

Good essay on social stories

[Family](#), [Children](#)



Social stories are ways to help children understand and behave in different social situations. They enable the children to behave according to the social expectations, cues and rules. They are also used for the training sessions or development processes of individuals with communication or behavioural difficulties, as such people require more straightforward instructions. A social story describes a situation, skill, or concept in terms of relevant social cues, perspectives, and common responses in a specifically defined style and format (Gray). Sharing accurate social information in a patient and reassuring manner that is easily comprehended by its audience, is the main objective of social story. Social stories are usually very brief and describe a real social situation. They equip the children as what to expect in a social situation and to act appropriately. Anyone at home or school can formulate a social story, either to introduce a new skill or to induce a new behaviour or address a problem.

A social story helps the children to cope with changes in routine, to get along with peers, to work in the classroom providing an explanation of detailed social information and desired responses instead of problem behaviours. The social stories are the solution to many behavioural problems like aggression, obsession, etc. They break the goals into easier steps and try to mould the response of the child in a non threatened way. These stories describe suitable responses in social situations and help the child to adjust with expected and immediate changes. It employs personal instruction and teaches them in a systematic and repeated way that, the children show better retention and responses.

Social stories usually have three type of sentences viz. Descriptive,

Perspective and Directive. Descriptive sentences clearly describe the expected events in a situation, the people involved and what they do. Perspective sentences describe the thoughts and feelings of the people involved. Directive sentences give desired response in a given situation in a positive manner. Sometimes, sentences can also be affirmative, co-operative and control types. These sentences indicate commonly shared values, people who can assist the child in the task and those sentences that use analogies respectively. Most times, five descriptive and perspective sentences are used for each directive sentences. Usually, social stories are written in the first person, which help the children to understand the context better. Teachers, parents and caretakers should make the children read the social stories many times a week to bring an effect in them. If the children don't read, others can read it to them or record and play it often.

Social stories are important for the training of children as well as adults with developmental problems like that of autism. For both normal children and autistic people being social may be a tough thing. For the autistic people, a "theory of mind" deficiency is doubted. As a result, they lack an understanding about what other people think, and feel. They are unable to assume or interpret the social cues and can't understand facial expressions. In consequence, these children avoid social situations, they do not actively seek out social interaction and have difficulty with reciprocal interaction in conversation or interests, though they are typically higher functioning individuals.

In the step one of writing a social story, it should address the questions like, what the story is about. ; What skill is expected to develop in the child or

what behavioural problem is going to get addressed? In the second step: create a profile for the children, their interests, level of ability, etc. In the third step, do the task, breaking it down into smaller, simpler steps checking the ratio for number and type of sentences to be used.

Social story topic - Covering your mouth when you sneeze

When spring comes, most people get pollen allergies.

When I get allergies, I sneeze.

Others don't like when I sneeze without covering my mouth.

If I don't cover my mouth while I sneeze, the germs get transferred.

If my friends get those germs, they will also start sneezing.

I will cover my mouth, whenever I sneeze.

It helps others to remain healthy even when I sneeze due to allergies.

This social story is to instil the habit of covering the mouth while sneezing, in the child. The story has used descriptive and perspective sentences to support the affirmative sentence of “ I will cover my mouth, whenever I sneeze”. Reading it to the child or making him read it often will help to get the desired change in the child's behaviour.

References

Gray, Carol. " What Are Social Stories?" [Http://www. thegraycenter. org/](http://www.thegraycenter.org/). 18 Sept. 2014. Web. 15 Nov. 2014. .