

Stories for
everyday
life

The Big Book of Social Stories



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Why a Social Story???

What is a social story? A social story is a learning tool that is used to support a safe and meaningful exchange of information between parents, teachers, therapists, and people with Autism of all ages (Gray, 2017). Social stories were developed by Carol Gray in 1990 when she was a special education teacher and realized there was a need. They have been used over the years to help individuals with Autism, and their families, to negotiate everyday life.

This method has been researched to determine whether social stories are effective and if they would be useful in helping those with Autism negotiate everyday obstacles, that others take for granted. According to Kokina and Kern's 2010 Meta-Analysis, where they researched the results of 18 studies and a total of 47 students, who used social stories as an intervention. The majority of the student, 51%, had outcomes that were considered "highly effective", however, 44% were classified as "ineffective" (Cosgrave, 2017). These results demonstrate a need for further investigation, but currently, the consensus is that social stories are either very effective for an individual, or not at all.

You may be asking "will this work for my child?" there is a high probability that these stories will work for you and your family. One of the great aspects of social stories is that they detail what you can expect in certain situations. They can also help demonstrate what you expect from your child in different situations and prepare your child for outings, such as a field trip.

How to use a Social Story

This book is designed with elementary school-aged children in mind. However, the stories can be adapted to fit any age-group. The stories in this book address typical social issues that children with Autism face, and it should be tailored to your child and family situations.

- These stories should be read with your child in an environment that will not distract them
- Read these stories prior to the outing/event/task
 - o For example: Read your Social Story about visiting the doctor several days before a trip, and re-read it as the date approaches, repetition is important.
- Take your time to read, encourage your child to show you expressions and/or gestures related to the story (this will help them retain the information)
- Take your time to read, encourage your child to show you expressions and/or gestures related to the story (this will help them retain the information)

I Will Brush My
Teeth:
A Social Story



After I eat
I need to brush my teeth



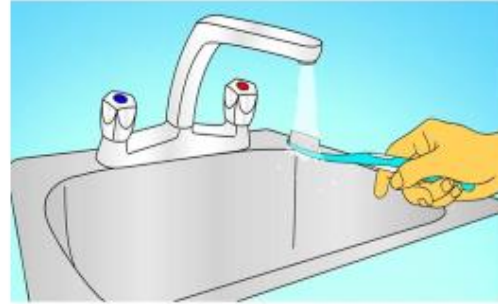
I will go to the
bathroom



Then I turn on the
water



Pick up my toothbrush
and wet the bristles



Then I add a small
amount of toothpaste



And brush my teeth...



I'll brush the front...
The back...
The top...
and the bottom!



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Now I will spit in the
sink



rinse my toothbrush



wikiflow

And turn off the
water



And that is how I
brush my teeth!
All by myself!!!



When I Get Ready:
A Social Story



After I wake up
in the morning



I need to get
dressed for the
day



I will pick out my
clothes



A shirt...
Pants...
Underwear...
Socks...
And Shoes!



First I put on my
underwear...



Then I put on
my shirt



Next is my
pants...



My socks...



And finally my shoes!



Now I am ready
for the day!



I can get
dressed by
myself!!!



I will say "Hello!"
A Social Story



Sometimes
people greet me..



And I do not know
what to say



shutterstock



So I don't say
anything



And that can
make them
sad...



So when a friend or
teacher says "Hello"



I can say "Hello"
or "Hi" to them!



Now I can greet
my friends and
teachers!



When my parents
say "No":
A Social Story



Sometimes I get upset
when Mom and Dad tell
me "NO"



And I cry and scream
and lay on the ground.



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This makes Mom and
Dad sad, and hurts their
feelings.



Because they don't say
"NO" to be mean



They say it because
they care.



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Instead of throwing a fit,
I will take a couple deep
breaths



And ask if we can do
it next time.



I can stay calm
when Mom and
Dad say "No"



I Will Take Turns:
A Social Story



I like playing games with
my friends



Sometimes I forget
to take turns



Because playing is
so much fun!



And I want to go again!



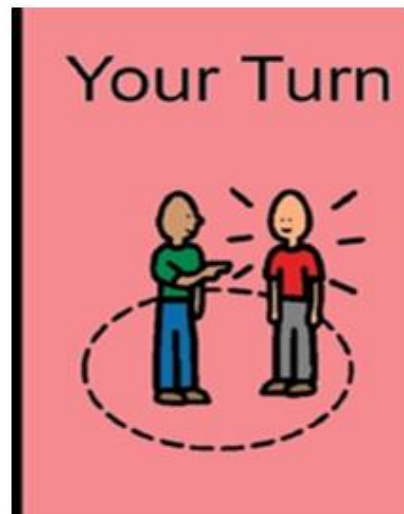
But no one else will have fun if I am the only one playing



So I need to STOP



Give my friends a turn



Then it is my turn again!



That way my friends
can have fun too!



When everyone plays,
everyone has fun!!!



I can take turns
with my
friends!!!



When I Lose:
A Social Story



I like playing games!



When I win I am happy!



When I lose I get mad!



When I get mad, no one
wants to play with me.



When I lose I will Stop!



Take a deep breath...



And say "Good
game! Let's play
again!"



I can lose and
still have fun
with my
friends!!!



I Will Stay With Mommy

A Social Story: About Not
Running Away



I like going fun places
with my mommy.



When I want to
run
First... I stop.



And ask
mommy "Can
we go over
there?"



I do not run
away.



When I run...
I can get hurt...



...or lost.



That scares mommy
and makes her sad.



So I won't run,
and I will stay
with mommy.



When it is Too much:
A Social Story



Sometimes I go
new places my
family and
friends



Sometimes
when I go to
crowded places



I find the crowd



Or noise..



Overwhelming!!!



When it starts to
feel like too
much



I can ask my
parents to take
me somewhere
else



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and will cover
my ears



So I can calm
down



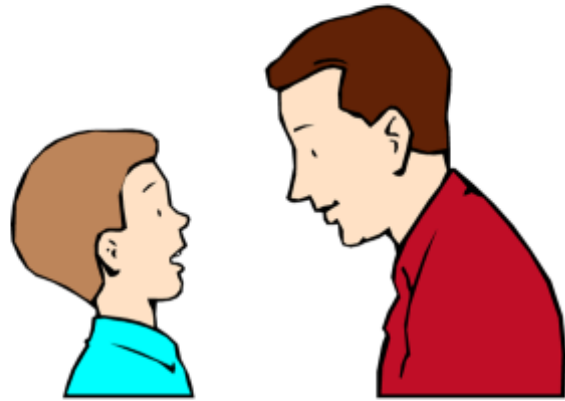
Once I calm
down we can try
again!



I can go new
places with my
family!!!



Do You Know
the Password: A
Social Story



Sometimes
Mom and Dad
can't pick me up



So they will tell
me a password



If someone I
don't know tries
to pick me up



And they don't
know the
password



I Will Not go
with them



And will tell the
teacher!



I know the Password!
And what to do when
a stranger doesn't!



When I go to School:
A Social Story



When I'm at school
sometimes I talk out
of turn



Then I get in trouble
for interrupting



So I will raise
my hand



And wait for the
teacher to call
on me



When the teacher calls
on me I can share my
thoughts



So I will raise
my hand when I
am at school!!!



When I go to a
Restaurant: A Social
Story



Sometimes my
family goes out
to eat



Once we get
inside we have
to wait for a
table



Sometimes I get
upset when I am
hungry



When I'm upset I will
take a deep breath,
and let it out

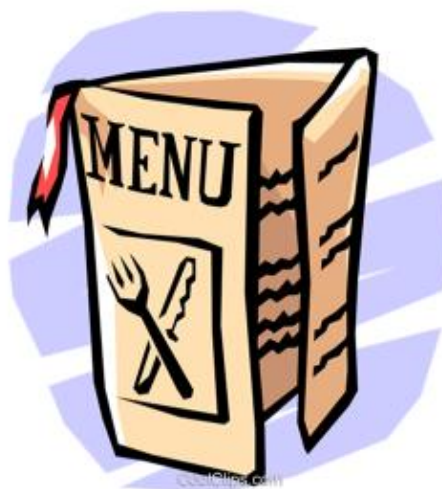


When the waitress
shows us a table,
then we sit down



sto0006 www.fotosearch.com

After we sit, I look
at the menu



If I have questions,
then I can ask my
parents



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Before I order I ask
my parents if I can
get what I want



If they say no, I
take a breath



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And look at my
menu again



If they say yes, I will tell
the waitress when she
asks



I will wait for everyone to get their food, before I start eating.



When we are done, I will wait for my parents to pay the bill



And I will say
“thank you” to the
staff when we
leave



I can go to
restaurants with
my family!



When I go to the
park: A Social
Story



Sometimes my
family and I go
to the park



The park can be fun!



There are swings!



And slides!



While I'm playing I
need to know where
Mom or Dad is



I should always
be able to see
them!



If I can't see them,
then they can't see
me



So I move to
where I can see
them



So they know I
am safe!



If I know where
Mom and Dad
are...



I can go to the
park and be
safe!!!



When I go to
the Grocery
Store: A Social
Story



Sometimes we
go to the
grocery store



While we are
there we get lots
of things!



I will be on my
best behavior!



So everyone can
enjoy our trip to
the store!



I will stay with Mom
while we are
shopping



So that I don't
get lost while we
shop



And I will ask if we
can get something,
before putting it in the
cart!



If she says “no,
put it back” I can
say “maybe next
time”



If she says “yes”
I will say
“Thank You!”



When we check out I need to be patient



I can go shopping with Mom!



Sometimes I go to
the doctor's office



When I am sick,
the Doctor can
help me



But sometimes I
get scared



I have to wait in
the Waiting
room



When the nurse
calls my name,
Mom or Dad will
go with me



They may weigh
me and check
my height



To see how
much I've grown!



When I get to
the doctors
room I will sit on
the table



The Doctor or nurse
will ask what is wrong
today or how are you
feeling?



While they are
examining me they
may put things on
my arm



Or on my chest



Or in my ear



Or in my mouth!



They do this to
figure out why I am
sick



If it is too much I
will ask him to
“Please Stop”



When he figures out
why I am sick, he will
tell us how to make me
feel better!!!



I can go to the Doctor,
because he's going to
help me feel better!!!



When I go to the
Dentist: A Social
Story



Sometimes I go
to the Dentist!



The Dentist helps
take care of my
teeth



I will brush my teeth
before I go, so they are
nice and clean!



After they call my
name I will follow
the Hygienist to the
room



I will sit in the
chair that
reclines



And let the hygienist
put the bib on me, to
protect my clothes



We will figure out a
signal for me to make if
something hurts.



I will listen to the Hygienist when she tells me to open and close my mouth



I will not bite her fingers while she is working



If something hurts
I will give her the
signal



Once my teeth
are clean the
Dentist will take
a look



After he is done,
it is time to go
home!!!



Download from
Dreamstime.com
1010981
Newest Illustration



I can go to the
Dentist!!!



When I go to
Church: A Social
Story



Sometimes on
Sunday my
family goes to
Church



When we get
there I will go to
Sunday School



While I am in class Mom
and Dad will go to their
class



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While I am there
I will listen to my
teacher



After Sunday
School I will walk
with my class to
Junior Church



During Junior Church I
will listen to the Bible
stories



I will close my
eyes during prayer



Raise my hand if I
have questions



And sing the
songs



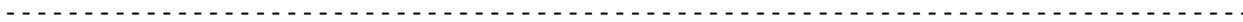
When class is over
Mom and Dad will
pick me up



And then we head
home together!



I can go to
Church with my
family!!!



How to make a Social Story

Social stories use four different types of sentences: descriptive, directive, perspective, and control. These sentences are used to describe different social situations and settings using step-by-step directions for the desired activity. The stories detail, using positive terms, the desired behaviors “The greater the number of directive statements, the more specific the cues for how the individual should respond. (Edelson, 2017)

When writing a Social Story, it is important to use action phrases i.e.” I will _____, when I (verb)”. These phrases should demonstrate the type of behavior you expect from your child. You may also include addressing their emotions during certain situations and techniques to help them regulate their emotions. For example, “Sometimes I get angry. Before I say something mean I will take 3 deep breaths”

Components of a Social Story

- Like any other story, they should have an introduction, body, and conclusion.
- Each story should have a title addressing the area of concern such as: ‘When I get dressed’ or ‘When I go to the bathroom’
- Personalize your story with pictures to make it interesting
- Stick to the four types of sentences:
 - Descriptive: What happens? What are they doing? Who is involved? Etc.
 - Use ‘sometimes’ or ‘usually’ (never always)
 - Directive: What is the desired response?

- Perspective: Describe how others react and why, How do they feel?
- Control: end the story with “I can _____” it is important to show a child they can control their actions/reactions/emotions in other environments and it ends on a positive note.

Carol Gray created a screening instrument to determine if a story is really is a Social Story. I have provided a link to this screen in the appendix, as it is copyrighted; but available for private use. This tool may help you when writing your own social stories.

References

Edelson, M. (2017) Social Stories. Retrieved from:

https://www.Autism.com/treating_social

Cosgrave, G. (2017) Are Social Stories Effective? Retrieved from:

<http://www.educateAutism.com/social-stories/are-social-stories-effective.html>

Gray, C. (2017) Social Stories: What is a Social Story? Retrieved

from: <http://carolgraysocialstories.com/social-stories/what-is-it/>

Resources for creating your own Social Story

Using the Autism Speaks Personalized Stories Templates. (n.d.).

Retrieved April 4, 2017, from

https://www.bing.com/cr?IG=DBB874FF38BB42ECB945313A41A9BFCD&CID=3F5A7131908164BF25A87B6B91B065AD&rd=1&h=Pv1Si5tVR3UtnMPWQjGjG9-zDnwm_fayfH0EKZvRH-c&v=1&r=https%3a%2f%2fwww.Autismspeaks.org%2fsites%2fdefault%2ffiles%2fdocs%2fhow_to_use_personalized_stories.pdf&p=DevEx,5061.1

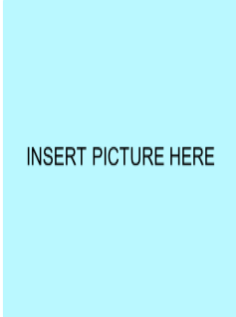
Basic Social Story Plan. (2013) Elsa Support: Supporting

Emotional Literacy. Retrieved from: [http://www.elsa-](http://www.elsa-support.co.uk/wp-content/uploads/Social-story-plan.pdf)

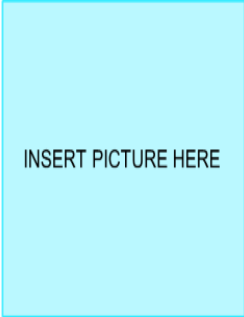
[support.co.uk/wp-content/uploads/Social-story-plan.pdf](http://www.elsa-support.co.uk/wp-content/uploads/Social-story-plan.pdf)

Appendix A

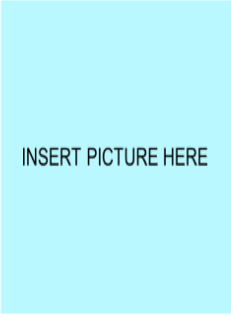
When I go ____:
A Social Story



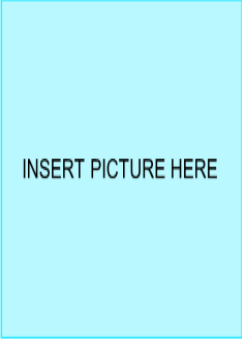
Sometimes my
family and I
go_____



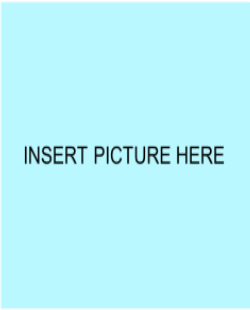
Sometimes I get



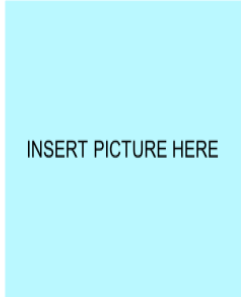
Because there
is too much



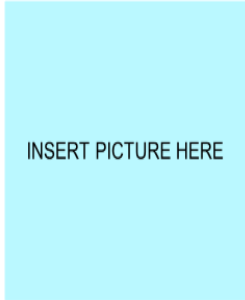
When I get _____, I
need to take a deep
breath to help me calm
down



Once I calm down I



I can go to the _____
with my family!!!



Appendix B

Guidelines on how to Make sure your Social Story, is a Social Story. This pdf is copywritten but available for private use, so I have provided a link.

Gray, C. (2015) Is the story in your hand a Social Story? Ask Carol Gray. It's NOT a Social Story is...Retrieved from:
<http://carolgraysocialstories.com/wp-content/uploads/2015/09/It-is-NOT-a-Social-Story-if....pdf>