



# SOCIAL NARRATIVES

A social narrative can explain in simple language what is happening or what will happen. It can identify where the individual may be going and what the expectations are.

Helping to clarify what is coming can increase predictability and a sense of control. Using both words and pictures can be helpful to support comprehension and reduce overwhelm.



## RESOURCES INCLUDE:

War (2 versions)

Sleeping In a New Place (2 versions)

Being Afraid (2 versions)

Big Feelings & Being Gentle with Myself and Others (2 versions)

Staying Safe (2 versions)

Adjusting to a New Place (2 versions)

Being in a Noisy Place (2 versions)

Leaving Suddenly (2 versions)

Loss of a Loved One (2 versions)



# WAR I



**People in my country are experiencing a war. War is very dangerous.**

**During a war, there may be bombings, gun shots, and violence. People can get hurt.**

**War is scary. I may cry, scream, or yell. My stomach may hurt. I may feel angry, mad, and sad. My family, other adults, and other kids may also feel this way. It is okay to feel angry, mad, and sad.**

**To stay safe, we may need to leave our home. I may have to travel with my family to stay safe.**

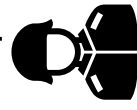
**To stay safe, it is important to listen and follow the directions of my family or other adults I know. I can take deep breaths, ask for tight squeezes, or ask for help.**

**War is dangerous and scary, but there are people that I know who are trying to keep me safe and comfort me.**

# WAR II



People in my country are experiencing



a war. War is very dangerous.



During a war, there may be bombings,



gun shots, and violence. People can



get hurt.



War is scary. I may cry, scream, or yell.



My stomach may hurt. I may feel



scared, mad, and sad. My family, other



adults, and other kids may also feel

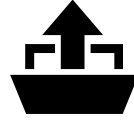
and follow the directions of my family



this way. It is okay to feel scared, mad,



and sad.



To stay safe, we may need to leave our



home. I may have to travel with my



family to stay safe.



To stay safe, it is important to listen



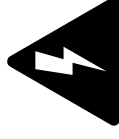
or other adults I know. I can take deep



breaths, ask for tight squeezes, or ask



for help.



War is dangerous and scary, but there



are people that I know who are trying



to keep me safe and comfort me.

# SLEEPING IN A NEW PLACE I



Sometimes, we have to sleep in new places. We might sleep in new places because it is safer than the old place we slept.

Sleeping in a new place is hard because it is different. I can remember that even though it is hard, we are sleeping in a new place to help us stay safe.

When I sleep in a new place, it might have different sounds or different smells. If that bothers me, I can cover my ears or plug my nose.

When I sleep in a new place, I might sleep on something that feels different, like the floor or a mat or a sleeping bag. People are trying to find things to make me comfortable, but sometimes it does not feel comfortable.

When I sleep in a new place, there might be different people. Being around new people might make me anxious. I can ask someone I know to stay near me or hold my hand while I fall asleep.

When I sleep in a new place, there might be more people. If there are more people, it might be noisy or the lights might be on when I am trying to sleep. I can cover my ears if it is loud. I can put something over my eyes if it is bright.

There are lots of changes when I sleep in a new place. If I need help trying to sleep in the new place, I can tell someone. I can ask someone I know to sing me a song or tell me a story. I can also have someone I know rub my back.



# SLEEPING IN A NEW PLACE II



Sometimes, we have to sleep in new



places. We might sleep in new places



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Sleeping in a new place is hard



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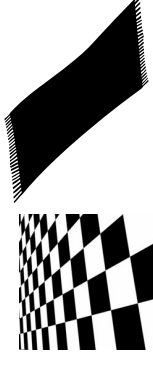
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There are lots of changes when I sleep

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sleep in the new place, I can tell

someone. I can ask someone I know to



sing me a song or tell me a story. I can

also have someone I know rub my

back.

# BEING AFRAID I



**Sometimes I might feel afraid or scared. It is okay to feel afraid.**

**I might feel afraid when there are loud noises, when I am away from home, or when something changes around me. I might feel afraid when I see other people who are afraid or upset.**

**When I feel afraid, I might feel like my stomach is upset or my heart is beating faster. I might want to hide or run.**

**When I feel afraid, I can find an adult that I trust to help me. I can squeeze their hand or give them a hug if I want to. I can hug my own body to help me feel safe.**

**To help my body calm down, I can go somewhere safe with someone I trust. I can take deep breaths in through my nose and out through my mouth to help me breathe out the scary feelings.**

**It's okay to be afraid. When I am afraid, I can ask for help to calm down.**

# BEING AFRAID II



Sometimes I might feel afraid or



scared. It is okay to feel afraid.



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noises, when I am away from home, or



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It's okay to be afraid. When I am afraid,



I can ask for help to calm down.







# BIG FEELINGS & BEING GENTLE WITH MYSELF AND OTHERS I



**Life is very hard right now. Life is different than it was before. When things are hard and different, people have lots of feelings.**

**I might feel mad, sad, confused, or scared. Sometimes my feelings are big. Sometimes when I have big feelings, I hurt myself or hurt other people. When I have big feelings, it is important that I am gentle with myself and gentle with others.**

**If I am having big feelings, I can think of ways to help my big feelings and be gentle with myself and other people.**

**I can give myself big squeezes or ask someone else to give me big squeezes. This is a way to be gentle with myself and others when I have big feelings.**

**I can push my hands together or against someone else's hands. I can push my hands on a wall or the floor. This is a way to be gentle with myself and others when I have big feelings.**

**I can take deep and slow breaths on my own. I can take deep and slow breaths with others. I can cover my ears or close my eyes when I take deep slow breaths. This is a way to be gentle with myself and others when I have big feelings.**

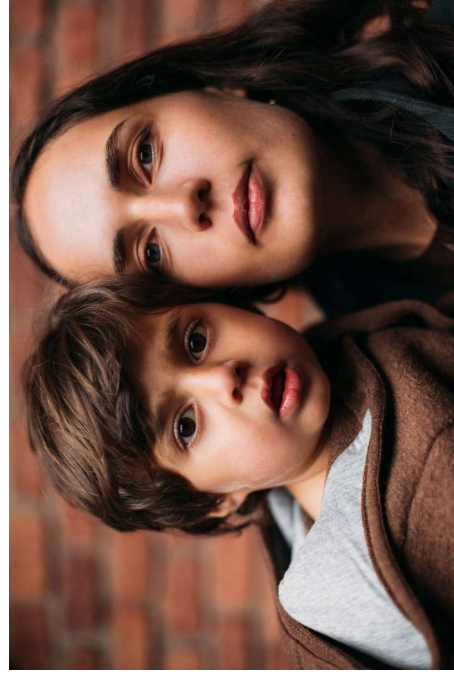
**I can cry or talk to someone about my feelings. This is a way to be gentle with myself and others when I have big feelings.**

**Having big feelings makes sense right now. It is okay to have big feelings. When I have big feelings, I will remember to be gentle with myself and others.**



# BIG FEELINGS & BEING GENTLE WITH MYSELF AND OTHERS

## II



Life is very hard right now. Life is

different than it was before. When



things are hard and different, people



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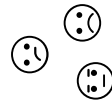
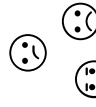


I might feel mad, sad, confused, or




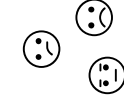
scared. Sometimes my feelings are big.

Sometimes when I have big feelings, I  

  
 hurt myself or hurt other people.

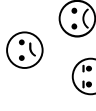



When I have big feelings, it is

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If I am having big feelings, I can think



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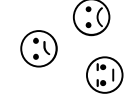


I can give myself big squeezes or ask



someone else to give me big squeezes.

This is a way to be gentle with myself



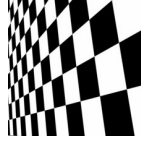
and others when I have big feelings.



I can push my hands together or

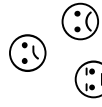


against someone else's hands. I can

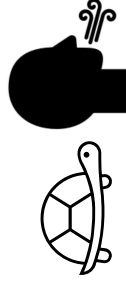


push my hands on a wall or the floor.

This is a way to be gentle with myself



and others when I have big feelings.



I can take deep and slow breaths on



my own. I can take deep and slow



breaths with others. I can cover my



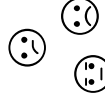
ears or close my eyes when I take deep



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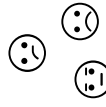
gentle with myself and others when I



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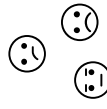
I can cry or talk to someone about my



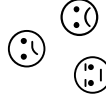
feelings . This is a way to be gentle



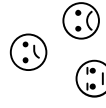
with myself and others when I have big



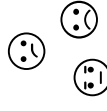
feelings.



Having big feelings makes sense right



now. It is okay to have big feelings.



When I have big feelings, I will

remember to be gentle with myself



and others.



# STAYING SAFE I



Staying safe means avoiding danger when possible. When I am in danger, my heart may beat faster, I may sweat, or my stomach may hurt.

There are rules to stay safe and avoid danger when possible:

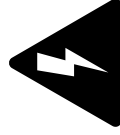
- Stay with my family member or an adult I know.
- Hold the hand of my family member or an adult I know.
- Follow directions of my family member or an adult I know.

To keep me safe, my family member or another adult may tell me I need to do something. When my family member tells me to do something, I need to follow the direction quickly to stay safe. Sometimes I might not like the directions, but I need to follow the direction to stay safe.

If I feel I am in danger or unsafe, I can tell my family member or an adult I know. I can hold my family member's hand. I can take deep breaths or ask my family member for a tight squeeze.

When I follow safety rules, my family member or an adult I know can help me stay safe.

## STAYING SAFE II



Staying safe means avoiding danger



when possible. When I am in danger,



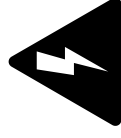
my heart may beat faster, I may sweat,



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There are rules to stay safe and avoid



danger when possible:



- Stay with my family member or an



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- Hold the hand of my family

member or an adult I know.

- Follow directions of my family 



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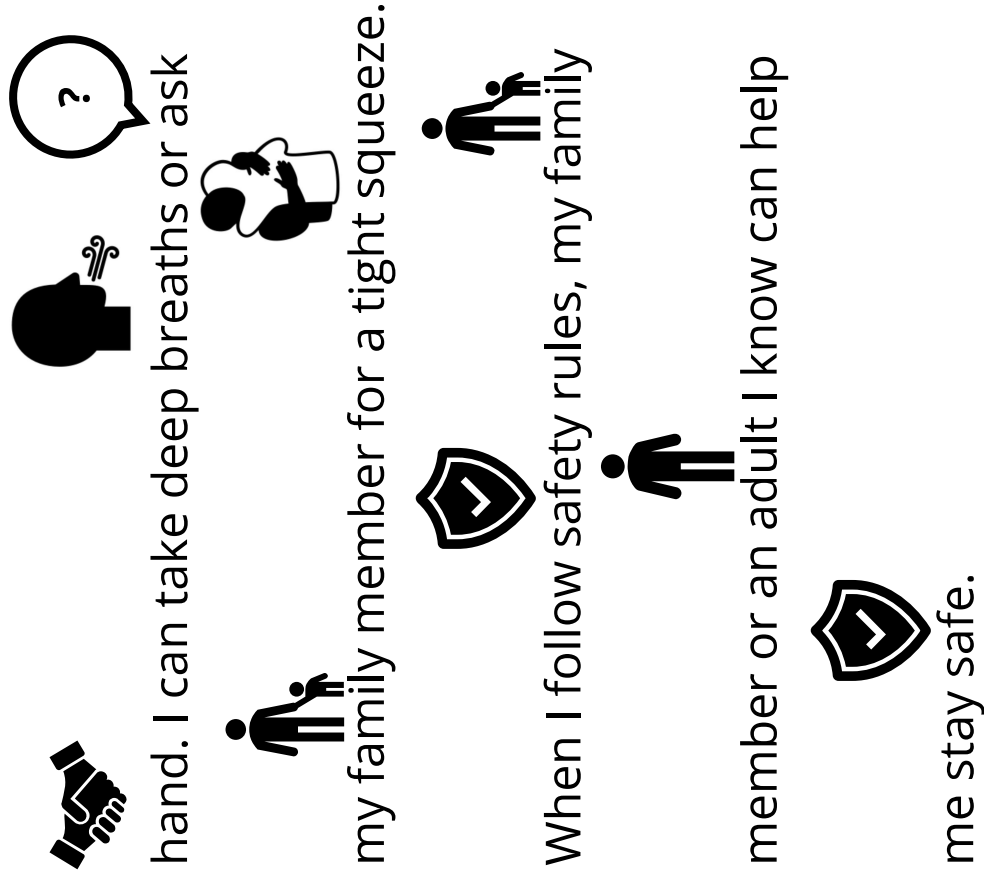
tell my family member or an adult I



know. I can hold my family member's



## Resources for Autistic Individuals and their Families Impacted by War and Displacement



# ADJUSTING TO A NEW PLACE I



**I had to leave my old home and go somewhere new. I went somewhere new so I could be safer. Going to new places can be hard.**

**When I am somewhere new, there might be different sounds. It might be louder or quieter than my old home. There might be different sounds that I have never heard before. If I don't like the new sounds, I can cover my ears to take a break from the sounds.**

**When I am somewhere new, there might be different smells. Some smells might be good, and some smells might be gross. If I don't like the new smells, I can plug my nose for a little while.**

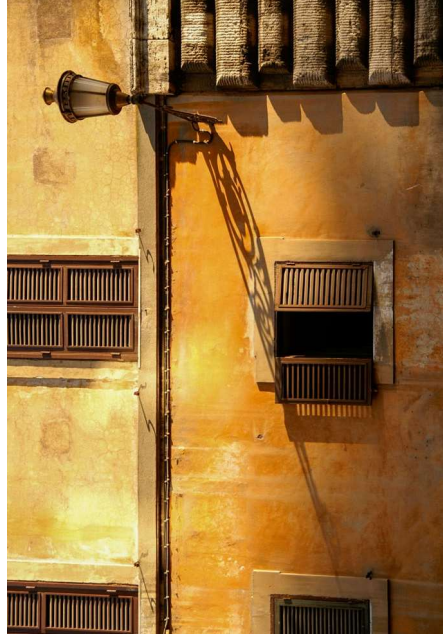
**When I am somewhere new, there might be different people. There might be people that I know and people that I don't know. Being with new people might feel scary. If I feel scared, I can tell someone I know and stay by someone I know. Being with new people can also be a good thing. I might meet someone new that I like.**

**When I am somewhere new, I am not with my old things. I had to leave things behind. That might make me feel sad or mad. I won't be able to get my old things, but I can tell someone that I miss my old things.**

**It is hard being somewhere new. There are people who want to help me get used to the new place. I can tell them my feelings and ask for help.**



# ADJUSTING TO A NEW PLACE II



I had to leave my old home and go

somewhere new. I went somewhere



new so I could be safer. Going to new



places can be hard.

When I am somewhere new, there



might be different sounds. It might be




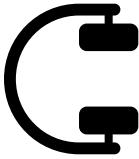

louder or quieter than my old home.


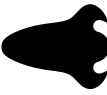
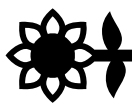





There might be different sounds that I









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When I am somewhere new, I am not



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that I miss my old things.

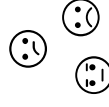


It is hard being somewhere new. There



are people who want to help me get

used to the new place. I can tell them



my feelings and ask for help.

# BEING IN A NOISY PLACE I



**Sometimes it is noisy. There may be loud crashing noises, popping noises, sirens, or people crying or yelling. This can feel scary.**

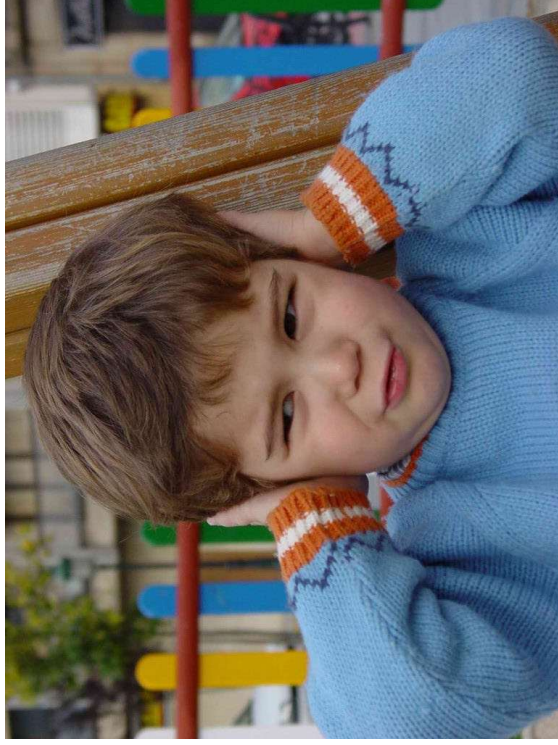
**People can feel scared when it is noisy or when they see others crying. It is okay to feel scared.**

**When kids hear loud noises, they might feel afraid or have an upset feeling in their stomach or head. The sounds might feel painful in their ears, head, or body. They might feel like they want to hide.**

**When I hear loud noises, I may feel scared or want to hide. I can stay with my family or another adult. I can cover my ears and take deep breaths to breathe out the fear. I can breathe in through my nose and slowly out through my mouth. I can look at my family or another adult that I know. I will stay with my family or another adult that I know.**

**I can be proud of myself for trying to relax my body and for staying close to my family or another adult that I know when it is noisy.**

# BEING IN A NOISY PLACE II



Sometimes it is noisy. There may be



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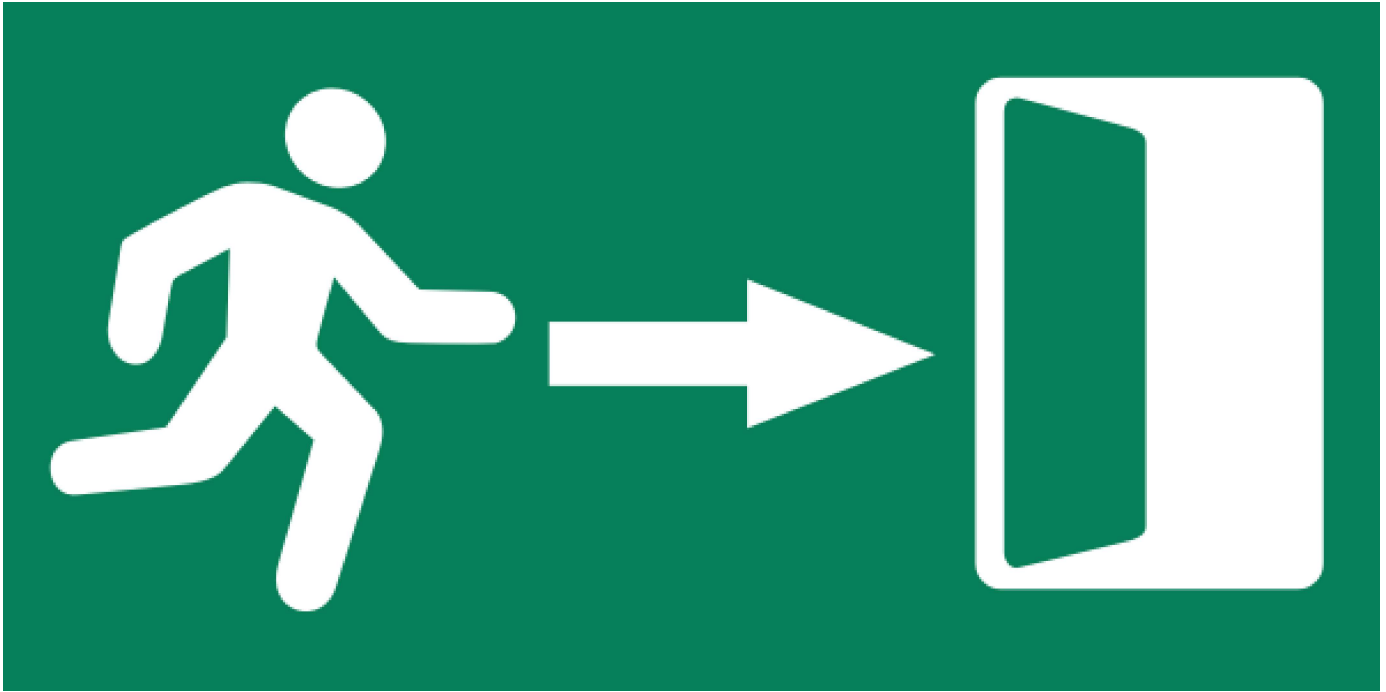
my family or another adult that I know



when it is noisy.



# LEAVING SUDDENLY I



Sometimes we need to leave quickly. This may feel scary.

People may be afraid or angry when we need to leave or when there is danger. People might yell instructions and pack things fast or leave things behind. People might walk fast or run away.

When kids have to leave quickly, they might have an upset feeling in their stomach. They might feel scared, worried, or angry. They might feel sad leaving things behind. They might not want to move or feel like they cannot move.

When I have to leave quickly, I may feel afraid and get an upset feeling in my body. My body may feel full of energy and my heart might beat fast. It is okay for me to feel scared.

I can hold a family member's hand and watch what they do. I can do the same things my family does and follow them. I can go to a safe place with my family or another adult that I know. When I get to the new place, I can take deep breaths or gently squeeze my hands or body. This can help calm my body.

I can leave quickly and then calm my body down when we get to the new place.

# LEAVING SUDDENLY II



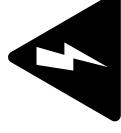
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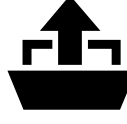
worried, or angry. They might feel sad

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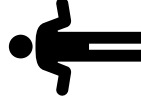
move.



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# LOSS OF A LOVED ONE I



When someone I love dies, it means I will not see them again. It can be hard when I do not get to see people I love. There are things I can do to help me remember them.

I can think about them and the happy things we did together. I can talk to them in my head, or I can talk to other people about them.

When someone I love dies, I may have strong feelings. It is OK to feel sad, mad, or scared. When I have big feelings, it is OK to cry.

When I have big feelings, there are things I can do to help me feel better. I can take deep breaths. I can think about things that make me happy, and I can be with people I love.

It is OK to feel confused when someone dies. I can ask questions to help me understand. I can talk to others about how I feel.

Even though I lost someone I love, there are other people here who still love me. The people here who love me will help me feel better.



# LOSS OF A LOVED ONE

## II



When someone dies, I will not see

them again.



Instead, I can think about them in my

head.

When someone dies, it is OK to feel



sad or mad. When I am sad, it is OK to



cry.



When I am sad, I can take deep



breaths and be with people I love.



The people here who love me will help

me feel better.