



Guide to Social Stories™

- ❖ Social Stories are used to develop an individual's understanding of a particular situation, event or activity. It includes specific information about what to expect, and why.
- ❖ The aim of a Social Story is to develop understanding and may lead to a change in the person's behaviour, for example, greater understanding may reduce anxiety.
- ❖ Social Stories is written in a positive manner - e.g. "I can" -> "I am learning to"; "I will" -> "I will try to"

Social Stories are usually tailor made to each individual and situation to share information to the individual in a meaningful way – **Some stories may have red writing for you to adapt the wording for the individual**

1. Present the Social Story at a time when everyone is feeling calm and relaxed

This will help the child to develop positive associations with the story.
Social Stories should never be used as a consequence to negative behaviour

2. Maintain a positive, reassuring and patient attitude when reading

This is essential for the Social Story to have the desired effect.

3. When reading the story, use a calm and friendly tone of voice.

Ensure the environment is quiet, comfortable and free of distractions.



4. Read the story as often

Share the Social Story frequently so that the information is meaningful. Be creative and encourage the person to join in sharing the story if appropriate.

6. Involve others who can also read the story where appropriate.

For example, a story that is focussed on a situation or activity at school could also be read by different staff members.

7. Review the story.

Check that the story means what you want it to the individual. Clarify the accuracy of the information and amend if needed

8. Introduce one story at a time to maximise learning

To ensure the individual does not become overwhelmed with information.