

# Supporting students with ASD during the transition back to school: Social Stories™



The aims of the summer scheme include to support student's physical, social and emotional wellbeing and to provide a foundation to addressing and limiting regression. Students with ASD may feel anxious about returning to the social and sensory school environment as well as worries in relation to Covid-19 itself.

Although a lot of things in school will be the same there will be new rules and routines which might be difficult for a student with ASD as they may previously have done something a different way. Preparing for changes in advance of this is important in reducing anxieties in relation to returning to school. Social Stories like those outlined in this resource can be used to support students in terms of a sense of safety, self-efficacy, calm and social-connectedness and hope around returning to school.

I feel safe at school

I am part of my class and school, I have a voice and I am listened to

I can do things to help me feel calm

I can do it and my teacher will help me

Being in school helps me reach my goals

## What is a Social Story™?

A Social Story™ is a short, personalized story written in a specific style and format. Carol Gray created Social Stories™ in the early 90's and since this time they have been widely used to explain the complexities of various social situations to children and adults with autism.

## Social Stories™ and Transition back to School

Social Stories™ are a useful tool to help explain what will happen in the transition back to school for children, adolescents or young people with autism. “Social Stories™ provide descriptions of a particular situation, event or activity, which include specific information about what to expect in that situation and why” (National Autistic Association, 2018). Social Stories™ include visuals to support understanding and are a tool that can be re-referred to as often as is needed.

## Creating an individualized Social Story™ for a student

Carol Gray outlines ten very specific criteria for creating Social Stories™. If you would like



more information on the ten criteria or would like to write your own story for your child, you can find information on the following website:

<https://carolgraysocialstories.com/social-stories/>

<https://carolgraysocialstories.com/wp-content/uploads/2015/09/Social-Stories-10.0-10.2-Comparison-Chart.pdf>

**For further information on creating social stories please see the following links:**

<https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>

<https://best-practice.middletownautism.com/approaches-of-intervention/social-stories/>

## Example social stories:

**Topic**

**Link**

***Back to school***

<https://www.autismspectrum.org.au/uploads/documents/Education/BacktoSchool.pdf>



***Social Distancing***

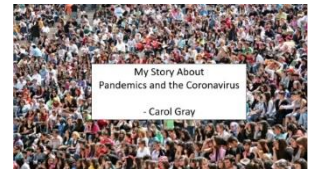
[https://www.autismspectrum.org.au/uploads/documents/Communications/News/Social\\_Distancing.pdf](https://www.autismspectrum.org.au/uploads/documents/Communications/News/Social_Distancing.pdf)

***Returning to normal after COVID-19***

[https://www.autismspectrum.org.au/uploads/documents/Communications/News/Returning\\_to\\_Normal.pdf](https://www.autismspectrum.org.au/uploads/documents/Communications/News/Returning_to_Normal.pdf)

***Pandemic and COVID-19***

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>



# Sample Social Stories

## Sample Social Story 1: Going back to School



I have been learning at home. This was so I could stay healthy.  
I will be going back to school soon. Some of my friends will be there too.



Some kids might stay at home a bit longer.  
My teachers and the SNAs will try to make school like it was before.

I will try too.

Some things will change but most will stay the same.

This is ok.

I am going back to school soon.

## Sample Social Story 2: I am back at school now



I was learning at home to stay safe.

Now it is safe to go back to school.

It is important to try to stay clean and safe at school



Everyone will try to remember the new rules

The rules are about handwashing and cleaning

I learned new rules before

I will try my best to remember these new rules

I am back at school now

## Sample Social Story 3: Keeping Clean and Safe

I am back at school now  
It is important to stay clean at school  
We will all try our best to do this  
I can help



Teacher will tell me when it is time to wash my hands  
This will help to keep everyone safe  
We are all trying our best.

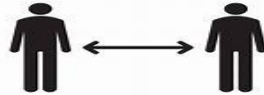
I am back at school now  
There are new rules  
I will try to learn the new rules  
I have learned new rules before  
This is ok  
Some of the new rules are about coughing and sneezing  
I can try to help



I will see signs like these in my school  
This will help to keep everyone healthy  
I will try my best to follow the new rules  
My teacher and SNAs can help to remind me

## Social Story 5: Social Distancing in School

It is safe to go to school again  
I will see some of my friends and teachers again  
When we are in school there will be different rules  
This is ok.  
I have learned different rules before.  
Some of the rules are called Social Distancing.



My teachers can help me and the other children to learn the rules  
These rules help to keep us all healthy  
I will try to remember the rules

### Why is there Social Distancing?

Social Distancing means staying a safe distance away from others  
I will keep a safe distance away from my friends and teachers  
This can help to keep us healthy right now  
Sometimes we don't know if we have a virus.  
Viruses can be sneaky  
Staying apart can help stop sneaky viruses  
It will help to stay about 2 metres apart.  
Teacher can show us 2 metres



😊 2 Metres 😊

If we all try our best with the different rules  
We will stay healthy and return to things we used to do  
This is ok  
I will try to remember the different rules.

## Sample Social Story 6: "Lockdown" is over

A lot of people talked about "Lockdown"

It was a bit confusing



Nothing was locked down!

Lockdown meant some shops and other places were closed

It also meant some places I like to go to were closed

All this was done to help people stay safe and healthy

Because we all tried our best to help we can now start going to these places  
again

That includes school.



It is safe.

Soon I will go back to school.