



Livingstone Road
Primary Federation

Together We Can
Learn Laugh Dream Grow

What are social stories for?

Social stories can be used to:

- help someone to understand how others might behave or respond in a particular situation
- help a person to cope with changes to routine and unexpected or distressing events (eg absence of teacher, moving house, thunderstorms)

How do social stories help?

Social stories present information in a literal, 'concrete' way, which may improve a person's understanding of a previously difficult or ambiguous situation or activity. The presentation and content can be adapted to meet different people's needs.

They can help with sequencing (what comes next in a series of activities) and 'executive functioning' (planning and organising).

By providing information about what might happen in a particular situation, and some guidelines for behaviour, you can increase structure in a person's life and thereby reduce anxiety.

When to read these social stories

We would recommend reading the same social story first thing in the morning, at night and other times in the day when your child may be feeling unsettled.