

Social Stories

Social stories can be used to develop self-care skills, social skills and academic abilities. They can help young people to understand how others might behave or respond in a particular situation.

Given the current situation, this may be something that pupils, in particular pupils identified as having ASD characteristics may struggle with.

If you are unable to attend school, this change in routine can be difficult to manage and cope with.

You can find more information on social stories [here](#).

There is also a really good social story on not being able to go to favourite places contained within this website [here](#).



Social Stories

We have prepared some social stories on the next few pages.

If you are feeling overwhelmed by the change of your current circumstances and schooling from home, you can read through the social stories and complete the tasks under each.



magic words



Social Story for change

When we are at school, we have a set routine. We have specific times for coming to class and for eating snacks at break and lunch. If we are unable to come to school, our routine may have to change. We will be continuing to complete classwork tasks for all of our subjects, but we might not do this at the same time each day. We also might have longer for break and lunch. This is completely ok. Although, this change, might make us feel anxious or stressed, we know that we have coped with change before. With our parents or carers, we can make a new timetable for working at home. This will allow us to have a home routine. Instead of hearing the bell, as in school, to tell us when to change to a different subject and task, we can use our mobile phones and set a timer with an alarm. We know that this change is temporary, and we will be back to school, with our timetables and classes soon.

Task: Work with parents/carers to create your own home timetable – make sure you schedule in rest periods and time for relaxing and exercise

Task: Make a list of every time that you have experienced change before and put a big tick next to them. This shows you that you can have coped before and can cope again now.

Task: Take some time to practise some breathing techniques now.



Social Story for stress and anxiety

At some point during of lives, we will feel stressed and perhaps anxious. This is completely normal. Sometimes we can feel stressed or anxious more often than we did before and this again is completely normal. We can use different techniques and strategies to help us when this happens. We can practise breathing techniques. We could read a book. We could do some colouring. We could go for a walk or practise some yoga in our room. Although we may still feel a little uncertain or anxious after this, we know that we can control this. We also know that many people will be feeling this way and this is normal. We are all human, and we all experience emotions and this is what makes us human and tells us that we care.

Task: Make a list of all of the things that you enjoy doing – make sure you make time in your home schedule for doing some of these things.

Task: Anytime that you feel stressed or anxious take some time out to work through some breathing exercises.

Task: Create a poster where you write down something you are grateful for every time you feel overwhelmed by an emotion. Although we may sometimes feel overwhelmed, when we take a step back, we can sometimes see that there are lots of other things that are not overwhelming us and it is good to remind ourselves of this.



Social Story for not feeling motivated

At some point during of lives, we will feel unmotivated and may find ourselves not knowing where to begin with the tasks we have. We may feel that we are not able to complete anything and don't know where best to start. This is completely normal. We might feel unmotivated for only one day, or it might be for a couple of weeks, again this is completely normal. We can use different techniques and strategies to help us when this happens. We can make lists of the tasks we have to do. We can tick tasks off once they are complete. We can exercise to help us relax. We can read a book, or talk to a friend. We know that although we may feel unmotivated just now, we haven't always felt this way and our motivation will come back.

Task: To begin with, instead of making a list of all of the tasks we have to complete, make a list of the tasks that we have already completed today. This could be:

- Showered ✓
- got dressed ✓
- had breakfast ✓
- fed the dog ✓
- Check google classrooms and make a note of work set

Task: Once we have made a list of the tasks we have completed, see if we can add in a couple of the other tasks we know we should do and set a goal of completing them today. Don't add too many, perhaps just one or two.



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Task: Where we have a number of tasks to complete, try to prioritise them and put the most important ones at the top of the list. When you are doing this, note a deadline completion date for them. Make sure you are being realistic with what you hope to achieve in a day. Ensure also, that you take breaks and give yourself an incentive for completing tasks (for example once I have completed tasks 1 and 2 on my list, I will watch an episode of Friends on TV)

Task: Draw yourself a large bowl on a piece of paper. For every task you complete, draw a Pomodoro tomatoes in your bowl. To do this, and keep your tomatoes the same size you could draw round a two pence piece. See how quickly it takes you to fill the bowl with tomatoes. Once the bowl is fill, give yourself a reward (maybe even negotiate this with parents)! After the bowl is full, start the task again but see if you can do it faster!

