

USING SCRIPTED STORIES

Write simple, playful stories to help children navigate challenging situations and learn new skills.



A scripted story is a short, descriptive story that playfully helps children better understand and transition into new, scary or confusing social situations. These stories help children understand the expectations and social cues/rules of a situation, and can be used as a tool to prepare children for new experiences, address challenging behaviors, or teach new skills.

HOW TO WRITE A SCRIPTED STORY

There are four types of sentences used in writing a scripted story:

- 1. Descriptive sentences:** define what's going to happen, who is involved, what they are doing and why.
- 2. Perspective sentences:** describe how the person feels, their thoughts and mood.
- 3. Directive sentences:** individualized statements of the desired responses to the situation, stated in a positive manner. Avoid sentences starting with "Do not" or other definitive statements.
- 4. Affirmative sentences:** highlight positive outcomes or behaviors.

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These sentence types are used together (about 3 to 5 descriptive, perspective, and affirmative sentences for every 1 directive sentence) to create a story specific to your child, explaining what they can do in a given situation, why they might do that, and how they may feel about the situation. Playful, age-appropriate images will help make your story more concrete and memorable...You can even use real family photos!



KEEP THESE TIPS IN MIND TOO!

Use words at the child's level – a story for a 2-year-old should sound very different than one written for a 10-year-old.

Tell the child's story from their perspective. State how they MIGHT be feeling and be sure to share some positive AND negative emotions. (We might assume Sam is excited to have a new baby sister, but he might also be feeling mad and sad that mom and dad aren't playing with him as much.)

Personalize it! Use your kid's names, ages, names of friends, schools, etc.

Remember the child is the star of the story, don't embellish anyone else's feelings. It may be very true that their teachers and classmates will miss them, but this story is kiddo focused – and they might have all kinds of different feelings.

HERE'S A SAMPLE SCRIPTED STORY

Sam has a new baby sister, Clara!

Sam was a baby once and his mom and dad spent a lot of time holding him, feeding him, and changing his diaper.

Now that he is older, Sam can help his mom and dad take care of his sister Clara too!

Sam is excited to be a big brother and he is also sad that mom and dad have to feed Clara instead of playing trucks with him.

Sam's mom and dad set a special time just for them to play together when they are done feeding Clara. Sam practices his patience and plays by himself until they are done. This is a great super-power to have!

Having a new baby around the house is a lot of work and sometimes that can frustrate Sam. When he feels this way, Sam can go to his Calming Corner and take a Time-In.

After he takes a Time-In, Sam remembers how much his mom and dad love him and is excited for their special play time!

