

SOCIAL STORIES

Social Stories were created by Carol Grey, and are short descriptions of situations, events or activities which include concise information about what to expect and why.

Why use them?

- Support the development of self-care skills
- Develop use and understanding of social skills
- Help to predict some responsive behaviours of those around them
- Support with changes to routine and unexpected events
- Behaviour strategy enabling management of emotions and reactions

Social stories are written in short chunks of information that are supported by visual cues and symbols. They can be easily adapted to meet individual need, and context. Using Social Stories helps to relieve anxiety about the unknown and pre-teach management of situations that might not come naturally.

What should I include in a Social Story?

There are six questions that a social story should answer.

- Where
- When
- Who
- What
- How
- Why

It will include descriptive sentences that are age-appropriate.

Example: Going on a Bus

I will go on a bus on Friday to the shops

My Mum and sister will come with me

We will get on the bus and show our ticket to the driver and find a seat

It might be busy and noisy on the bus

The bus will stop to pick up new passengers on the way

My mum will tell me when to get off of the bus

Everyone will start moving together towards the door

I will wait for my Mum and sister when I have got off of the bus