



Social Stories



A social story is written in a simple story format, it helps to improve social skills by teaching pupils with complex behaviour / ASD and or social misunderstanding. It can help with self-awareness, self-calming and self-management skills. They are an easy and effective way to teach pupils to handle problem situations in “appropriate ways”.

The Purpose of a social story is

- To describe social situations and appropriate responses
- correct pupil responses to a social situation in a nonthreatening manner
- personalise instructions for a pupil
- break goals into easy steps
- teach routines for better retention and generalisation
- help the pupil cope with both expected and unexpected changes
- address a wide variety of problem behaviors (i.e., aggression, fear, obsessions)

It uses specific types of sentences to teach social skills, in a specific situation that causes difficulty for students. The style and content vary according to the age of the pupil and the given event.

1. **Descriptive** – tells where situations occur, who is involved, what they are doing, and why.

"At breaktime there are many children playing with the ball."

2. **Perspective** – describes the reactions and feelings of the pupil and of other people.

"When I take the ball without asking, it makes the other children angry."

3. **Directive** – tells the pupils what to do.

"When I want to play with the ball, I will ask the other children first."

4. **Control** – after the social story is read, the pupil writes sentences to help him/her remember the information from the social story (this is optional).

The pupil may write, "It can make other children angry if I take the ball without asking."

The social story must be read as often as needed and may be worked into students daily classroom routines. Social stories can also be used at home.