



## Who can benefit from social narratives?

Any child from toddlers to elementary aged children can benefit from social narratives. Social narratives can be effective in teaching children with communication difficulties and/or behavior problems alternative appropriate and positive behaviors. Some examples of target behaviors include: talking out of turn, not paying attention, difficulty initiating play appropriately with peers, externalized behavioral outbursts, and aggressive behavior.

## References

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- Haggerty, N. K., Black, R. S., & Smith, G. J. (2005). Increasing self-managed coping skills through social stories and apron story telling. *TEACHING Exceptional Children*, 37(4), 40-47. Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=16369064&site=ehost-live>
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- Schneider, N., & Goldstein, H. (2009). Social stories improve the on-task behavior of children with language impairment. *Journal of Early Intervention*, 31(3), 250-264. doi: 10.1177/1053815109339564

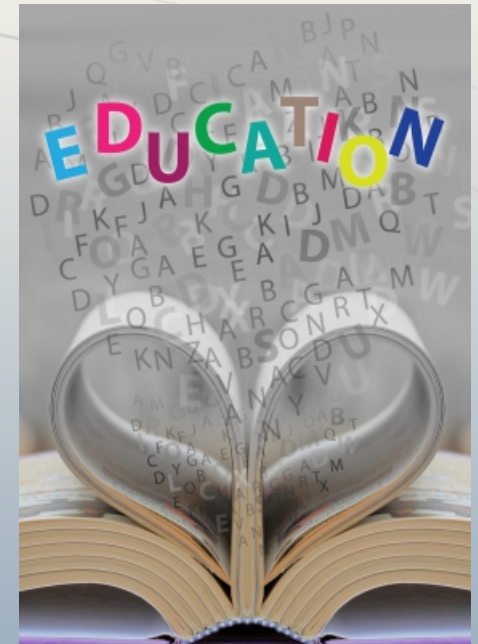
### Social Narrative Resources

Link to checklist:

[http://www.stakmate.com/index.php?option=com\\_content&view=article&id=131:social-story-checklist&catid=54:social-narratives](http://www.stakmate.com/index.php?option=com_content&view=article&id=131:social-story-checklist&catid=54:social-narratives)

Carol Gray Website:  
[thegraycenter.org](http://thegraycenter.org)

Sample Stories and Tips:  
[http://www.challengingbehavior.org/explore/pbs\\_docs/social\\_story\\_tips.pdf](http://www.challengingbehavior.org/explore/pbs_docs/social_story_tips.pdf)



## How to Effectively Use Social Narratives

A Professional's Guide

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# What is a social narrative?

A social narrative is a personalized picture book created for the target child as the star character of the story. The social narrative is used to help the child understand how to deal with a social situation in a positive way. The picture book is brief, descriptive and is written from the child's perspective. The story is intended to help the child learn what to expect out of target social situations. Social narratives are also helpful for children to prepare for a new situation they may soon encounter, address problem behaviors or teach a new skill.



## *Guidelines to make a social narrative:*

Three types of sentences must be used.

1. Descriptive sentences- objectively define anticipated events where a situation occurs, who is involved, what they are doing and why
2. Perspective sentences- describe the internal status of the child involved, their thoughts, feels and/or moods
3. Directive sentence-individualized statements of desired responses stated in a positive manner

The story should be written in first person, in the child's developmental skill level, have 3 to 5 descriptive and perspective sentences for each directive sentence. Story should be positive. Also, it is beneficial to include pictures of the child while participating in the target behavior; pictures should include examples of the child displaying the alternative appropriate behavior.

## How to implement a social narrative intervention:



1. Choose a target activity in which the child displays the target behavior most often.
2. Watch the child while participating in the target activity. Imagine yourself in the child's shoes.
3. Take pictures of the child in the target activity.
4. Create a social narrative using the guideline to the left.
5. Use the social narrative checklist located in the references to ensure you have created an effective social narrative.
6. Tell the child they will have a special story time before their target activity
7. Choose a place to read the story that is comfortable and away from distractions that can be used every time.
8. Read the story to the child
9. Allow the child to interact with the pictures and text
10. Allow the child to read along or individually as they wish- take the child's lead
11. After finishing the story, ask the child 2-3 comprehension questions. The final question should be explicitly about the child's target behavior. Use positive praise for correct answers.
12. Send the child to their target activity