

# Wearing Glasses



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This is a social story about how to wear my  
glasses and why I need to wear them.



# Glasses help me see!



I can wear my glasses with a band around my head or resting on my ears.



If I need a reminder about wearing my glasses,  
I can check in the mirror to make sure I have  
them on.



A grown-up can also remind me not to forget  
my glasses.





Remember that it might feel uncomfortable to wear my glasses at first, but once I get used to them I'll be okay!



I did a great job learning about  
wearing glasses!

