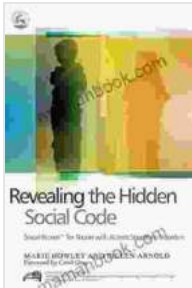


Social Stories™ for People with Autistic Spectrum Disorders: A Comprehensive Guide



Revealing the Hidden Social Code: Social Stories (TM) for People with Autistic Spectrum Disorders by Marie Howley

★★★★☆ 4.8 out of 5

Language : English
File size : 2357 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 162 pages



Social Stories™ are a powerful tool for teaching individuals with autism spectrum disorders (ASDs) how to navigate various social situations. Developed by Carol Gray in the 1990s, Social Stories™ are individualized narratives that describe a specific social interaction or situation in a clear and predictable way. They provide step-by-step instructions on how to behave appropriately and how to respond to others in different social contexts.

Benefits of Social Stories™

Research has shown that Social Stories™ can offer a wide range of benefits for individuals with ASDs, including:

- **Improved social skills:** Social Stories™ can help individuals with ASDs learn how to interact with others in a positive and appropriate

way. They can improve social communication, social interaction, and social behavior.

- **Reduced anxiety and stress:** By providing individuals with ASDs with a clear understanding of what to expect in different social situations, Social Stories™ can help reduce their anxiety and stress levels.
- **Increased self-awareness:** Social Stories™ can help individuals with ASDs become more aware of their own strengths and weaknesses in social situations.
- **Improved self-regulation:** Social Stories™ can help individuals with ASDs learn how to regulate their own behavior in social situations.
- **Increased independence:** By teaching individuals with ASDs how to navigate social situations independently, Social Stories™ can help them become more independent and self-sufficient.

How to Write Effective Social Stories™

Writing effective Social Stories™ requires careful planning and consideration. Here are some key steps to follow:

1. **Identify the target behavior:** Determine the specific social skill or behavior that you want to address with the Social Story™.
2. **Gather information:** Observe the individual in the target social situation and collect information about their strengths, weaknesses, and challenges.
3. **Write the story:** Use clear and concise language that is appropriate for the individual's developmental level. Include step-by-step

instructions on how to behave appropriately and how to respond to others.

4. **Review the story:** Share the Social Story™ with the individual and with other professionals involved in their care. Get feedback and make any necessary revisions.

How to Use Social Stories™

Social Stories™ can be used in a variety of ways to support individuals with ASDs. Here are some tips for using Social Stories™ effectively:

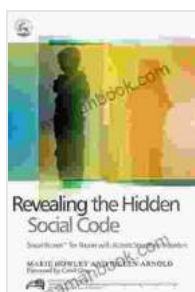
- **Read the story aloud:** Read the Social Story™ to the individual several times before the target social situation.
- **Discuss the story:** Talk to the individual about the story and ask them questions to ensure that they understand the content.
- **Role-play the situation:** Practice the target social situation with the individual using the Social Story™ as a guide.
- **Use the story as a reference:** Encourage the individual to refer to the Social Story™ when they are in the target social situation.
- **Monitor progress:** Observe the individual's behavior in the target social situation and make any necessary adjustments to the Social Story™ or to the intervention plan.

Social Stories™ are a valuable tool for teaching individuals with ASDs how to navigate various social situations. They can improve social skills, reduce anxiety and stress, increase self-awareness, and promote self-regulation. By following the steps outlined in this guide, you can write and use Social

Stories™ effectively to support individuals with ASDs in their social development.

References

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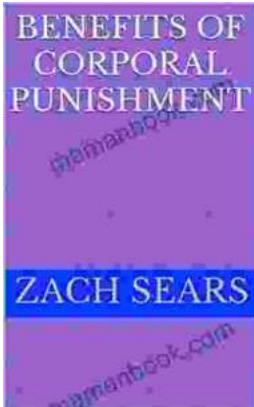
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