

# Social Stories

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# Social Stories

## **What are social stories?**

They are short descriptions that give information of what to expect in a particular situation, event or activity. They can be written about anything your child might be struggling with, becoming a simple and useful tool that help children navigate the world around them.

## **When are social Stories helpful?**

- Describe unfamiliar situation
- Learn new skills
- Learn about social interactions
- Understand emotions
- Breakdown a skill or process into easier small steps
- Describe expected behaviours
- Address your child's struggles or difficulties
- Help with transitions between activities
- Teach routines
- Cope with changes

## **Reinforcing concepts**

Work on one social story at a time and spent additional time talking, thinking and working on the topic. It is important to read the story several times and reference the concepts when relevant.

# Links of Social Stories

## Everyday Routine

**Brushing my teeth** <https://juiceboxcreative-autismwa.s3.ap-southeast-2.amazonaws.com/wp-content/uploads/2017/08/15112616/Brushing-my-teeth-Social-Story.pdf>

**Eating at the table** <https://www.youtube.com/watch?v=Ok09GAZnSSI>

**Washing my hands** <https://www.youtube.com/watch?v=Pn3VeQ2opTE>

**Using the toilet** <https://www.youtube.com/watch?v=KGuMJJeERGA>

**Wearing masks** <https://www.teacherspayteachers.com/Product/We-Wear-Masks-Coronavirus-Social-Story-about-Wearing-a-Mask-5425981?st=0bf968c5398c1beabb69e735165fc3ad>

## Social Interactions

**Personal space** <https://www.abaresources.com/wp-content/uploads/Personal-Space.pdf>

**How to talk to my Friends** <https://www.abaresources.com/wp-content/uploads/How-to-Talk-to-My-Friends.pdf>

**Asking my Friends to play** <https://adayinourshoes.com/wp-content/uploads/2016/05/Asking-my-friends-to-play.pdf>

**Playing with Friends** <https://www.youtube.com/watch?v=YolaaNjNFa0>

**Sharing with Friends** <https://www.andnextcomesl.com/2018/03/free-social-stories-about-sharing.html>

**Sharing and taking turns:** <https://www.youtube.com/watch?v=kdgwPIWvIXg>

## Dealing with Changes

**Moving to a new home** [https://kidmunicate.com/wp-content/uploads/2019/08/Social\\_Stories\\_Moving.pdf](https://kidmunicate.com/wp-content/uploads/2019/08/Social_Stories_Moving.pdf)

**Preparing for a new sibling** [https://kidmunicate.com/wp-content/uploads/2018/02/Social\\_Stories\\_New\\_Baby.pdf](https://kidmunicate.com/wp-content/uploads/2018/02/Social_Stories_New_Baby.pdf)

**Back to School** <http://littlemamajama.com/wp-content/uploads/2017/08/Its-Time-for-School-Social-Story.pdf>

# Links of Social Stories

## Going Places

**Dentist** <https://www.abaresources.com/wp-content/uploads/Going-to-the-Dentist.pdf>

**Doctor** <https://www.educationandbehavior.com/wp-content/uploads/2014/07/I-am-Going-to-the-Doctor.pdf>

**Cinema:** <http://www.kansasasd.com/downloads/narratives/Go%20to%20the%20Movies.pdf>

**Grocery store** [https://kidmunicate.com/wp-content/uploads/2017/01/Social\\_Stories\\_Going\\_To\\_Grocery\\_Store.pdf](https://kidmunicate.com/wp-content/uploads/2017/01/Social_Stories_Going_To_Grocery_Store.pdf)

**Restaurant** [https://kidmunicate.com/wp-content/uploads/2019/02/Social\\_Stories\\_Going\\_To\\_A\\_Restaurant\\_Final.pdf](https://kidmunicate.com/wp-content/uploads/2019/02/Social_Stories_Going_To_A_Restaurant_Final.pdf)

**Birthday celebration** <https://adayinourshoes.com/wp-content/uploads/2016/05/going-to-a-birthday-party-with-school-friends-social-story.pdf>

## Emotions

**Sometimes I feel upset** <https://www.okeydokey.com.au/wp-content/uploads/2020/04/sometimesifeelupset.pdf>

**Frustration** <https://www.youtube.com/watch?v=-YAd9adnVvg>

**Calming down** <https://www.youtube.com/watch?v=9I7DRylkQgQ>

## Holidays

**Spending few days at the beach** [https://kidmunicate.com/wp-content/uploads/2016/05/Preparing\\_to\\_go\\_to\\_the\\_shore.pdf](https://kidmunicate.com/wp-content/uploads/2016/05/Preparing_to_go_to_the_shore.pdf)

**Airplane trip** [https://kidmunicate.com/wp-content/uploads/2016/01/Social\\_Stories\\_Taking\\_A\\_Airplane\\_Trip.pdf](https://kidmunicate.com/wp-content/uploads/2016/01/Social_Stories_Taking_A_Airplane_Trip.pdf)

**Winter break** <https://www.abaresources.com/wp-content/uploads/Winter-Break-Story.pdf>

**Summer holidays** <https://www.abaresources.com/wp-content/uploads/Summer-Vacation.pdf>

**Christmas** [http://www.positivelyautism.com/free/unit\\_christmas.html](http://www.positivelyautism.com/free/unit_christmas.html)

# Creating your own Social Stories

## Can I write a social story for my child?

Yes, anyone can write a social story. Writing your own can be beneficial because you can personalize the social story to your child's specific situation. You can include their name, the name of other people they know, the places they will be visiting, their difficulties and specific behaviours. You can also include pictures of them, their surroundings and things and people they know.

## Format for your Social Story

- ➡ **Situation or event:** think about the goal of your story and what your child needs to understand and accomplish it. Focus on only one topic at a time. Social stories should be simple and concise, because too much information could overwhelm your child.
- ➡ **Title:** choose a title that identifies the target situation, skill or behaviour the story wants to describe.
- ➡ **Use pictures:** support your stories with images. It can be useful to include pictures of people, places or objects you can find in your environment and that apply to the story.
- ➡ **Use a simple format:** choose a white background and simple font. Try to limit to one or two sentences and one photo per page or slide.
- ➡ **Language:** use simple language, in first person and present tense.

# Social Stories

## What information should you include in your social story?

- ➡ **Break down the situation into simple steps**  
Think about every possible step, even if it seems evident for you. Provide a page, at least one sentence and a picture for each step.
- ➡ **Answer the WH questions**  
A social story should be descriptive and include answers for: when, who, what, where, why, and how.  
E.g: *I eat my breakfast in the after getting dressed (when).*  
*I have cereal and milk (what)*
- ➡ **Describe feelings and reactions**  
Include information on how the child or other people should feel, think or react in this situation.  
E.g., *Anna feels sad when I scream at her*
- ➡ **Describe exactly what the child should do**  
Describe exactly what behaviour is expected, by writing directive sentences. Try to write the sentences in positive manner, avoiding the words no, not or don't.  
E.g.: *when I cross the street, I hold my mum's hand.*
- ➡ **Include exact phrases**  
Through social stories you can demonstrate expected responses in social situations. Write scripted phrases that show how to respond, so they can repeat it lowering their anxiety caused by a situation.  
E.g.: *"thank you for inviting me to your home"*

If you have any help finding or creating the right social story for your child, don't hesitate to contact me at:

Email: [j.verdagner@withkids.org.uk](mailto:j.verdagner@withkids.org.uk)

Call/text: 07960515129 (Monday, Tuesday and Wednesday)

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