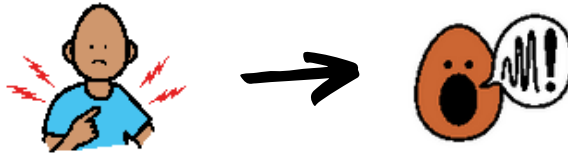
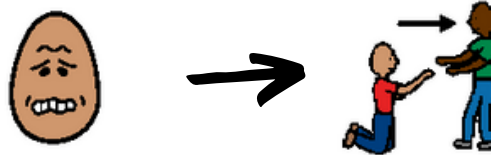


When I am feeling big worries, I can ask myself...

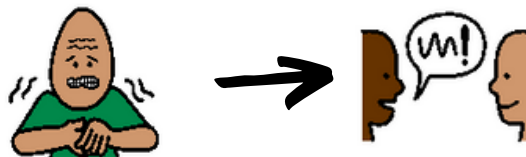
Am I hurt, or is anyone else hurt? If the answer is yes, I should yell for help, or maybe even scream.



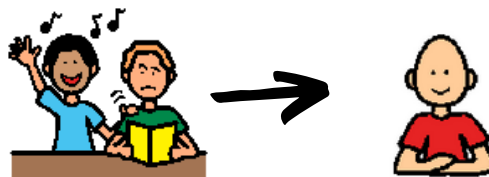
Am I at risk of being hurt, or is anyone else at risk of being hurt? If the answer is yes, I could call for help, or look for a helper I trust.



Should I be worried? If the answer is yes, I need to try to stay calm and share my worries with a helper I trust.



Am I just bothered by this situation? If they answer is yes, I should not yell, or scream, or cry. I should use a calm voice to say that I am bothered. If I stay calm, it will help to make me feel less bothered, and maybe even fix the problem.



Now I can choose my reaction to match my worry.

Using The Big Worries Social Script



This is a one page social script that is meant to be used to support the child who shows big and/or reactive responses to situations that they find bothersome, or even worrisome. It is a simply written, visual representation of the steps we should go through to assess a situation and decide our response.

Example of Use...

Your child sees you put away their toy as you tidy up for the evening. They immediately begin to yell and cry out "Stop, stop, don't touch that!"

There are many reasons for a child to exhibit a big response to a small problem. Maybe they're worried that the toy might not come out again, or they're bothered because they weren't finished playing.

Whatever the reason for the big reaction, it is an important social skill to be able to recognize and match our reaction to the situation or problem we have encountered.

How to Read a Social Script...

Any style of social story, whether it's a script, or in book form, is best introduced at a time when your child is in a calm and ready mood. Time of day, environment and mood should always be considered when it comes time to read the story or script.

Once you have identified an opportune time to introduce the story or script you can simply explain to your child that you have something you'd like to read with them that you feel may be helpful to both of you. Remember that these social stories and scripts are meant to be read and talked about many times over.

After reading the story or script be sure to express to your child how helpful it has been to read with them. Say, "I found this very helpful. It has helped me to understand that when I am feeling bothered I do not need to yell, or scream, or cry."

Always try to remember that telling a social story under the wrong conditions is pointless and stressful to the child. WHEN you choose to read a social story or script is just as important as the story or script itself.