



# ALL ABOUT SOCIAL STORIES

Adapted from Carol Grey: The New Social Story Book

## WHAT IS A SOCIAL STORY

Social stories describe an event, situation or activity. They are meant to inform individuals about what to expect and why. Social stories can support children by: helping them to develop new skills (e.g. self-care skills), build self-esteem, help understand a situation and why people behave in certain ways, support children in coping with change or transitions (e.g. back to school, moving, etc.).

## TIPS FOR WRITING YOUR OWN SOCIAL STORY

- 1 Consider: What is the goal or purpose of the story? (i.e. what am I trying to teach, reinforce)
- 2 Think about the 5 Ws (Who does the story involve? What is the situation/topic? Where and when does it take place? Why is it important?)
- 3 Use flexible language (e.g. "I might feel" vs "I will feel", "I can" vs. "I will")
- 4 Use "I" Statements. Use language from your child's perspective (e.g. "When I go to school" vs "When Children go to school")
- 5 Use language at your child's level. Use language your child can easily understand (e.g. if your child speaks/understands short sentences – use these rather than longer, more complex)

## HOW TO USE A SOCIAL STORY

- 1 Try to involve your child in the process (e.g. use fill-in-the-blanks, opportunities for open-ended questions)
- 2 Find opportunities to review the story often
- 3 Review the story when your child is calm
- 4 Plan for how you will generalize the story to the appropriate context (e.g. discussing elements of the social story for tooth brushing before that routine, using phrases from the school social story when preparing for school in the morning, etc.)