

When things change,  
I can be okay

Social Story

**When things change, I can be okay**

## **Symbol Supported Social Story**

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Story written and created in collaboration with Lynn McCann, Autism Specialist at Reachout ASC and author of '*Stories that Explain*' published by LDA.

Web: <https://reachoutasc.com/>

Facebook: <https://www.facebook.com/ReachoutASC>

This resource was made primarily with a single skin-tone as it is intended to be used with a specific person. To make the social story more personalised you can customise the skin-tones in InPrint 3.

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Insert photo of person here



My name is

.



I am in



class.



I live



at home

with

.

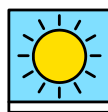


I like to know

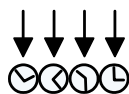
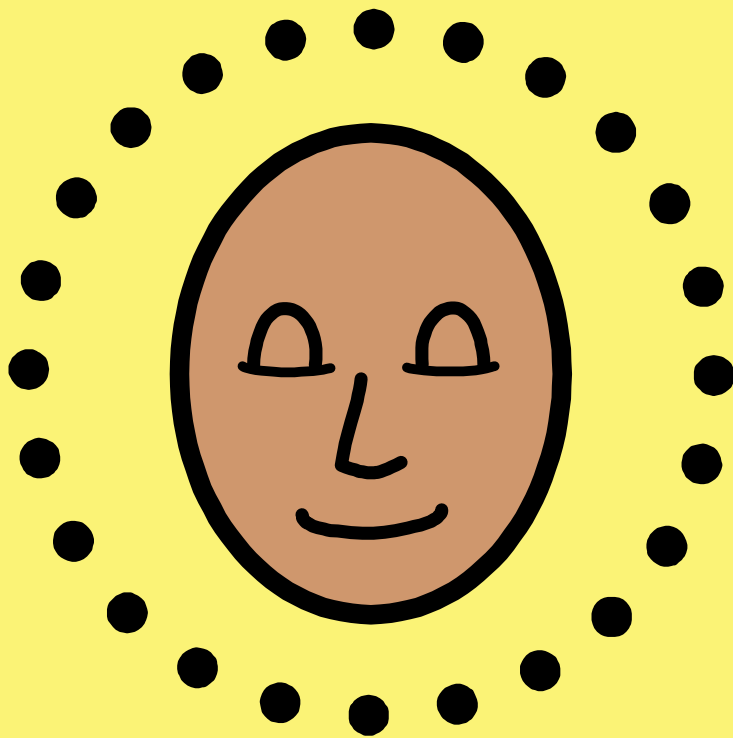


what is happening

in



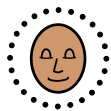
my day.



It is important for me to have good routines.



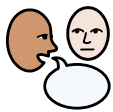
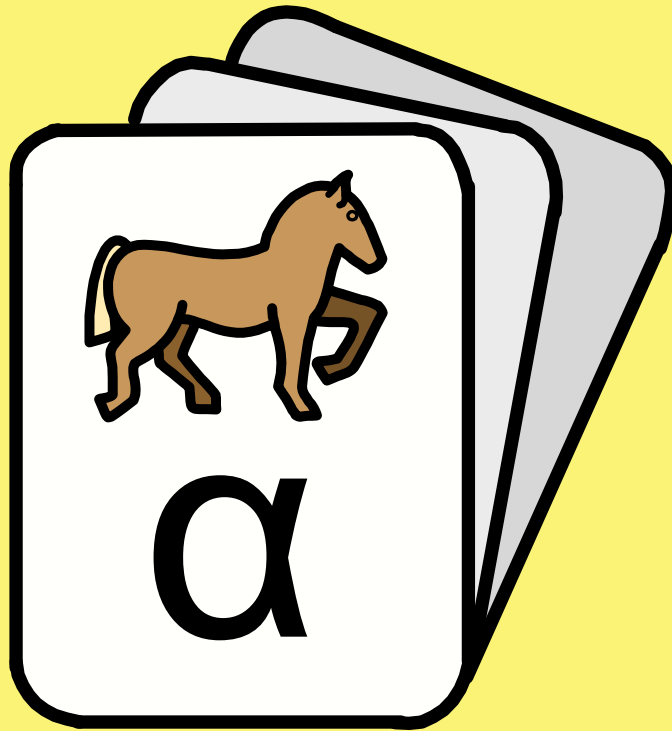
It is important to know what I am doing.



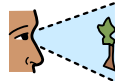
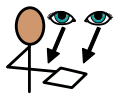
This can help me feel safe.



This is good.



Telling me what is happening might help me.



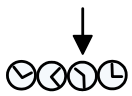
Showing me visuals so I can see what is happening might help me.



Giving me time to think might help me.



Help is good.



Sometimes things change.



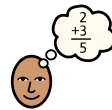
This might make me feel scared, upset or worried.



It can take my brain a long time to understand



that something is different.



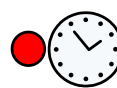
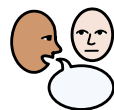
My brain needs time to work out what to do.



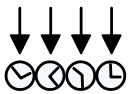
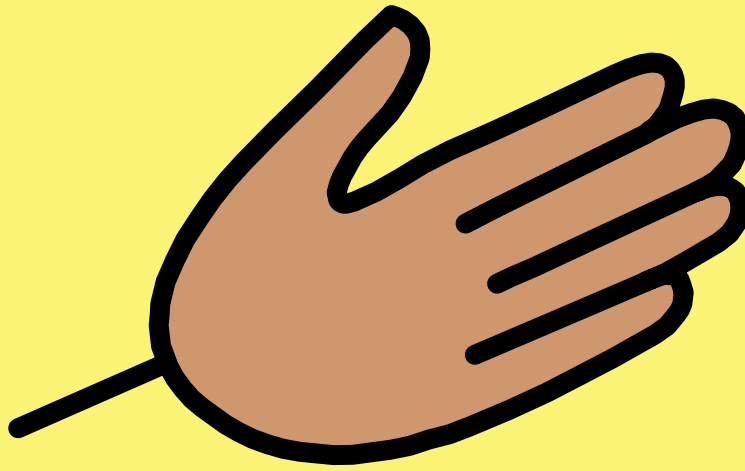
This is because I am autistic.



This is how my brain works.



It helps if people tell me about a change before it happens.



Keeping my routine



the same



makes me



feel safe.



This is good.

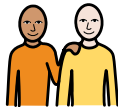


My parents,

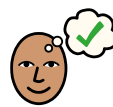


teachers

and



friends



understand this.

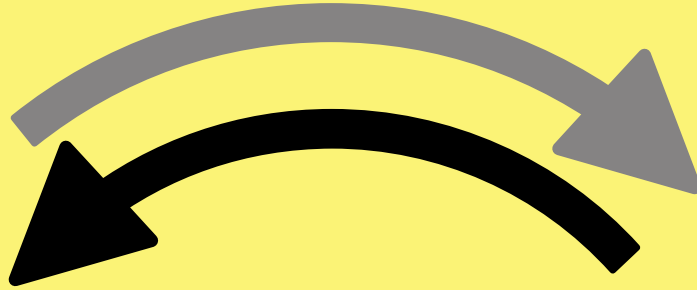


They help me



when things change.





It is part of life that things might change.



Some changes are only for a short amount of time.



Some changes might be good for me.



Some changes might be difficult for me.





If it is a difficult



change,



I have



people

to



help me.



This is good.



When things change,



I can

be



okay.



WELL DONE



ME!



Things that might help me