“Transitions”

KIND THEORY

A Social Story

Specially designed for AutismWish
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A social story on “Transitions”

This social story has been created to help children handle everyday transitions.
Hello, My name is Jonah.
I do a lot of things every day.

I play games.

I do activities.

I read stories.

All these things have a start.

But they also have an end.
Sometimes I get sad and frustrated when things end.

It’s okay to have these feelings.

I remind myself that I will get to do these things again another time.
This makes me feel better.

I know that all things have a start.

And all things have an end.

And it's okay!
I start brushing my teeth.

I end brushing my teeth.

I start reading a book

I end reading a book

I start playing a game

I end playing a game
Start and Stop Images
Guideline

Extra Start and Stop images with dotted lines border can be used as visual reminders to help a child with transitions. Simply cut the image and laminate it. Show the start image to the child when he/she is about to start an activity. Show the stop image to the child when the activity is supposed to end. Visual reminders are an effective way of helping a child handle transitions!

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If you want a resource for something specific, you can fill out our contact form and put in a request!