

# Social Stories

Social stories help children (who may struggle) learn how to respond to daily situations or events appropriately.

## What are social stories?

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. Social stories include descriptive and directive sentences.

## What are the benefits?

- Helps children learn self-care and social skills.
- Allows children with special needs to understand their behaviour as well as others.
- Assists children in understanding emotions such as anger, sadness, and happiness, and how to address them.
- Helps children cope with various changes and everyday life transitions.
- Encourages children to work on developing relationships and provides rewards for accomplishing social tasks.
- Reinforces proper and/or accepted behaviour.
- Teaches children how to join in activities, use their imagination, and play with others.
- Provides the tools to teach children to make and maintain friendships, as well as to join in group activities.