

This social story was written for a Y2 child with Autism who found it difficult when the usual routine of break time changed because it was raining. His confusion and anxiety showed itself in him screaming and refusing to leave the cloakroom whenever it was wet play.

After introducing the Social Story, he followed the routine of checking the weather before the teacher announced whether it was wet play or not.

When he did this and found it was raining, he remained calm, told the teacher and played inside happily. The change was quite remarkable, and only took a few sessions of reading through the story with his TA.

*His social story had pictures of him doing each stage and so mirrored and showed the actual behaviour that could help him. However for this example the pictures have been replaced with generic shots from the web.*

My Social Story to ... help me keep calm at break times in school.

Why can I not go outside  
*sometimes* for break time?

When it is break time,  
I go outside to check the  
weather.



I check ... Is it raining?



No

I can go outside to play.

I play with my friends.

It's OK.

I check ... Is it raining?



Yes

I can't go outside.  
I play inside with wet play  
toys.  
It's OK.

Sometimes I can play  
outside at break time.



I like playing outside.



Sometimes I can play inside  
at break time.



I like playing inside.