

We thank the staff from Flemington-Raritan Autism Program, who wrote the base for these stories. Permission granted to print, adapt, and use at home or in the community. Thank you!!

SOCIAL STORIES

Getting Dressed



Before I go out I need to get dressed.

I can dress myself!

This makes Mommy happy.

First I can put on my socks.

Next I can put on my pants.

I might need to button or snap my pants.

Sometimes there is a zipper to zip.

After that I can put on my shirt.

I might need to button my shirt.

Then I can put on my shoes.

When I dress myself my clothes feel good and I am happy.

I can show Mommy how I dressed myself and she will be so happy!



TYING SHOES

I have at least two pairs of shoes.

I have some white sneakers and I have some black sneakers.

Both pairs of my sneakers need to be tied.

Shoes need to be tied so they stay on and feel comfortable.

If my shoes come untied they might feel too loose.

They might even fall off!

If my shoelaces drag on the floor, I might step on them and fall down.

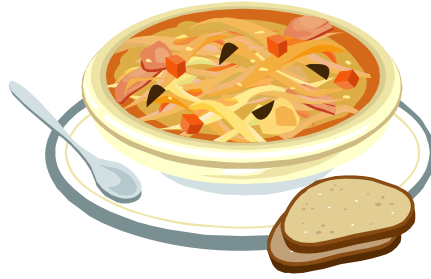
That would probably hurt.

If my shoes are untied, I will try to tie them.

Most boys and girls my age tie their shoes by themselves.

All of the boys and girls in my third grade class tie their own shoes.

I will try to tie my own shoes.



TIME TO EAT

I eat dinner with my family.

We usually eat together at the table.

Everybody has their own plate of food.

I have a plate.

Mom has a plate.

Daddy has a plate.

Everybody eats their own food.

Everybody feeds themselves.

Mommy feeds herself and Daddy feeds himself.

I will try to feed myself.

Sometimes I can use a fork or spoon to feed myself.

Sometimes I can use my fingers to feed myself.

Sometimes it bothers me when my food touches other food.

I will try and ignore that part and just eat.

If I feed myself Mom will be happy.

If I feed myself I will feel very proud and big.



BRUSHING MY TEETH

At night I need to brush my teeth so they are clean.

I put the toothbrush in my mouth.

First I brush in the back on the bottom.

Next I brush in the back on the top.

Then I brush in the front on the bottom.

Last I brush in the front on the top.

When I am done brushing my teeth I can spit out the toothpaste.

I can rinse off my tooth brush after I spit.

When I am ALL DONE I can have something special.



CLEAN HANDS

It is very important to have clean hands.

When my nose is runny I will try to use a tissue.

Using a tissue will keep the germs off my hands.

There are lots of germs on my hands and germs can make people sick.

I don't want to make people sick.

This makes them sad.

When I put my fingers in my mouth they get lots of germs on them.

This might make people sick too.

I will also try not to put my fingers in my mouth.

When I eat food my hands get germs on them.

Before and after I eat I will try to wash my hands.

My hands will be clean with NO germs.

This will make people happy.



EXCUSE ME!

Mom talks to a lot of people.

Mom likes talking to other people.

Sometimes when Mom is talking to other people I want to talk too.

I can say "Excuse me!" to see if Mom can talk to me.

Sometimes Mom will answer me right away.

Other times Mom is talking about something very important. When she is talking about something important she cannot answer me right away.

If I say "Excuse me" and Mom doesn't answer, I can wait until she is done talking.

This will make Mom very happy.

_____ Graders are polite and wait until people are finished talking, especially my teacher.

I am going to try to be very polite



RECESS

After lunch we go to recess.

Sometimes recess is on the playground.

A lot of the children play on the playground equipment.

It is fun to play on the playground equipment.

Everyone should play safely.

When the whistle blows that means it is time to line up and go inside.

I will try to line up as soon as the whistle blows.

This will make my teachers happy.

After I line up I will try to stay in line.

Everyone will be proud of me!



When Other Children Get Upset

Sometimes other children get upset and cry.

When this happens their teacher or babysitter might try to help them.

The teacher or babysitter might try to help them by talking to them or holding them.

This is okay.

Sometimes when other children get upset and cry, it makes me upset and angry.

I can use words to tell my teacher or babysitter that I am upset.

I can say, "That makes me mad!" or "I'm upset!"

It is okay to use words about how I feel.

When I get upset I will try to use words about how I feel.



Saying "Hi!"

People like it when I say "hi" to them.

There are many times during the day when I can say "hi" to people.

I can say "hi" to my family when I get up in the morning.

I can say "hi" to my bus driver.

I can say "hi" to my friends and teachers when I get to school.

I can even say "hi" to people I see in the hallway.

I can say "hi" to new people that I meet.

It makes people happy when you say "hi" to them.

I will try to say "hi" to the people I see during the day.



Asking Other Kids To Play

I like to play with other children.

We can play games and we can play outside.

Sometimes I want another kid to play with me.

This can be a lot of fun.

Sometimes I ask other kids to play with me.

I say "Do you want to _____?"

Sometimes the other kids say yes!

This makes me very happy!

Sometimes the other kids say no.

This makes me sad.

But other kids don't always want to play what I want to play.

This is okay.

If another kid says no, I can ask them what they want to play.

If they don't want to play at all I can play by myself.

This is okay.

I can have lots of fun playing by myself too!



Kidding Around

Sometimes when people are feeling silly they joke around.

They might say something like, "I'm going to eat worms!"

They aren't really going to eat worms, they are just kidding.

This is funny. This is **good** kidding around.

Sometimes when people are feeling silly they might hide a person's pencil.

Then they tell the person they have the pencil and they are only joking.

This can be funny too.

This is **good** kidding around.

When I tell someone I am going to give them a beating this is *not* funny.

This is called **bad** kidding around.

Another kind of bad kidding around is when I say I want to hurt someone.

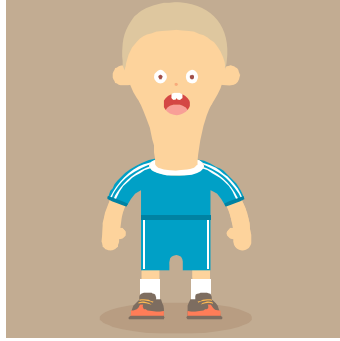
I am not really going to hurt anyone, so this is **bad** kidding around.

I will try not to do any **bad** kidding around.

This will make my friends, family and teachers very happy!

They like it when I am feeling silly and do good kidding around!

This makes them laugh!



Tone Of Voice

The way my voice sounds is called the tone of my voice.

There are lots of different tones of voice I can use.

My voice can sound mad.

My voice can sound happy.

My voice can sound excited.

My voice can sound scared.

My voice can sound sad.

Sometimes my voice just sounds regular.

My regular voice is the voice I use most of the time.

I use my voice to talk to other people.

Sometimes I ask people for things.

I should use my regular voice or my happy voice to ask people things.

When I use my regular voice or my happy voice people will listen to me and try to help me if they can.

When I use my mad voice to ask for things, people get mad and don't want to help.

I will try to use my regular voice or my happy voice to ask people for things.

For more information on *Carol Gray & Social
Stories/Comic Strip Conversations* go to *Carol Gray's
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