My Story

My story about: _____

1 Where and when

draw or paste a picture or photo

2 Who is there

draw or paste a picture or photo

3 What happens

draw or paste a picture or photo

4 How people may think or feel

draw or paste a picture or photo

5 One thing I can try

draw or paste a picture or photo

6 How it ends

draw or paste a picture or photo

Write in the child's voice (I, my) with calm, true words like usually and sometimes. Describe much more than you direct: use panel 5 for one gentle idea, not a list of rules.

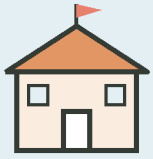
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When My Day Changes

A sample story to read together on a calm day, before a change happens.

1 My schedule



Most days at school follow my schedule. My schedule shows me what comes next.

2 Sometimes plans change



Sometimes the plan changes. A teacher may be away, or it may rain at recess time.

3 A change can look like this



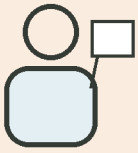
When it rains, recess may be inside instead of outside. That is a change.

4 Feeling unsure is okay



Changes can feel surprising. Many kids feel unsure at first, and that is okay.

5 My teacher helps



My teacher shows me the change on my schedule. I can look at it and take a slow breath.

6 The day keeps going



Then the day keeps going. Changes happen to everyone, and the rest of my day is still there.

This story has 11 describing sentences and 1 coaching sentence (panel 5). Swap in your child's real school, teacher's name and the change you expect.

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Plan Your Story

Answer the six questions first. Then write one short page for each answer.

WHERE does it happen?

WHEN does it happen?

WHO is there?

WHAT happens, and what are the cues?

HOW does it usually go?

WHY does it happen, or why does it help?

Describe sentences

facts, what others think or feel, reassurance

Count:

Coach sentences

one gentle idea: I can try...

Count:

Describe at least twice as much as you coach.

Before you read it

- [ ] Title, beginning, middle and end
- [ ] Calm, patient words, no scolding
- [ ] A picture on every page
- [ ] Written as I, or with the child's name
- [ ] Literally true: usually, sometimes, may
- [ ] Read it on calm days, before the situation

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