

HOW TO WRITE A SOCIAL STORY

AVANTI HOUSE PRIMARY

HOW DO SOCIAL STORIES HELP?

- EASE ANXIETY
- PREPARE US FOR CHANGES
- HELP WITH NEW ROUTINES
- HELP WITH EMOTIONS
- SET EXPECTATIONS (BEHAVIOR)
- IT CAN BE USED FOR ALMOST ANYTHING

WHAT TYPE OF SENTENCES TO USE?

- **FACTUAL/ DESCRIPTIVE SENTENCES-** ADD VISUALS TO SUPPORT YOUR CHILD (THEY CAN FIND ONE ON THE INTERNET OR DRAW A PICTURE)

'I GO TO SCHOOL FROM MONDAY TO THURSDAY'

- **A SENTENCE THAT EXPLAINS HOW THEY MAY FEEL-** ADD VISUALS TO SUPPORT YOUR CHILD (THEY CAN FIND ONE ON THE INTERNET OR DRAW A PICTURE)

'SOMETIMES I FEEL NERVOUS AND SCARED'

- **MENTION WHAT MIGHT HAPPEN. ENSURE YOU ARE TRUTHFUL AND THEY CAN ACCEPT THEIR EMOTIONS.** - ADD VISUALS TO SUPPORT YOUR CHILD (THEY CAN FIND ONE ON THE INTERNET OR DRAW A PICTURE)

'WHEN I FEEL NERVOUS I START TO CRY'

'WHEN I FEEL SCARED I GET VERY UPSET'

- **HOW WILL THEY MANAGE THEIR FEELINGS/ WHAT COULD THEY OR OTHERS DO TO HELP (SOLUTION)-** ADD VISUALS TO SUPPORT YOUR CHILD (THEY CAN FIND ONE ON THE INTERNET OR DRAW A PICTURE)

'I WILL GO TO MY QUIET SPACE AND TAKE DEEP BREATHS'

'I WILL TALK TO MY ADULT ABOUT HOW I AM FEELING'

EG:

SOCIAL STORY: RETURNING BACK TO SCHOOL

- YOUR SOCIAL STORY CAN BE ABOUT ANYTHING
- IT CAN ADDRESS SOMETHING YOU ARE WORRIED ABOUT OR SOMETHING YOU ARE EXCITED ABOUT.
- IT CAN BE ABOUT ANYTHING
- IT CAN EVEN BE BASED ON YOUR DAILY ROUTINE/ BED TIME ROUTINE/ GOING TO THE SHOP/ HUGGING/ PLAYING NICELY ETC
- REMEMBER TO ADD PICTURES AND SIMPLE SENTENCES!
- IF YOU CAN USE ACTUAL IMAGES RATHER THAN A CLIP ART, THAT WOULD BE EVEN BETTER.
- LETS HAVE A GO!

EG: SOCIAL STORY: RETURNING BACK TO SCHOOL

- I GO TO SCHOOL MONDAY TO THURSDAY.
- I HAVE TO LINE UP WITH MY GROUP AND MY ADULT.
- I HAVE SOME OF MY FRIENDS IN MY GROUP



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EG: SOCIAL STORY: RETURNING BACK TO SCHOOL

- SOMETIMES I FIND IT HARD TO WAKE UP AND I DO NOT WANT TO GO TO SCHOOL BECAUSE I MISS MY MUMMY AND DADDY.



EG:
SOCIAL STORY: RETURNING BACK TO SCHOOL

- THIS MAKES ME CRY A LOT.
- THIS MAKES MY MUMMY SAD TOO.



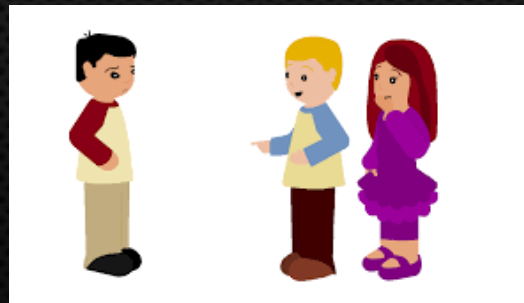
EG: SOCIAL STORY: RETURNING BACK TO SCHOOL

- BEING SAD IS OK.
- WHEN I AM SAD AND CRYING I WILL LISTEN TO MY TEACHER.
- I WILL SAY BYE TO MY MUMMY AND DADDY.
- I WILL TAKE DEEP BREATHS AND GO INTO THE CLASSROOM WITH A SMILE.



EG: SOCIAL STORY: RETURNING BACK TO SCHOOL

- IF I AM STILL SAD THEN I WILL TALK ABOUT MY FEELINGS WITH MY TEACHER OR FRIEND.
- THEY KEEP ME SAFE AND CHEER ME UP.



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