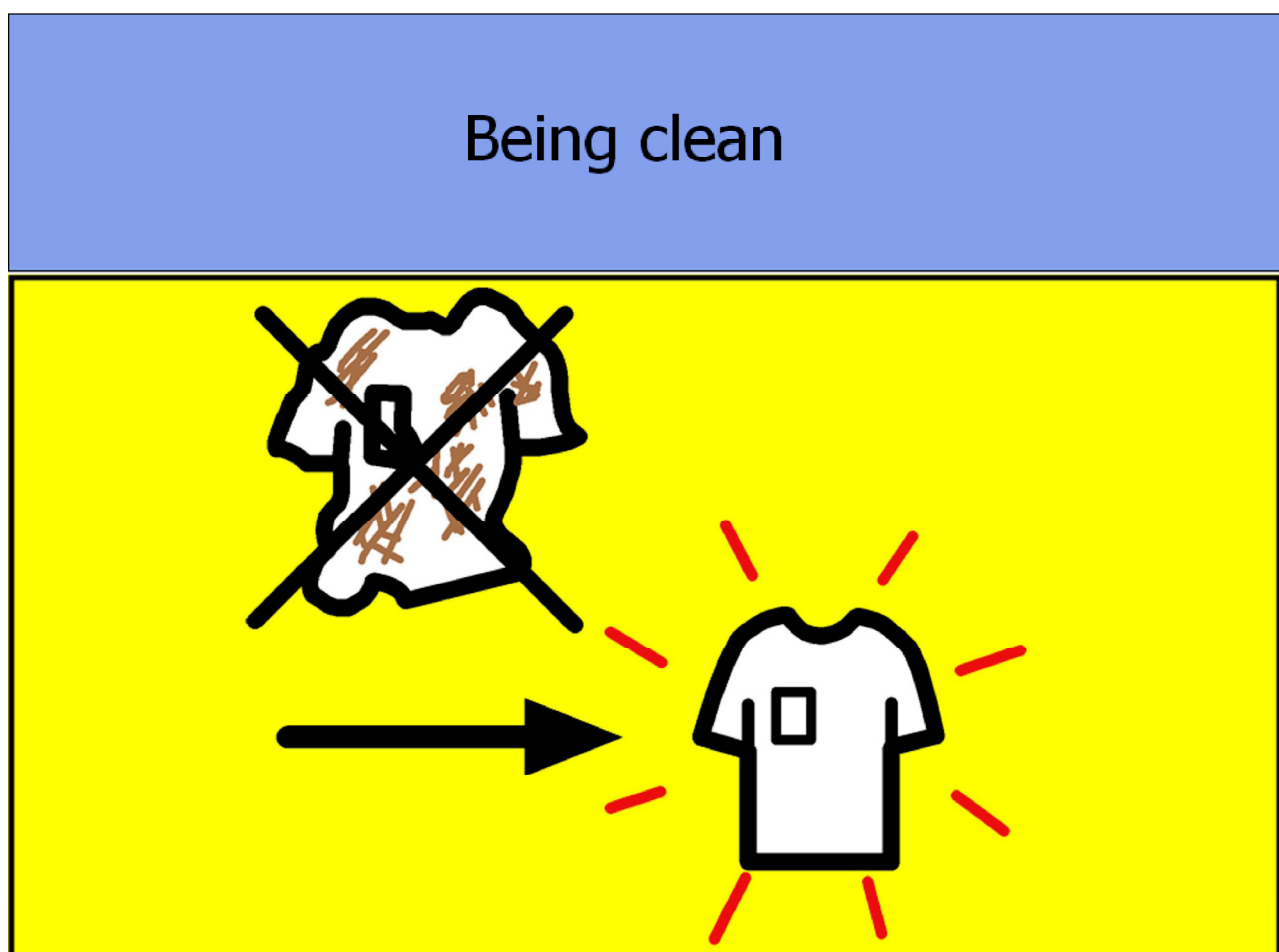
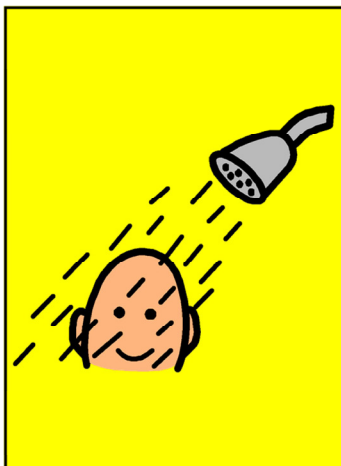


Social Stories

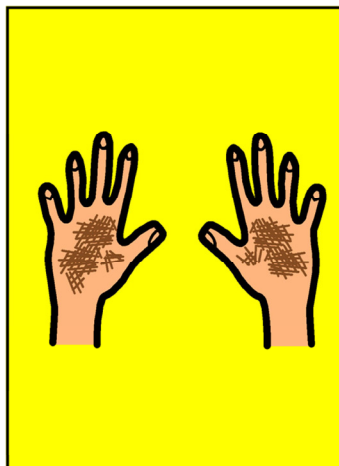
- Can be used to describe a specific skill or event.
- Help people with autism to develop social understanding and skills.
- Can be used to explain why we have to do something – for example why we have to wash or have our hair cut.
- Can be used to prepare someone for a new situation (and reduce anxiety) – for example going on holiday or going to the dentist.
- Need to tell someone what they 'should' as well as what they 'should not' do – they will not know this unless you clearly tell them.
- Can be used on a daily basis and may need to be read many times.
- You do not need to use pictures but it may help someone with autism understand the text.

Example 1: Being Clean

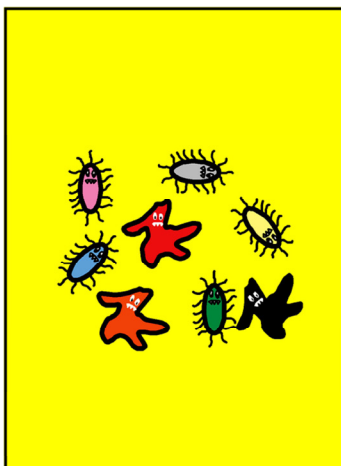




It is important that we wash every day so that we are clean. I can make sure I am clean by taking a shower every day.



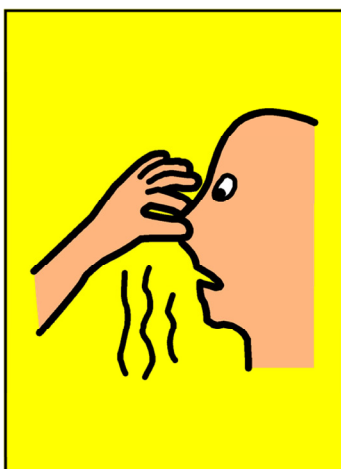
When we shower, we wash off all the dirt and germs that are on our body.



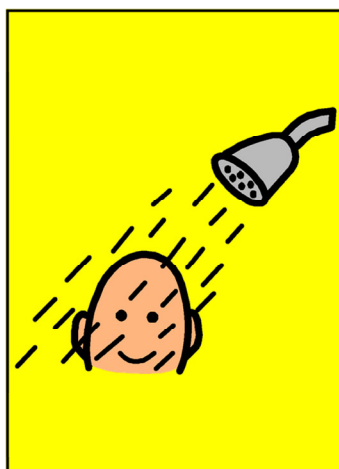
You can not see germs because they are so small. There are germs on your face, hands and all over your body until you wash them off.



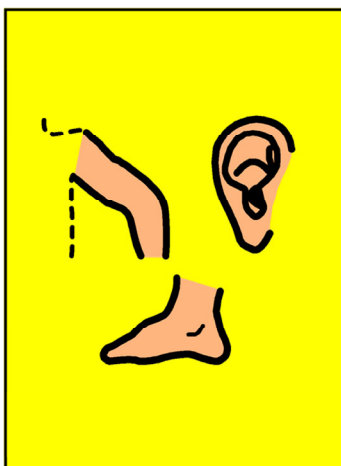
If you don't shower every day, the germs might make you ill.



If you don't shower every day you might smell bad. Your friends at school might not want to sit next to you if you smell.



If we have a shower every day we will not smell bad.



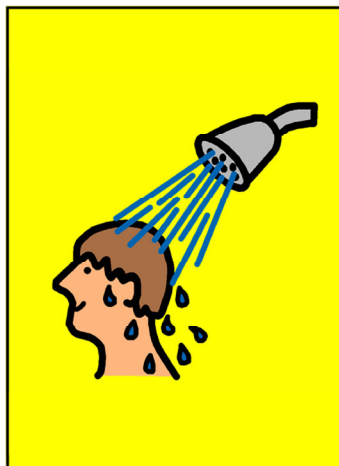
When we have a shower, we need to clean all the parts of our body.



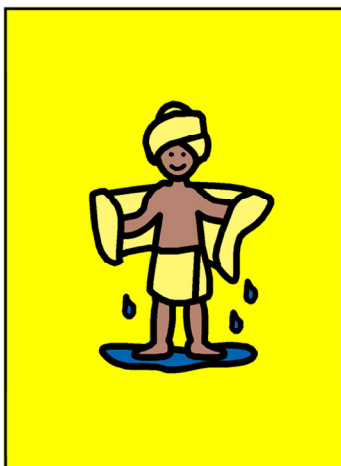
We use soap and a sponge to make ourselves clean again.



We use shampoo to wash our hair. We use our hands to rub the shampoo into our hair.



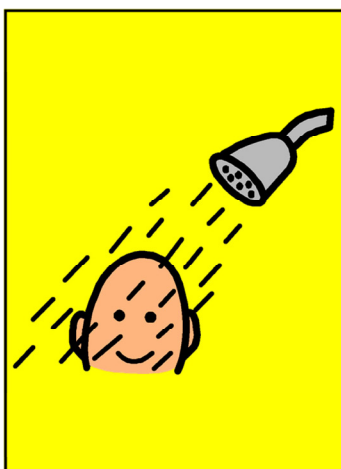
Then we rinse the shampoo out our hair and make sure all the soap is rinsed off our body.



Next we get a towel to dry ourselves off. We use the towel to dry all the parts of our body.



Now we are clean and dry!



I will try to shower every day so that I stay clean.

Example 2: Anger

Callum gets angry

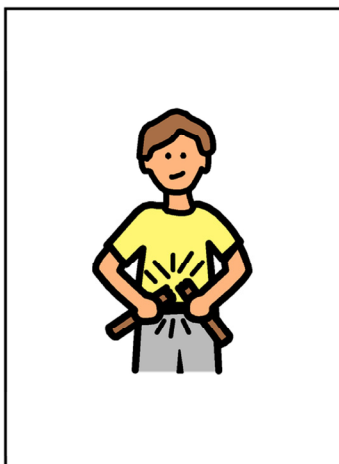




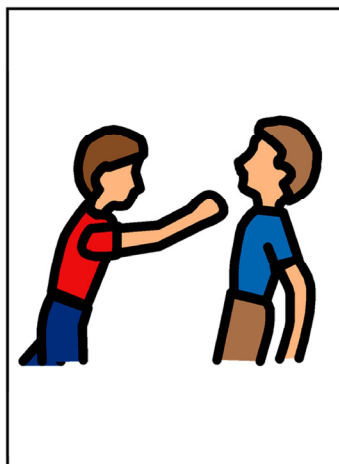
Sometimes I get angry. I get angry when someone moves one of my toys, when mum tells me it is time to stop playing on my Xbox, and I get angry when I lose a game.



When I get angry I might hurt myself.



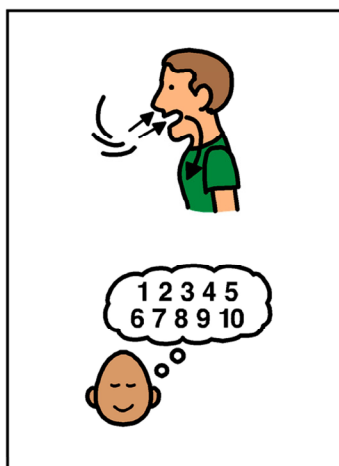
When I get angry I might break something.



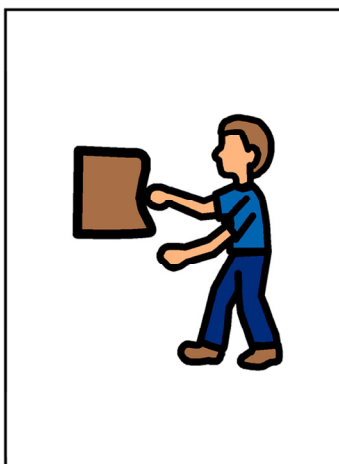
When I get angry I might hurt someone else.



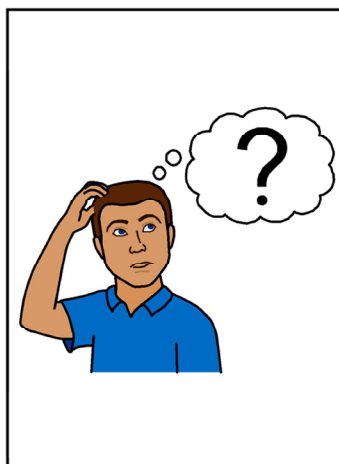
It is ok to feel angry. But it is not ok to hurt myself. It is not ok to break things or hurt other people.



When I feel angry I should try to take deep breaths and count to 10.



When I feel angry I can go to my bedroom and punch my beanbag.



Next time I feel angry I will try to remember what to do.