



YOUTUBE FREEBIE

Social Story Template

Social stories are short, individualized stories that are designed to help with a specific challenge, such as a social situation or a situation that causes anxiety or stress.

Use this template to create your individualized social story.

Tips when making a social story:

1 LANGUAGE SKILLS

A social story works best with children who have receptive language skills so they can understand what is being communicated and can follow through (with help!).

2 KEEP IT VISUAL

Social stories work best with lots of visuals - pictures of real locations and situations, pictures of the child, pictures of facial expressions to identify emotions, etc.

3 INVOLVE THE CHILD

Be sure to include the child in creating the social story - this helps them understand that it is theirs and gives them some control, which can help with motivation. Have them write, draw, etc.

4 INCLUDE STRATEGIES

The end of the social story should include strategies to help with the specific situation - include more than 1. Additionally it should end with the child using a strategy and successfully navigating the stressful situation.

5 PRACTICE, PRACTICE, PRACTICE

Read the social story before the situation, but also practice using the strategies that are in the social story. This takes repetition!

STEP 1: DIFFICULT SITUATION

Describe a situation that is difficult. For example, "The bathroom at school makes me feel anxious because it's too loud."

Place a picture of the location / situation in the first box. A real life picture of the specific location is best.

Place or draw a picture of the emotion that is felt, in the second box. For example, a picture of a child crying and covering their ears.

STEP 2: THREE STRATEGIES

Come up with at least 3 strategies for the child to use before, during, and/or after the situation. If you want more, print more of step 2!

Draw or add pictures of the strategies.

Write how to use the strategies. Be as detailed as possible.

Use terminology that the child enjoys saying and can understand.

"These are my tools."

"These help me feel calm."

"These help me feel strong."

"These help me feel happy."

STEP 3: HAPPY ENDING

Create a positive outcome for the end.

Draw or print a picture of the child displaying the positive emotion in the area of difficulty, i.e. giving a thumbs up in the bathroom or wearing headphones with a smile on their face.

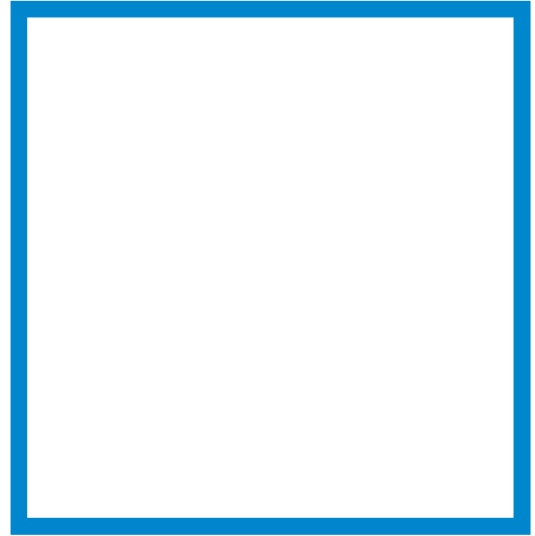
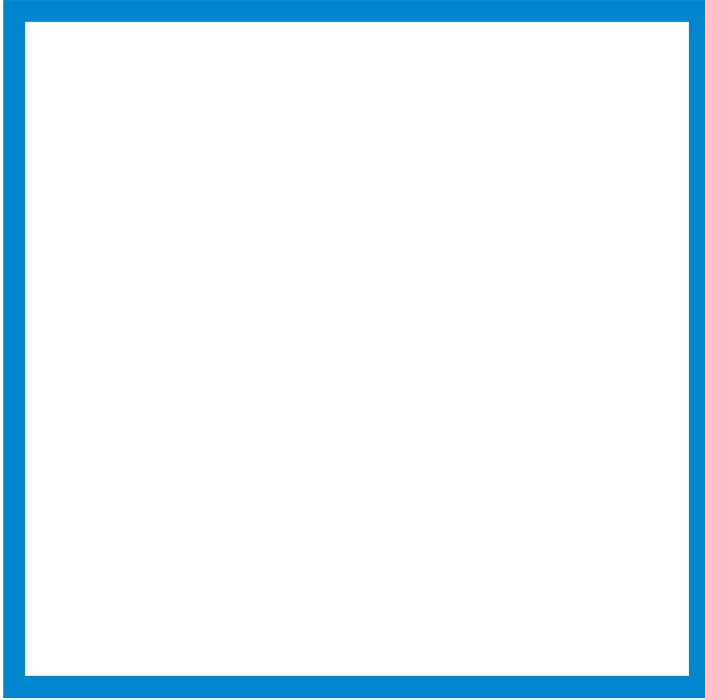
"These tools help me use the bathroom at school without being scared!"

Print / laminate these templates and use in a variety of situations as needed. Stick to one social story per area of difficulty.

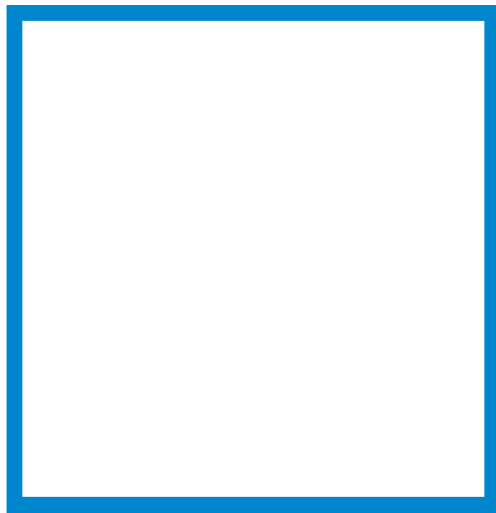
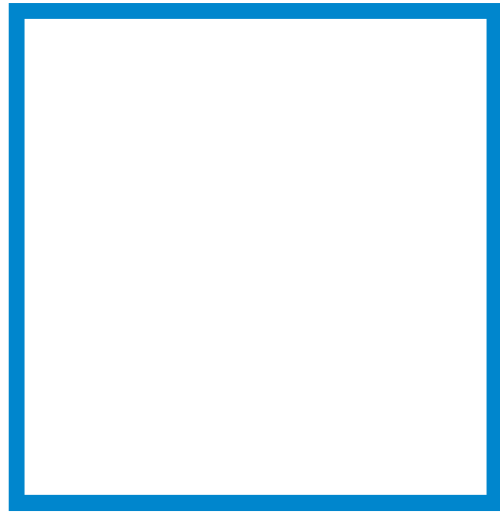
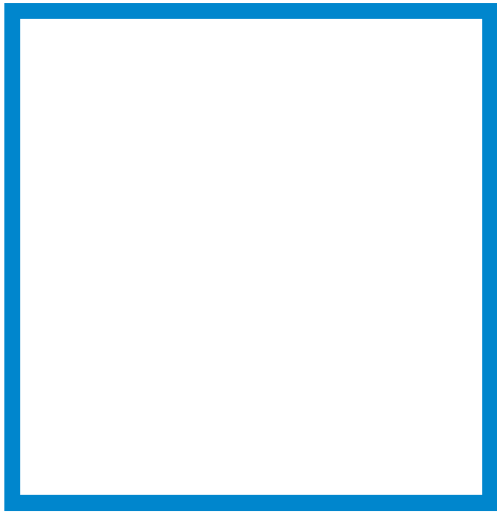
Here are some examples of other social story topics, but make sure to modify them to fit your child's unique needs.

- Riding the bus
- Getting dressed
- Brushing teeth
- Going to the grocery store
- Having lunch in the lunchroom at school

STEP 1: DIFFICULT SITUATION



STEP 2: THREE STRATEGIES



STEP 3: HAPPY ENDING

