TEACH BATHROOM SKILLS WITH AN INCLUSIVE SEL TOOLKIT

This updated resource combines a child-friendly social story with practical SEL tools and activities to help children **understand bathroom routines, respect privacy, practice healthy habits, and ask for help when needed.**

Children learn that bathrooms may look, sound, and feel different at home, at school, and in the community.

Through discussion, guided practice, reflection, and real-life application, children learn to:

- Notice when their bodies need a bathroom break.
- Understand and respect privacy.
- Practice handwashing and cleanliness.
- Use bathroom supplies carefully.
- Move safely in shared spaces.
- Find helpful strategies for unfamiliar or noisy bathrooms.
- Ask for help using words, pictures, signs, or gestures.
- Build confidence while learning at their own pace.

oneGiggle at a time



KEEP SCROLLING TO SEE WHAT'S INCLUDED!

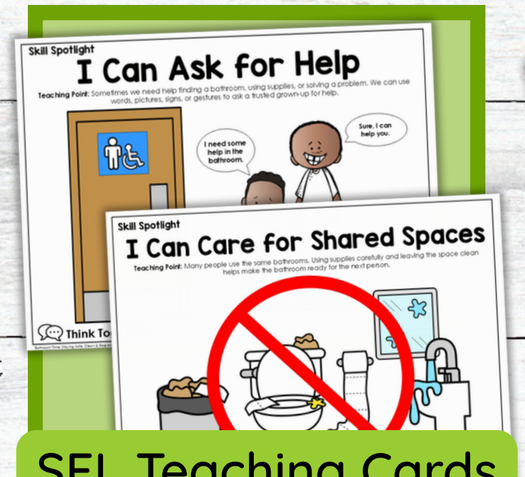
WHAT'S INSIDE THIS RESOURCE



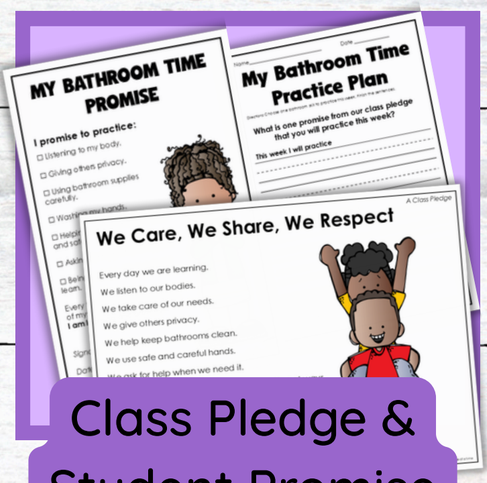
Social Story



Let's Talk Discussion Cards



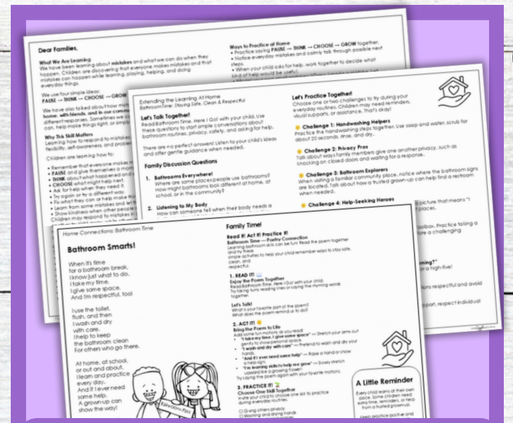
SEL Teaching Cards



Class Pledge & Student Promise



Bathroom Time Toolbox



Family Connection Resources



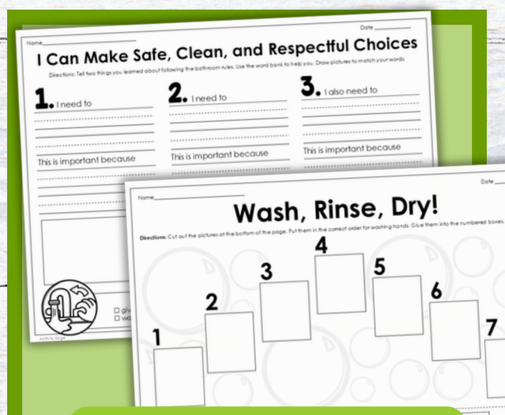
Social Skills Reader & Narrated Story Video



Reminder Challenge Cards



Poetry Connection & Reflection Activities



Bathroom Skill Practice Activities

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Designed for school, home, counseling, special education, homeschool, and SEL groups

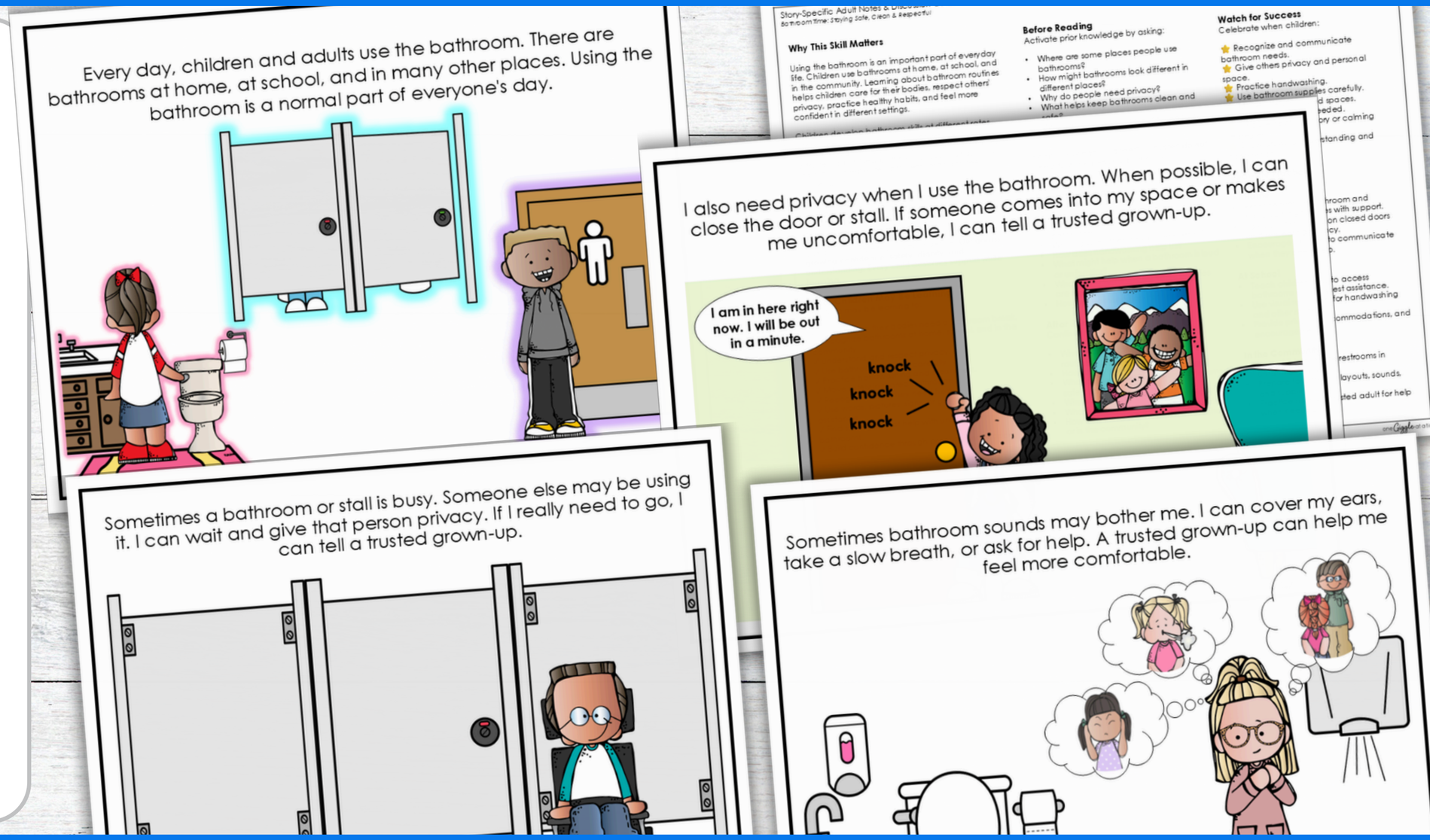
A SUPPORTIVE APPROACH TO BATHROOM TIME

Moving beyond bathroom rules toward understanding, privacy, individualized support, and growing confidence.

Children learn that bathroom routines are personal and that everyone may need different kinds of support.

- **UNDERSTAND** — Bathrooms and routines can look different.
- **NOTICE** — Recognize body clues and individual needs.
- **RESPECT** — Give others privacy and personal space.
- **SUPPORT** — Ask for help and use tools that work.
- **PRACTICE** — Build skills through everyday routines.
- **GROW** — Celebrate progress at every pace.

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THE GOAL IS NOT PERFECT INDEPENDENCE. IT'S SAFETY, DIGNITY, AND GROWING CONFIDENCE.

SAFE • CLEAN • RESPECTFUL

NOTICE

Listen to my body's clues.

RESPECT

Give others privacy and space.

CLEAN

Wash hands and care for shared spaces.

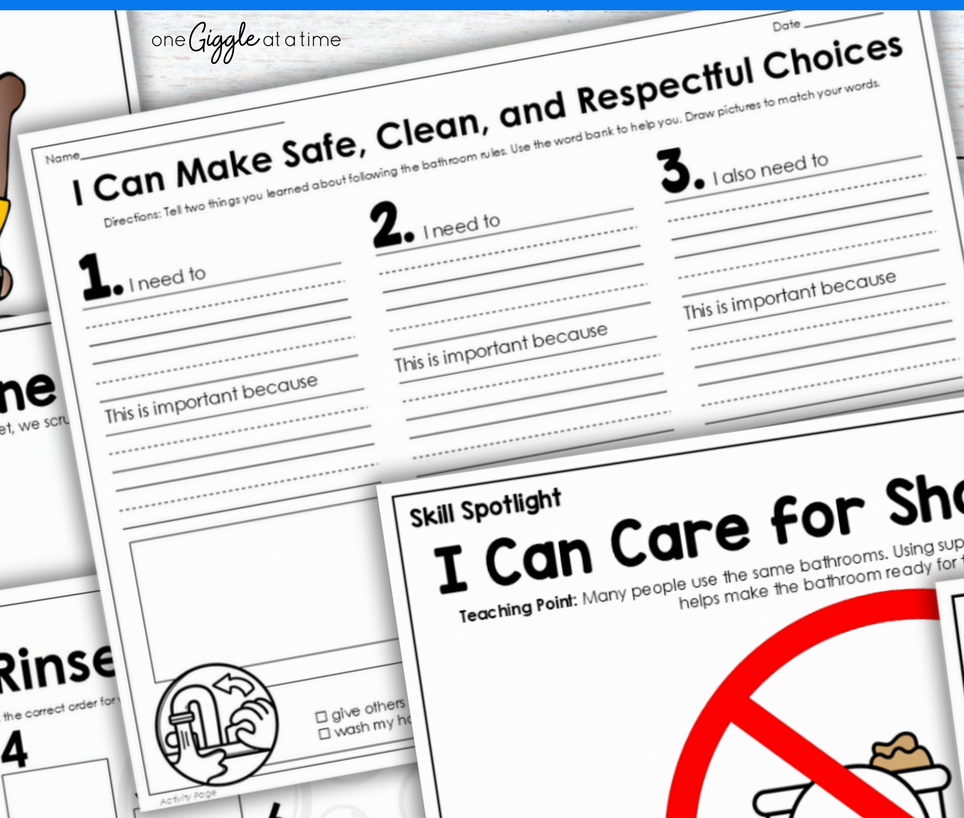
ASK

Get help when I need it.

GROW

Learn and practice at my own pace.







Practical bathroom skills children can use every day.

EVERY CHILD CAN BUILD SKILLS WITH THE SUPPORT THAT WORKS FOR THEM.

DIFFERENT SITUATIONS MAY NEED DIFFERENT SUPPORTS

Children practice choosing tools that help them feel safe, comfortable, and confident.

LOUD SOUNDS

Cover ears, breathe, or ask for help.

BUSY BATHROOMS

Give others privacy and ask for another option when needed.

UNFAMILIAR PLACES

Find a bathroom with help from a trusted grown-up.

MISSING SUPPLIES

Speak up and ask for what is needed.

LEARNING NEW SKILLS

Use reminders, practice, and accept support.







THERE IS MORE THAN ONE WAY TO FEEL COMFORTABLE AND CONFIDENT.

GROWING THROUGH PRACTICE

Multiple opportunities help children understand, practice, and use bathroom skills in everyday life.

READ
Explore bathroom routines through a relatable social story.

DISCUSS
Talk about privacy, feelings, safety, and helpful choices.

PRACTICE
Sequence handwashing steps and explore respectful choices.

REFLECT
Notice what children understand and what they are learning.

CONNECT
Reinforce skills with family resources and familiar routines.

GROW
Build confidence through encouragement and support.



Read • Discuss • Practice • Reflect • Connect • Grow

BATHROOM SKILLS FOR EVERYDAY LIFE

Children practice skills they can use at home, at school, and in the community.

AT HOME

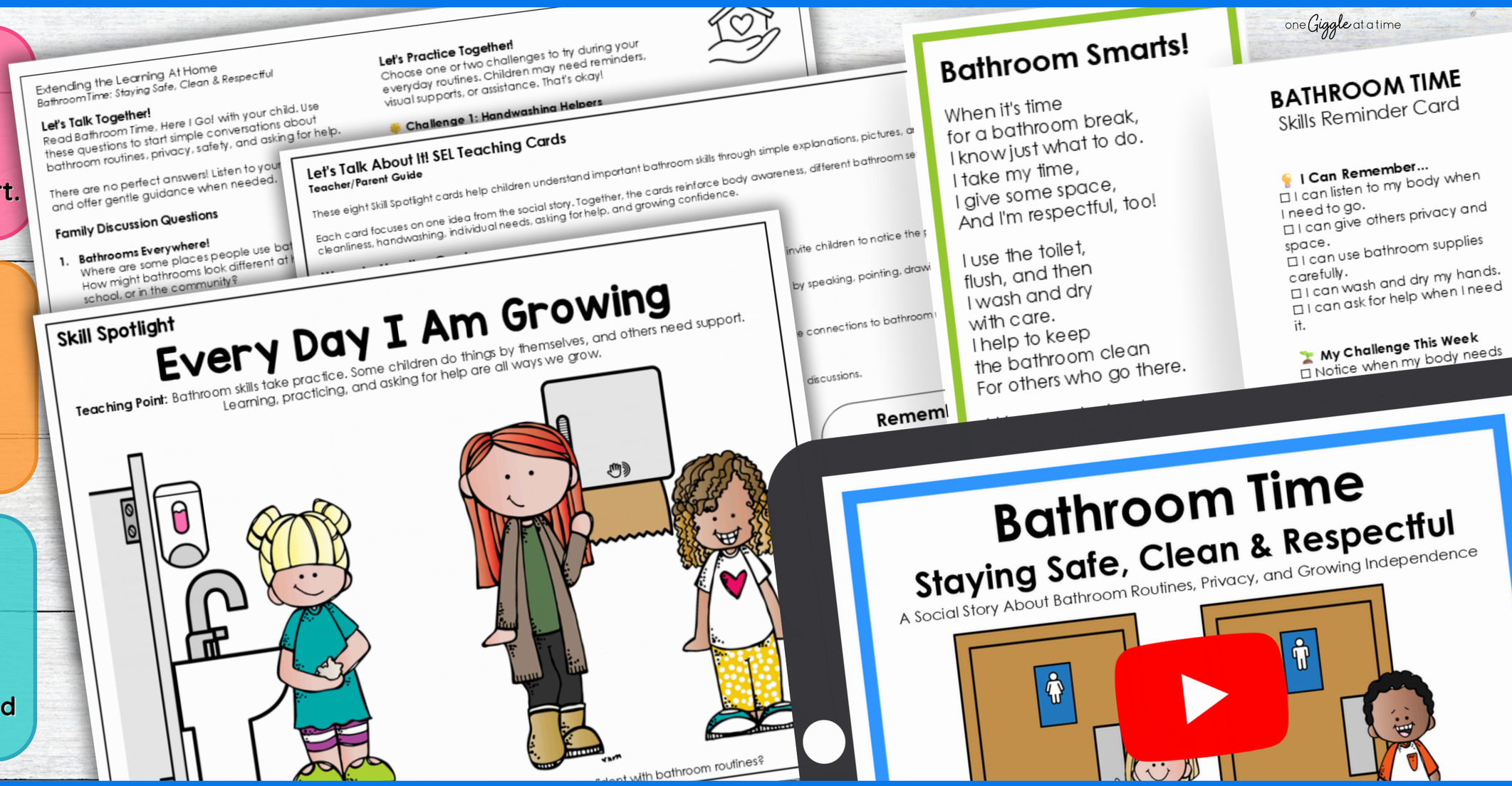
Practice familiar routines, handwashing, privacy, and asking for help with family support.

AT SCHOOL

Learn how to access bathrooms, care for shared spaces, respect privacy, and request assistance.

IN THE COMMUNITY

Explore unfamiliar restrooms, notice different layouts and sounds, and ask a trusted grown-up for help.



Building skills for confidence, self-advocacy, safety, and everyday life.

ABOUT ONE GIGGLE AT A TIME



Diane Romo is an elementary educator, children's author, and SEL resource creator dedicated to helping adults support children's social, emotional, and behavioral growth.

Her resources are designed for teachers, counselors, interventionists, and families who want practical, engaging tools that build confidence, strengthen relationships, and help children succeed across school, home, and community settings.

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one giggle at a time is a passionate supporter of:

- Helping teachers create classroom communities that foster positive relationships.
- Helping students unlock their potential for greatness.
- Helping parents provide support for young learners to set them up for success.
- Making learning FUN!

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social emotional learning

classroom community

parent/family connection

classroom management

teaching ideas

seasonal activities