

How to use Social Stories

A Social Story can help children to know what to expect in a situation. They are short descriptions of a specific situation, event or activity, and can help with social interaction. Remember to make sure they are age appropriate for the child you are working with.

- Decide on the subject for the story.
What does the child need support with?
It could be related to understanding:
- Social situations
 - Understanding feelings/emotions
 - Self-help skills
 - Changes in routine
 - Transition
 - Behavioural strategies
 - Sharing



Decide on the best times to use the story. Read it when everyone is feeling calm. Monitor how well the story is received. Consider sharing it with parents and making a copy for home. Make a folder of the stories you have made.

Collect information about the situation/event/activity.
When does it happen? For how long? Who is it with?
Use age appropriate photographs, pictures, symbols and drawings.

When writing the story, consider sentences such as
"When I feel angry I like to go in the tent to calm down"
and
"I wash my hands after using the toilet"
You should use text that describes the situation and also gently guides behaviour.