

Social Stories



Social Story

What is it?

It is a story tailored for an individual pupil to help them to understand a specific social situation. It describes the situation, describes the feelings and responses of others and describes what the pupil should do or say in that particular situation. There are 3 types of sentences within each story, descriptive, perspective and directive sentences. The descriptive sentences give information about what to expect; the perspective sentences (e.g. Mum is happy when I sit calmly at the table) are important for supporting a pupil's social understanding and the directive sentences explain what to do or say. A Social Story is introduced to the pupil at a calm relaxed time, before they encounter the situation itself.

Why use it?

Individuals on the autism spectrum have difficulties with knowing and understanding what other people might be thinking or feeling. So they sometimes need to be taught explicitly about others' feelings in each different situation. If a pupil is about to experience a brand new social situation, a Social Story can help to prepare them and to gain an understanding of how other people might react or feel about the situation. They can be introduced if a pupil is having a particular difficulty with a specific social situation.



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Further information:

Books: My Social Stories (Gray & White)
The New Social Story Book (Carol Gray)
Website:
www.thegraycenter.org/social-stories