

NARRATIVES FOR ANXIETY

What are they?

Narratives for anxiety are a visual approach used to provide predictability for individuals. Narratives for anxiety (based on the Social Story model) aim to inform an individual about what to expect during an event or situation which might be different or new.

Why do we use them?

- Not knowing what to expect can cause anxiety and result in a lack of engagement. Providing predictability and outlining what is going to happen during a certain situation can reduce this.
- Using a visual approach to do this can further support understanding and processing
- Provide as much information about an upcoming event without placing an emphasis on how someone 'should' behave in that situation.
- Narratives for anxiety should never assume how someone might feel in a situation, or be used as a tool to control behaviour.

How do we make them?

- Learn as much as possible about the upcoming event/scenario/situation. This includes timings, locations, people involved, sensory experiences.
- Use a system such as Widgit online or Boardmaker online to symbolize your narrative.
- Use short sentences which are to the point and don't include subjective statements.
- Include what sensory/regulation supports and help will be available for the individual.



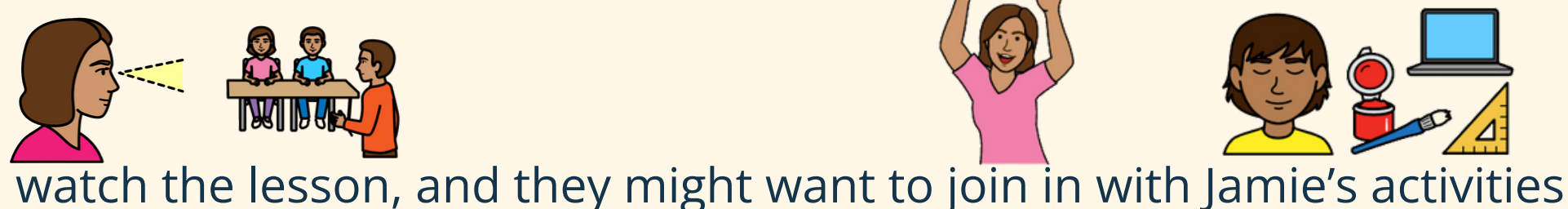
On Thursday afternoon, two visitors are coming to Jamie's school.



The visitors are called Jess and Katie. They will arrive at 2pm.



Jess and Katie want to learn about Jamie's class



They will watch the lesson, and they might want to join in with Jamie's activities



Jess and Katie will have some questions to ask Jamie and his class.



Jamie does not have to answer the questions if he does not want to



Jamie can use his ear defenders and fidget toys to help him if he feels worried.