

# Social Stories

Social Stories are short descriptions of a particular situation, event or activity, which include specific information about what to expect in that situation and why.

Many children are good at visual learning, and like social stories because they are written down.

Social Stories can also be illustrated with photographs and symbols to support children's understanding.



## Tips:

- Present the social story to the child at a time when everyone is feeling calm and relaxed.
- Maintain a positive and reassuring attitude.
- Go through the story as often as required.
- Introduce one social story at a time.
- Avoid using words that cause the child anxiety or distress.
- The content and language should be at the child's level of understanding.
- Try to tap into the child's interests.

## How to write a social story

### 1. Picture the goal

What is the purpose of the social story e.g. to teach a child to cover their mouth when coughing.

Now think about what the child needs to understand to achieve this goal e.g. they need to understand why covering their mouth when coughing is important.

### 2. Gather information

**Where** does the situation occur?

**Who** is it with?

**How** does it begin and end?

**How** long does it last?

**What** happens in the situation and why?

### 3. Tailor the text

A social story needs to have a title, introduction, body and conclusion and should use patient and supportive language.

## Example Social Story

**Use words....**

Sometimes I sneeze and cough.

I use a tissue to wipe my nose.

I put the tissue in the bin.

People do not like it when I sneeze and cough on them.

I cover my sneeze and cough with my hand.

I wash my hands.

Look up resources on the internet... □

# Protect yourself and your family

## Cover your cough and sneeze



**1 COVER** your mouth and nose with a tissue when you cough or sneeze.

**2**

Put your used tissue in the rubbish **BIN**.



**3** If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.

**4**

**WASH** your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel.



Stay germ free and healthy

A Victorian  
Government  
initiative



Or add photographs to the words

Sometimes I sneeze and cough



I use a tissue to wipe my nose



I put the tissue in the bin



People do not like it when I sneeze and cough on them



I cover my sneeze and cough with my hand



I wash my hands

