Getting my hair cut

A photo or a drawing of me

My name is _____

Stick a photo of our hairdresser here

Soon I am going to have my hair cut. The person who cuts my hair is called _____.



I sit in a big chair, or on my grown-up's lap. A cape goes round me to keep the hair off.



There is a big mirror. I can watch what is happening.



The hairdresser might spray my hair with water. It feels cold.



The scissors go snip, snip. The clippers might buzz. I can wear my headphones.



I can hold my _____ while my hair is cut.



Then the cape comes off. It is all done. I look at my new hair.



After my haircut, I change into a clean top. Then we go to _____.

For the grown-up

When to read it

A few days before, as a story, and again on the way there. If the salon is new, visit first and add a photo of the person who will cut their hair.

One sentence to say on the day

“First the cape, then the spray, then snip snip, then all done.”

Why each line is worded this way

heroofyou.com/social-stories/getting-a-haircut

Sources

Aneurin Bevan University Health Board (NHS Wales) - Sensory strategies for hair cuts
abuhb.nhs.wales/files/childrens-ot/sensory-strategies-for-hair-cuts-pdf/

The advice here is the same as in our haircut guide, whose source, an NHS Wales children’s occupational therapy leaflet, was read on 29 October 2026. It is general advice, not a therapy plan.

Free to print, copy and share at home, in class or in clinic. The pictures come from New Glasses, New World, one of the picture books Hero of You makes with a child drawn into the story.

First, then, next: getting my hair cut

Cut along the dashed lines. Use the cards in a row, in order, or one at a time.

Stick a photo of our hairdresser here

1 Going for a haircut

Draw the big chair

2 Big chair, cape on



3 Watch in the mirror

Draw the spray bottle

4 The spray is cold

Draw the scissors and the clippers

5 Snip and buzz



6 Something to hold



7 All done



8 Clean top, then...