

# My Social Story

## Step 1: What Happened?

Think about a time when you had a challenge with a friend or classmate. Describe what happened in a few sentences or draw a picture of the situation.

**Example:** "At recess, my friends didn't let me play their game, and I felt left out."

### Your Story:

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## Step 2: How Did You Feel?

Circle or colour the emotions you felt during the situation:



Happy



Angry



Sad



Frustrated



Nervous



Left Out

Can you describe how your body felt? e.g. 'My tummy hurt', 'I felt like crying', 'I crossed my arms'

### How I Felt:

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## Step 3: What Could You Do?

Brainstorm different ways you could handle the situation next time. Write or draw two different choices.

### Option 1:

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### Option 2:

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