

UNIVERSITY OF
LOUISVILLE®

KENTUCKY AUTISM
TRAINING CENTER 

Social Narratives

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Objectives

- Understand when to use social narratives
- Understand the components of social narratives
- Look at sample social narratives

Social Narratives

- ◆ **Social narratives are interventions that describe social situations in some detail by highlighting relevant cues and offering examples of appropriate responding.**

Social Narratives

- ◆ They are aimed at helping learners adjust to changes in routine and adapt their behaviors based on the social and physical cues of a situation, or to teach specific social skills or behaviors.

When do we use them?

- ◆ **Social Narratives can be used in situations that are new or are difficult for the learner.**
- ◆ **Can be used to teach behaviors that are not in the learners repertoire.**

When do we use them?

◆ **Examples where social narratives may be used include:**

Going to the bathroom

Transitioning

Visiting the dentist/doctor

Going on vacation

Remaining quiet in class

Social Narratives

- ◆ **Social narratives are individualized according to learner needs and typically are quite short, perhaps including pictures or other visual aides.**

Social Narratives

- ◆ **The story remains short, so that the story can be used throughout the day and will keep the learners attention.**

Social Narratives

- ◆ **Sentence types that are often used when constructing social narratives include descriptive, directive, perspective, affirmative, control, and cooperative.**

Sentences in social narratives

- ◆ **Descriptive-** Answers the 'wh' questions *where* does the situation occur, *who* is it with, *what* happens and *why*?
- ◆ **Perspective-** Refers to the opinions, feelings, ideas, beliefs or physical/mental well being of others.

Sentences in social narratives

- ◆ **Directive-** *I will try to cover my mouth when I cough.*
- ◆ **Affirmative-** be used to emphasize the importance of the message or to provide reassurance to the person.

Sentences in social narratives

- ◆ **Cooperative-** Sentences which identify how others may be of assistance to the person
- ◆ **Control-** Statements written by the person with autism to provide personal meaning

How are they used?

- ◆ We implement social narratives throughout the day, not only when the learner is upset.
- ◆ Present the social narrative and if possible have them read certain parts.

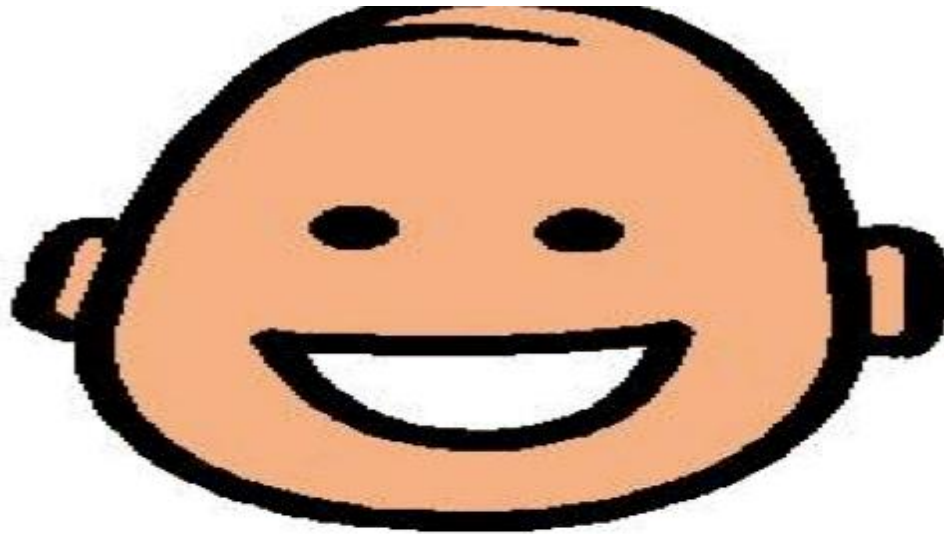
Let's look at examples of Social Narratives

Using Good Words





I use my words to tell people how I feel.
When I use my words to say how I feel,
people will understand my feelings.



When I use my words, I will use nice words.
Nice words are words that make my friends
and teachers happy. I can use nice words
even when I am upset

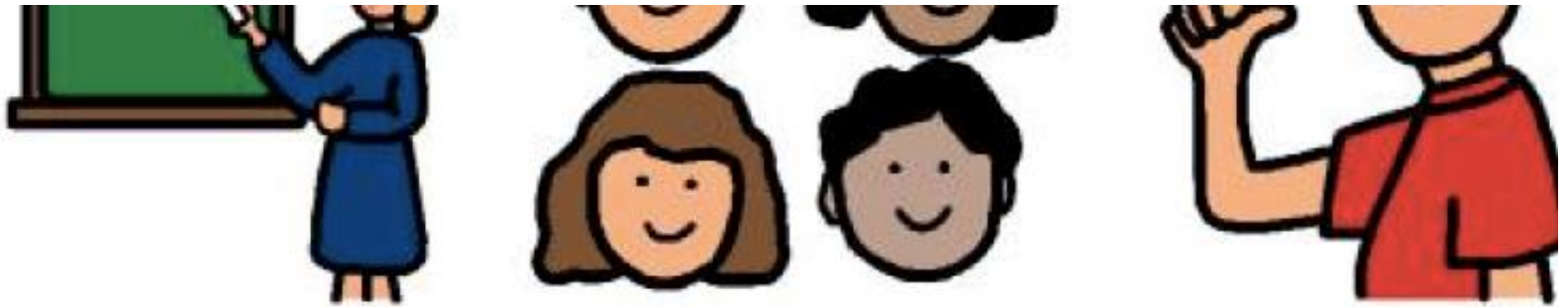
metimes I feel upset. When I am upset
n| calm down and use nice words. Here
me ways I could calm down:

Count to five

Take slow, deep breaths

Close my eyes a minute

Write or draw something



I can decide to only use good words at school.

The teacher will be happy.

My friends will be happy.

My mom and dad will be happy.