike program	
<b>Riding the Tandem Bike</b> .....	3
Prepping for the second day of the bike program (Tandem Tuesday)	
<b>Riding a Two-Wheel Bike/Riding Outside</b> .....	4
Prepping for day three, four or five. Check with your iCan Bike Floor Supervisor for a more specific timeframe for your rider.	
<b>Last Day of Bike Camp</b> .....	5
Prepping for day five of the bike program	

## First Day of Bike Camp

When I get to bike camp, I will get a nametag and then put on my helmet.

Someone may help me with my helmet to make sure it fits.

It might be itchy or hot but I need to wear it to be safe.

I will wear my helmet any time I am on a bike.

Next my team will come find me and take me to my bike.

I will wait on my number until the teacher says I can get on and start pedaling  
around the gym.

I might be scared but my team will be there to help me.

Other people will be riding bikes like me.

We will ride in circles around the gym.

Sometimes I might get thirsty so I can take a fast break and get a drink.

When camp is over for the day I will park my bike on my number.

I can give my team a high five and take off my helmet.

My team and parents like it when I listen and ride my bike.

## **Riding the Tandem Bike**

When I get to bike camp, I will get a nametag and then put on my helmet.

Someone may help me with my helmet to make sure it fits.

It might be itchy or hot but I need to wear it to be safe.

I will wear my helmet any time I am on a bike.

Next my team will come find me and take me to my bike.

I will wait on my number until the teacher says I can get on and start pedaling  
around the gym.

I might be scared but my team will be there to help me.

Other people will be riding bikes like me.

We will ride in circles around the gym.

During camp I will be asked to ride on the double bike called the tandem with  
the teacher.

Each person will get one turn.

It might look big or scary but the teacher will keep me safe.

I will try the tandem even if I am scared.

After the ride is over I will go back to my other bike.

When camp is over for the day I will park my bike on my number.

I can give my team a high five and take off my helmet.

My team and parents like it when I listen and ride my bike.

## **Riding a Two-Wheel Bike/Riding Outside**

When I get to bike camp, I will get a nametag and then put on my helmet.

Someone may help me with my helmet to make sure it fits.

It might be itchy or hot but I need to wear it to be safe.

I will wear my helmet any time I am on a bike.

Next my team will come find me and take me to my bike.

I will wait on my number until the teacher says I can get on and start pedaling  
around the gym.

I might be scared but my team will be there to help me.

Other people may be riding bikes like me.

I will try the new two-wheel bike with the teacher.

It might look different or scary but the teacher will keep me safe.

I will try the two-wheel bike even if I am scared.

After I ride on a two-wheel bike I might go outside.

I might be scared to go outside but my team will come with me.

My team will help keep me safe.

I will try and ride my bike outside even if I am scared.

It might be hot outside so I can drink lots of water.

When camp is over for the day I will come back inside and park my bike on my  
number.

I can give my team a high five and take off my helmet.

My team and parents like it when I listen and ride my bike.

## **Last Day of Bike Camp**

Today is the last day of bike camp.

When I get to bike camp, I will get a nametag and then put on my helmet.

I may need to let someone help me with my helmet to make sure it fits.

It might be itchy or hot but I need to wear it to be safe.

I will wear my helmet any time I am on a bike.

Next my team will come find me and take me to my bike.

I will wait on my number until the teacher says I can get on and start pedaling.

I might ride a special bike, a two-wheel bike or my own bike.

I might ride inside or outside or both.

I might be scared but my team will be there to help me.

Other people will be riding bikes like me.

I will try my best to ride any bike they ask me to.

Camp my end early for a celebration.

I can be excited to get an award for riding a bike.

People may clap and cheer for me.

If I brought a bike to camp I can now take it home.

I will keep practicing riding my bike at home.

Riding a bike is fun.

I can ride with my family or friends.

Everyone will be very proud of me.