Social Narratives During COVID-19

What are social narratives?

Social narratives are short stories that use concrete text, photos, or drawings to explain situations or skills that may be confusing to the individual. They often include examples of how to positively respond to the situation. It is helpful to use social narratives to support the individual's understanding of changes during unexpected events such as COVID-19.

How do I use them?

1. Select a social narrative that explains the situation, event, or skill you want to teach the individual.

2. Select the visual format that best matches the way the individual understands information:
    a. **Objects** – actual objects or object representations
    b. **Photo** – photos of real objects or activities
    c. **Picture symbolic** – colored drawings
    d. **Line drawing** – black-and-white line drawings
    e. **Text** – written words and numbers

3. Develop a routine of when you will read the social narrative with the individual. It is important to use social narratives as a preparation tool. Try to do it at the same time every day. If possible, it is helpful to review it before the target skill is used or the event occurs.

4. Praise the individual for reading or listening to the social narrative every time you review it.

5. When the event, situation, or skill occurs, it is helpful to prompt and praise the individual by using the language that is used in the social narrative.

6. If the individual needs help doing the skills explained in the social narrative, you can model how to do each skill or practice doing the skill with them.

7. Adjust when, where, and how often the social narrative is read based on the individual's needs.

COVID-19 Examples

Explaining COVID-19
The resources below help explain different topics related to coronavirus to the individual.

Text and pictures
Text only

Giving Personal Space
The resources below provide the individual information on how to give personal space to others.

Text and pictures
Text only

Handwashing
The resources below provide the individual step by step directions on how to wash their hands.

Text and photos
Text and pictures
Text only

Social Distancing
The resource below provides a visual guide about social distancing and why it's important when people are sick.

Text and pictures

Isolation
The resource below provides an explanation of what it means to be in isolation if someone has COVID-19 and steps to keep others healthy like wearing a mask or washing your hands.

Text and pictures

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