

Social Story Example 1

Scenario 1

Rachel is a sixth-grade girl with autism. She is transitioning into seventh grade and is having extreme anxiety about changing schools.

Page one

Going to seventh grade is what we all do after we finish sixth grade. (Descriptive)

Page two

Everyone feels nervous about starting a new school year and getting new teachers. (Perspective)

Page three

I will still see a lot of adults and peers I know. (Descriptive) Mrs. Jones will be the secretary and Mrs. Smith will be the nurse. (Descriptive) I will also see my resource teacher, Mrs. Davis each day. (Descriptive)

Page four

I will come to the same school building for seventh grade as I did for sixth grade. (Descriptive)

Page five

My sixth-grade friends will become my seventh-grade friends. (Descriptive)

Page six

Cafeteria time will be the same. (Descriptive) My classes will be different. (Descriptive)

Page seven

I will like being an seventh grader and will be happy to come to school. (Perspective)

Social Story Example 2

Scenario

Beth is a seventh grader diagnosed with Asperger syndrome who is going to be transitioning to the eighth grade soon. She is experiencing some anxiety about the move.

Page one

There are many types of teachers in middle school. (Descriptive) It may be difficult to get used to new teachers because I don't know them very well. (Perspective)

Page two

I will have a new teacher named Mrs. Jones, who will visit me on Tuesdays.
(Descriptive) I will visit with her for a short time before lunch. (Descriptive)

Page three

When I am with Mrs. Jones, I will respect her and be a good listener. (Directive)

Page four

It may be fun to meet with Mrs. Jones because we will play games, listen to music, and talk. (Descriptive)

Social Story Example 3

Scenario

Fred is a fifth grader diagnosed with autism. He has a limited vocabulary but is able to understand more than he can verbalize. When he encounters a person he knows, Fred does not respond appropriately.

Page one

When I see someone I know, usually I smile and say "Hi." (Descriptive)

Page two

Sometimes if I pass someone I know in the hall or while I'm out, I can smile, wave, or just nod my head. (Descriptive)

Most people like it when I smile at them, because it makes them feel good.
(Perspective)

Page three

If I visit a good friend or a relative, I can shake their hand. (Descriptive) I could also give them a pat on the back or a small hug. (Descriptive)

Social Story Example 4

Scenario

Jeff is a eleventh grader diagnosed with autism. He does not shower regularly and the other kids in his class have been complaining.

Page one

People at school shower every day. (Descriptive)

They like to smell good. (Perspective)

I like to smell good, too, so I will take a shower every day. (Perspective)

Taking a warm shower can be relaxing and the smell of soap on my skin and shampoo in my hair is refreshing. (Descriptive)

Page two

When I am finished scrubbing my body and washing my hair, I need to rinse all the soap off. (Descriptive)

When I am done, I turn off the shower and dry off. (Descriptive)

I enjoy taking a shower every day, and so do my classmates. (Perspective)

Social Story Example 5

Scenario

Bobby is a high-functioning ninth grader who has autism. He works with different paraprofessionals throughout the day, but there is one of them he has difficulties interacting with.

Page one

There are many types of paraprofessionals for students to work with at school. (Descriptive)

It can be difficult to get help from more than one paraprofessional. (Perspective)

Sometimes I don't know the paraprofessional very well and would rather work with other people. (Perspective)

Sometimes I like to work on my own. (Perspective)

Every day Mrs. Jones will be in class to help me. (Descriptive)

Some days Mrs. Jones will ask if I need help. (Descriptive)

Some days I will be able to do the work on my own. (Descriptive)

On other days she will help me. (Descriptive)

It is okay to get help from Mrs. Jones. (Perspective)

I'm not the only one who needs help. (Perspective) |

Sometimes other kids need help, too. (Perspective)

I sometimes don't feel like working with Mrs. Jones because I want to work alone or because I don't feel like working. (Perspective)

It is important that I am nice to Mrs. Jones. (Directive)

Page two

When Mrs. Jones says "Hi" to me or asks me a question like, "How are you today Bobby?" I can answer in a nice way like, "Hi, Mrs. Jones" or "I'm doing good" or "I feel a little tired today." (Directive)

When Mrs. Jones asks, "Do you need any help?" I can say, "Yes, I do," or "No, thank you, I want to try it on my own," or "May I get some help from a peer?" This is being polite. (Directive)

I feel good when I respond politely to Mrs. Jones. (Perspective)

It is okay to look at Mrs. Jones, talk with Mrs. Jones and get help from Mrs.

Jones. (Descriptive)

Other kids look, talk, and get help from Mrs. Jones too. (Descriptive)

Lining Up

At school, we sometimes line up.

We line up to go to the gym, to go to the library, and to go out to recess.

Sometimes my friends and I get excited when we line up, because we're going someplace fun, like out to recess.

It is okay to get excited, but it is important to try to walk to the line.

Running can cause accidents, and my friends or I could get hurt. I will try to walk to the line.

Being a responsible person (for older verbal person)

Sometimes I am asked to do things that I don't want to do. Everyone has to do things they don't want to do sometimes. This is what it means to be a responsible person. It may not be fun but everyone is responsible to do things they don't like to do.

Sometimes mom has to cook dinner when she doesn't want to. This may be her responsibility. Sometimes dad has to go to work when he doesn't want to. This may be his responsibility. Sometimes I have to do things that I don't want to, like clean up my apartment. This is my responsibility. Even though I don't want to clean, it is usually best to be responsible and do what I need to do. Everyone has to do things they don't like to do some of the time. This is what it means to be responsible.

When it is time to do something that I don't want to do, I may feel like running away or going to my computer. It sometimes makes me feel _____ when I have to do something that I don't like to do. Even though I feel _____ I need to remember that if I just try it will make everything better in the end.

Everyone will feel happy that I tried my hardest even when it was something I did not want to do. I will try to remember that I am a smart person who has great ideas. I will try to remember that trying my best even when I don't want to do the work, will make everyone happier in the end.

When my apartment is clean I am safer and healthier. I enjoy living in a clean and orderly home.

Set Original A

1. NO ANSWER FROM OTHERS

- I like talking to people, ESPECIALLY other children.
- Sometimes they don't answer when I talk to them.
- Maybe they didn't hear me or maybe they weren't paying attention
- Maybe they were busy or maybe they just didn't want to talk to me.
- It's not my job to make people answer me.
- I can just forget about it, maybe they'll talk to me later.

2. WAITING MY TURN

- I LOVE doing great work in school.
- When I'm REALLY proud of what I do, I'm in a hurry to show all of my teachers.
- SOMETIMES the teacher is busy with ANOTHER child and I walk over, stick my work in her face and say, "HERE!"
- THIS makes the teacher VERY uncomfortable and annoyed and MAD at me.
- I don't blame her -- I would feel the same way if someone did that to ME!
- It would be better if I WAITED my turn and then gave it to her.
- When I stand PATIENTLY and WAIT my turn, I still get to show off my great work and nobody will be MAD at me.
- I KNOW that good things happen to people who wait patiently.
- I CAN wait for my turn.

3. NOT LISTENING

- When people talk to me, it's usually something I need to hear.
- It's important to look at people & stop what I'm doing when they have something to tell me.
- Sometimes grown-ups tell me VERY important things that I need to know.
- If I don't look & listen I might miss something important and make someone mad.
- I know it's wrong to keep doing what I'm doing when grown-ups want me to listen.
- When people talk to me, I will STOP what I'm doing and look & listen to them.

4. TOUCHING OTHER PEOPLE OR THEIR THINGS

- I should NEVER touch other people's things without asking permission first.
- I might break it and that would upset people and make them mad at me.
- NOBODY likes people who touch their property.

- If someone did that to me I'd be upset.
- I also shouldn't touch people in a weird way.
- [Brother] does it because babies don't know any better.
- But I know better and I can remember not to touch people's things or touch them in a weird way.

5. LEAVING ACTIVITY

- I LOVE playing with other kids.
- I talk to the kids I'm playing with.
- If I talk to kids playing other games, MY friends will be sad and think I'm ignoring them.
- They'll think I don't like them.
- They might not want to play with me next time.
- If I ONLY talk to my friends we'll have fun together
- Next time they'll play with me again.

6. TIME-OUTS

- Sometimes grown-ups send me to a time-out when I don't listen.
- When I'm in a time-out, I'm VERY quiet.
- I think about what I did wrong and I feel VERY sad.
- I don't want anyone to think I don't know how to listen.
- I CAN be good and control myself so I WON'T get time-outs.
- I CAN listen to grown-ups.

7. STANDING AND SITTING STILL

- It's important to sit still when I'm sitting and stand still when I'm standing.
- When I don't sit or stand still I get distracted and have trouble following what's going on.
- The other problem is that everyone else gets distracted too since they start staring at the way I'm moving and forget to listen to me.
- I hate when people don't listen to me and I know I can get them to listen to me by staying in one place.
- Even though I get excited when I talk to people, I can control myself and stay still.
- This way I'll have more friends pay attention to me.

8. BELL RINGS

- I know when I'm in school there are many rules that I have to follow.
- When I follow the rules in school I make my teachers proud and the other kids know I'm a good boy.

- One of the rules in my new school is that when the teacher rings the bell, I have to stop whatever I'm doing.
- When the bell rings it means the teacher has something important to say so I know I better look at her and listen carefully.
- If I'm good when the bell rings, I can earn a star.
- It's easy to stop what I'm doing and listen to the teacher when the bell rings.
- That's because I know how to follow rules and listen to grown-ups.

9. MY HANDS

- Sometimes I think about my hands and the weird things I can do with them.
- The problem is, I can't think about ANYTHING else when I'm playing with my hands.
- The best thing to do is to keep my hands QUIET and on my lap.
- If I'm in school I can also fold them quietly.
- I can NEVER pick them.
- I can NEVER play with my fingers.
- These are the things that make me TOTALLY stuck.
- I CAN remember to keep my hands quiet on my lap.
- It's NOT that hard, I CAN control myself.
- When I stop thinking about my hands, I can concentrate on other things.
- I'm proud when I'm NOT thinking about my hands.

10. TASK LAZINESS / DOING MY BEST

- It's SO important to do my best in EVERYTHING I do.
- I need to make everything I do as good as it can possibly be.
- When I do my best I'm REALLY proud of myself & others say good things about my work.
- When I DON'T do my best it's because I'm being lazy.
- Lazy people finish things last, miss out on things and lose games.
- NOBODY'S proud of me when I don't try hard.
- I'll always try to do my best and work HARD so I'll get the most out of everything.
- That will make ME very happy.

11. RULES

- Rules are important for EVERYONE.
- I'm not allowed to make up rules.
- Only grown-ups I know can make up rules for me.
- Children don't know how to make up rules -- they make up silly rules.
- I can learn A LOT from the rules grown-ups make.
- If I make up rules, grown-ups will be upset with me.
- They'll think I'm trying to boss them around.

- I won't make up rules because that's a grown-ups job.

12. EARNING STARS

- One thing I love about my new school is that good boys and girls get good things.
- When I do something good in school, the teacher gives me a star.
- If I stop what I'm doing and put my things away when the bell rings I can get a star.
- Helping to clean up gets me stars as long as I don't throw things and put it away nice.
- At the end of the day I can exchange my stars for good things like stickers or candy.
- Earning stars and getting stickers and candy is a special part of my new school that I like a lot.

13. WEIRD THINGS

- All the strange things I do are NOT a good idea.
- People stare at me and laugh AT me (and not WITH ME) when I act weird.
- I get stuck on these things whether its my hands, my feet, my mouth or my eyes.
- Sometimes when grown-ups tell me to stop doing a weird thing, I think of ANOTHER weird thing I can do instead.
- Instead of thinking about OTHER weird things to do, I SHOULD think of ways to be good.
- When I'm GOOD I can get lots of good things.
- It's hard, but I CAN do it.

14. I MUST TALK

- Sometimes I want to say things VERY badly.
- It feels like I HAVE to say it RIGHT THAT SECOND.
- It's important to wait until the other person is finished talking.
- Even though it FEELS important, it CAN wait.
- They will listen to me BETTER if I wait patiently.
- When I interrupt, it just ANGERS people.
- People wonder, "what's wrong with him?" and "why can't he wait?"
- If I can wait, I can STILL tell them later and EVERYONE will like me MORE.

15. CALLING OUT

- Sometimes I want to get the attention of someone who is far away.
- Whenever I want to talk to someone, I need to walk over and speak to them.
- That's the polite thing to do.
- When people call out, they disrupt everything and everyone gets distracted.
- If I call out, people might think I'm rude.

- I KNOW how to be polite and walk over to people when I want to talk to them.

16. LISTENING THE FIRST TIME

- It's IMPORTANT to listen to grown-ups the first time.
- I don't know when I'm getting stuck, but grown-ups always KNOW when I am.
- I can't always talk about myself.
- The worst thing I can do is ignore grown-ups, even for a second.
- When I listen, grown-ups are proud of me and I'M proud of myself.
- If I don't listen, grown-ups might think I'm a baby who doesn't know HOW to listen.
- Big boys ALWAYS listen the first time.
- I'm a big boy because I ALWAYS listen the first time.

17. LOOKING WHERE I'M GOING

- When I'm walking someplace I need to look EVERYWHERE in front of me.
- That's important for EVERYONE'S safety.
- If I DON'T look, I might step on something and break it.
- Something might come crashing into me and hurt me bad.
- I might trip and hurt myself.
- I might bump into someone or something.
- I don't like breaking things or getting hurt so I'll always look where I'm going.
- When I look, I can get out of the way if something dangerous is coming at me.
- I'm SO proud when I remember to watch where I'm going.

18. PACING

- Sometimes I do things for a VERY long time.
- I know that I have to save up my energy so I don't get tired later.
- I always have to pace myself and NOT get TOO wild or I will get tired and have trouble paying attention later.
- If I have trouble paying attention, my friends will think I'm ignoring them and they will look for other people to play with.
- If I stay calm and pace myself, I'll be able to do great for a VERY long time.

19. GROWN UPS ARE DIFFERENT FROM KIDS

- Grown-ups are in charge and make the rules and decide things.
- Grown-ups have different sets of rules than kids.
- They make up the rules for grown-ups and kids.
- Kids never make up rules for anyone.
- It seems unfair since kids can't do all the things that grown-ups can.
- It's important to respect what grown-ups say and do, they know best.
- I can learn a lot from grown-ups especially if I follow their rules.

20. WALKING FROM CONVERSATION

- I LOVE to hear what other people have to say.
- I NEVER turn away from anyone when I'm in a conversation.
- Looking at people is a VERY important part of talking to them.
- If I turn away I will hurt their feelings.
- They will think I don't care about them.
- It's impossible to understand what someone is saying when you're not looking at them.
- People like me better when I look at them, it makes them WANT to talk to me.
- I promise to stay still and look at everyone who talks to me.
- I want to be a good friend and I'm PROUD to be a good friend.

21. DAYDREAMING

- I LOVE hearing what other people say and WATCHING what other kids & people do.
- When I'm with other people, I pay attention and ONLY think about what they are saying or doing.
- When I remember to do this, I'm proud to make friends and know what's going on.
- If I daydream and think about other things, I can get distracted and might even get stuck.
- People will think I'm weird and won't want to play with me.
- I never daydream and ALWAYS think about what people are saying and doing.

22. CIRCLE TIME

- I like circle time because I learn and have fun at the same time.
- In circle time I always listen to the teacher.
- If I talk to other kids, the teacher will be upset because I'm not paying attention to HER.
- And if I DON'T pay attention to her, I might miss something fun.
- Other kids may think I'm a bad boy who doesn't listen to rules.
- When I listen to the teacher, I learn new things and have a GREAT time.
- Learning is fun...I'm so proud to always remember to listen to the teacher.

23. ANSWERING THE FIRST TIME

- People ask me things ALL the time.
- I KNOW when someone asks me something it's because they want me to answer.
- When I DON'T answer, grown-ups and other kids might think I don't like them.
- I hate when people don't answer MY questions so I KNOW how THEY must feel when I don't answer them.
- I know I have important things to say and that's why people ask me things.

- I will ALWAYS answer EVERYONE the FIRST time so I can have lots of friends.

24. DOING THINGS QUICKLY

- Part of pacing yourself is learning to do things quickly.
- Dawdling and stalling isn't good because you can finish things last.
- When I finish last, I miss out on playing games with other kids.
- If I take too long to join an activity I might miss something.
- I'll have less time to play with other kids.
- I want to be part of the group and be part of the action.
- I won't stall, I'll do things quickly and always know what's going on.
- I'm very proud of myself when I do things quickly

Set Original B

1. TIME-OUTS

- Sometimes grown-ups send me to a time-out when I don't listen.
- When I'm in a time-out, I'm VERY quiet.
- I think about what I did wrong and I feel VERY sad.
- I don't want anyone to think I don't know how to listen.
- I CAN be good and control myself so I WON'T get time-outs.
- I CAN listen to grown-ups.

2. NO ANSWER FROM OTHERS

- I like talking to people, ESPECIALLY other children.
- Sometimes they don't answer when I talk to them.
- Maybe they didn't hear me or maybe they weren't paying attention.
- Maybe they were busy or maybe they just didn't want to talk to me.
- It's not my job to make people answer me.
- I can just forget about it, maybe they'll talk to me later.

3. ASKING ?s YOU KNOW THE ANSWER TO

- I know it's not good to ask questions that I know the answer to.
- When I do that people may think I'm dumb or can't remember the answer.
- It's SO boring to others to talk about things we already know.
- People might think I'm testing them & that will make them feel angry.
- If I want to talk to someone, I can ask a question that I DON'T know the answer to.
- I only ask questions when I DON'T know something and I want to learn.

4. TOUCHING OTHER'S PROPERTY

- I should NEVER touch other people's things without asking permission first.
- I might break it and that would upset people and make them mad at me.
- NOBODY likes people who touch their property.
- If someone did that to me I'd be upset.
- When [brother] takes my toys, I worry that he'll break them.
- [Brother] does it because babies don't know any better.
- But I know better and I can remember not to touch people's things.

5. CIRCLE TIME

- I like circle time because I learn and have fun at the same time.
- In circle time I always listen to the teacher.
- If I talk to other kids, the teacher will be upset because I'm not paying attention to HER.
- And if I DON'T pay attention to her, I might miss something fun.
- Other kids may think I'm a naughty boy who doesn't listen to rules.
- When I listen to the teacher, I learn new things and have a GREAT time.
- Learning is fun...I can always remember to listen to the teacher.

6. LEAVING ACTIVITY

- I LOVE playing with other kids.
- I talk to the kids I'm playing with.
- If I talk to kids playing other games, MY friends will be sad and think I'm ignoring them.
- They'll think I don't like them.
- They might not want to play with me next time.
- If I ONLY talk to my friends we'll have fun together
- Next time they'll play with me again.

7. TUNING IN TO PEOPLE

- I LOVE hearing what other people say and WATCHING what other kids & people do.
- When I'm with other people, I ONLY think about what they are saying or doing.
- When I remember to do this, I'm proud to make friends and know what's going on.
- If I think about other things, I can get distracted and might even get stuck.
- People will think I'm weird and won't want to play with me.
- I ALWAYS think about what people are saying and doing.

8. PREDICTING

- Surprises are FUN!
- I should NEVER try to guess what's going to happen later.
- If I try to guess, I may RUIN a surprise and miss out on it.
- I'll remember not to predict. That way it's MUCH MORE FUN!

9. CALLING OUT

- Sometimes I want to get the attention of someone who is far away.
- Whenever I want to talk to someone, I need to walk over and speak to them.
- That's the polite thing to do.
- When people call out, they disrupt everything and everyone gets distracted.
- If I call out, people might think I'm rude.
- I KNOW how to be polite and walk over to people when I want to talk to them.

10. NOT LISTENING

- When people talk to me, it's usually something I need to hear.
- It's important to look at people & stop what I'm doing when they have something to tell me.
- Sometimes grown-ups tell me VERY important things that I need to know.
- If I don't look & listen I might miss something important and make someone mad.
- I know it's wrong to keep doing what I'm doing when grown-ups want me to listen.
- When people talk to me, I will STOP what I'm doing and look & listen to them.

11. RULES

- Rules are important for EVERYONE.
- I'm not allowed to make up rules.
- Only grown-ups I know can make up rules for me.
- Children don't know how to make up rules -- they make up silly rules.
- I can learn A LOT from the rules grown-ups make.
- If I make up rules, grown-ups will be upset with me.
- They'll think I'm trying to boss them around.
- I won't make up rules because that's a grown-ups job.

12. LEAVING OBJECTS WHEN A GROWN-UP CALLS

- Sometimes I'm busy with something and a grown-up calls me.
- When grown-ups call me I need to IMMEDIATELY stop what I'm doing & go to them.
- They might have something to tell me that I need to know right away.
- If I don't go right away I WON'T hear what I need to know.
- Grown-ups don't like children who don't listen.
- I will listen to grown-ups IMMEDIATELY when they call me.

13. STEPPING ON THINGS

- When I'm walking someplace I need to look EVERYWHERE in front of me.
- That's important for EVERYONE'S safety.
- If I DON'T look, I might step on something and break it.
- I might trip and hurt myself.
- I might bump into someone or something.
- I don't like breaking things or getting hurt so I'll always look where I'm going.
- I'm SO proud when I remember to watch where I'm going.

14. INTERRUPTING

- Sometimes other people are having a conversation without me.
- I CAN'T interrupt when others are having conversations or are busy.
- It's not POLITE to interrupt.
- If it's EXTREMELY important, I can tap their shoulder and say "excuse me".
- Sometimes I still have to wait a little longer, even if I say "excuse me."
- And SOMETIMES they won't even excuse me!
- Interrupting makes people angry because you stop them from talking and they may forget what they were talking about.
- EVERYONE deserves to talk without being interrupted.
- Grown-ups like polite children.
- They're ESPECIALLY proud of children who do not interrupt.
- I make EVERYONE proud when I don't interrupt.

15. PERSONAL SPACE

- I love talking to people, especially my friends.
- When I talk to people, I need to give them their space & stay away from their faces.
- EVERYBODY needs space.
- When I get too close, it makes other people uncomfortable.
- When I make people uncomfortable, they want to get away from me.
- They might not want to ever talk to me again.
- When I give people enough space, they want to talk with me and be my friend.

16. WALKING AWAY FROM CONVERSATION

- I LOVE to hear what other people have to say.
- I NEVER turn away from anyone when I'm in a conversation.
- Looking at people is a VERY important part of talking to them.
- If I turn away I will hurt their feelings.
- They will think I don't care about them.
- It's impossible to understand what someone is saying when you're not looking at them.

- People like me better when I look at them, it makes them WANT to talk to me.
- I promise to stay still and look at everyone who talks to me.
- I'm want to be a good friend and I'm PROUD to be a good friend.

17. LISTENING THE FIRST TIME

- It's IMPORTANT to listen to grown-ups the first time.
- I don't know when I'm getting stuck, but grown-ups always KNOW when I am.
- I can't always talk about myself.
- The worst thing I can do is ignore grown-ups, even for a second.
- When I listen, grown-ups are proud of me and I'M proud of myself.
- If I don't listen, grown-ups might think I'm a baby who doesn't know HOW to listen.
- Big boys ALWAYS listen the first time.
- I'm a big boy because I ALWAYS listen the first time.

18. TASK LAZINESS / DOING BEST

- It's SO important to do my best in EVERYTHING I do.
- I need to make everything I do as good as it can possibly be.
- When I do my best I'm REALLY proud of myself & others say good things about my work.
- When I DON'T do my best it's because I'm being lazy.
- Lazy people finish things last, miss out on things and lose games.
- NOBODY'S proud of me when I don't try hard.
- I'll always try to do my best and work HARD so I'll get the most out of everything.
- That will make ME very happy.

19. I MUST TALK

- Sometimes I want to say things VERY badly.
- It feels like I HAVE to say it RIGHT THAT SECOND.
- It's important to wait until the other person is finished talking.
- Even though it FEELS important, it CAN wait.
- They will listen to me BETTER if I wait patiently.
- When I interrupt, it just ANGERS people.
- People wonder, "what's wrong with him?" and "why can't he wait?"
- If I can wait, I can STILL tell them later and EVERYONE will like me MORE.

20. ANSWERING THE FIRST TIME

- People ask me things all the time.
- I know when someone asks me something it's because they want me to answer.
- When I don't answer, grown-ups and other kids might think I don't like them.

- I hate when people don't answer my questions so I know how they must feel when I don't answer them.
- I know I have important things to say and that's why people ask me things.
- I will always answer everyone the first time so I can have lots of friends.

21. PACING

- Sometimes I do things for a very long time.
- I know that I have to save up my energy so I don't get tired later.
- I always have to pace myself and not get too wild or I will get tired and have trouble paying attention later.
- If I have trouble paying attention, my friends will think I'm ignoring them and they will look for other people to play with.
- If I stay calm and pace myself, I'll be able to do great for a very long time.

22. WEIRD THINGS

- All the strange things I do are not a good idea.
- People stare at me and make fun of me when I act weird.
- I get stuck on these things whether its my hands, my feet, my mouth or my eyes.
- Sometimes when grown-ups tell me to stop doing a weird thing, I think of another weird thing I can do instead.
- Instead of thinking about other weird things to do, I should think of ways to be good.
- When I'm good I can get lots of good things.
- It's hard, but I can do it.

23. WAITING YOUR TURN

- I love doing great work in school.
- When I'm really proud of what I do, I'm in a hurry to show all of my teachers.
- Sometimes the teacher is busy with another child and I walk over and stick my work in her face and say, "here!"
- This makes the teacher very uncomfortable and annoyed.
- I don't blame her, I would feel the same way if someone did that to me.
- It would be better if I waited my turn and then gave it to her.
- When I stand patiently and wait my turn, I still get to show off my great work and nobody is mad at me.
- I know that good things happen to people who wait patiently.
- I can wait for my turn.

24. MY HANDS

- Sometimes I think about my hands and the weird things I can do with them.
- The problem is, I can't think about anything else when I'm playing with my hands.

- The best thing to do is to keep my hands quiet and on my knees.
- If I'm in school I can also fold them quietly.
- I can never pick them.
- I can never play with my fingers.
- These are the things that make me totally stuck.
- I can remember to keep my hands quiet on my lap.
- It's not that hard, I can control myself.
- When I stop thinking about my hands, I can concentrate on other things.

Set Original C

1. TIME-OUT

- I ALWAYS try to behave.
- Sometimes when I don't listen, grown-ups send me to a time-out.
- I'm VERY quiet when I'm in a time-out.
- I feel VERY sad and I THINK about what I did wrong.
- I want EVERYONE to think I know how to listen.
- I CAN behave and control myself so I don't get time outs.
- When I listen to grown-ups, everything is great!

2. NO ANSWER FROM OTHERS

- I enjoy talking to people, ESPECIALLY other children.
- They don't always answer when I talk to them.
- Maybe they weren't paying attention or they didn't hear me.
- Maybe they just didn't WANT to talk to me or they were busy.
- I SHOULDN'T try to FORCE people to answer me.
- I can just walk away and forget about it and be happy anyway.
- I'm PROUD of myself when I can just walk away.

3. ASKING ?s YOU KNOW THE ANSWER TO

- It's not good to ask questions that I know the answer to.
- People might think I can't remember the answers or that I'm not smart.
- People get bored when you talk about things we already know.
- People might think I'm teasing them & that will make them mad.
- I should only ask questions that I DON'T know the answer to.
- That's what questions are for!
- I'm VERY smart & want to learn new things, so I ONLY ask questions I don't know the answer to.

4. TOUCHING OTHER'S PROPERTY

- I like to look at other people's things.
- The best way to do this is to ask permission first.
- Nobody likes people who TOUCH their property without asking.
- I don't like it when someone touches MY things without asking first.
- I worry they might break my things if they're not careful.
- When someone asks permission first, I KNOW they'll be careful because they're acting grown-up.
- Only BABIES grab things without asking first.
- But I'm NOT a baby -- I ALWAYS ask before touching someone's property.

5. CIRCLE TIME

- Circle time is FUN!
- When the teacher talks, I pay close attention.
- The teacher likes it when I ONLY pay attention to her & don't talk to the other kids.
- I know if I talk to the other kids, I might miss something the teacher said.
- OTHER kids will be upset with me if I ruin circle time.
- When I listen to the teacher, circle time is MUCH more fun!

6. LEAVING ACTIVITY

- I LOVE having friends!
- I have GREAT conversations with the kids I play with.
- I would be hurt if MY friends walked away from ME!
- If I see other kids playing something else, I NEVER walk away from my friends.
- If I did walk away, I'd hurt my friends' feelings.
- They would ALWAYS remember that I walked away & would NEVER want to play with me again.
- If I stay with my friends they'll always stay with me and be my friends.

7. TUNING IN TO PEOPLE

- I love people MORE than anything else!
- People are VERY interesting.
- I ALWAYS pay careful attention to what people say and do.
- I don't want to miss anything so I always look and listen when people are talking.
- If I stop paying attention, I will miss things.
- When I DON'T pay attention, people have to repeat themselves.
- NOBODY likes to repeat themselves.
- I want to make people happy so I ALWAYS listen and look when people are talking and doing things.

8. PREDICTING

- I NEVER know what's going to happen later.
- I know it's better to wait and see what will happen instead of trying to guess.
- If I wait, I MAY get a big surprise.
- I'd hate to ruin a good surprise.
- When I try to predict what will happen later people get annoyed with me.
- There's NOTHING better than a big surprise and I know if I DON'T predict I'll get more surprises!

9. CALLING OUT

- Sometimes I want to talk to someone who's far away.
- When this happens, I NEVER yell across the room.
- It's more polite to just walk over and talk to them.
- Yelling across the room is rude -- it interrupts everyone else.
- I'm GLAD and PROUD that I always walk over to people when I have something to say.

10. NOT LISTENING

- People want to talk to me a lot of the time.
- I ALWAYS stop what I'm doing and look at whoever is talking to me.
- I need to pay attention and hear ALL the important things that grown-ups tell me.
- If I don't stop what I'm doing when people talk to me, I'll lose all my friends.
- I like when people stop doing stuff when I talk to them.
- So when someone talks to me, I can stop everything & pay attention to them.

11. RULES

- I make sure to follow rules.
- Only grown-ups I know can make up rules for me.
- The rules they make help me learn how to be a better person.
- I make up silly rules and get stuck & that can make a grown-up mad.
- I'll let grown-ups make the rules so I can be great when I grow up.

12. LEAVING OBJECTS WHEN GROWN-UP CALLS

- I like concentrating on what I'm doing.
- Sometimes a grown-up calls me over when I'm busy.
- When this happens, I IMMEDIATELY stop what I'm doing and walk over to them.
- I know if a grown-up calls me when I'm busy, it MUST be something very important.
- If I don't go right away, I can miss something important.
- No one likes children who don't listen.
- When a grown-up calls me, I stop what I'm doing and walk over to them.

- I'm SO glad that I stop what I'm doing to listen.

13. STEPPING ON THINGS

- Sometimes I'm in a hurry when I walk.
- When I'm walking I need to LOOK where I'm going so I don't step on things.
- When I don't look where I'm going, I could trip or bump into things.
- I'm ALWAYS very careful when I walk, even if I'm in a hurry.

14. INTERRUPTING

- Sometimes I see other people talking with each other.
- Sometimes I notice people who are very busy with something.
- When someone is busy or in a conversation with someone I NEVER interrupt.
- It's not polite to interrupt.
- I can tap the person on the shoulder and say excuse me ONLY if what I have to say is EXTREMELY important.
- Even then I might have to be patient and wait longer.
- People get mad when I interrupt because they can forget what they were going to say.
- NOBODY likes to be interrupted -- I don't like when people interrupt me!
- That's why I don't interrupt people -- I'm sensitive to how other people feel.

15. PERSONAL SPACE

- I love talking to people, and when I do I give them enough space.
- When I talk to people TOO close they get very uncomfortable.
- I don't like it when other people talk too close to MY face!
- My friends like me better when I give them enough space.
- I ALWAYS make sure to give people enough space when I talk to them.

16. WALKING AWAY FROM CONVERSATION

- I talk to people all the time.
- When I'm in a conversation, I NEVER turn away from whoever I'm talking to.
- If I turn away I will hurt their feelings.
- My feelings are hurt when people walk away from me when I'm talking to them.
- When I talk to people and don't look at them, they have trouble hearing me.
- I know if I STAND STILL & LOOK at whoever I'm talking to, I'll have lots of friends.

17. LISTENING THE FIRST TIME

- When a grown-up tells me to do something, I listen the FIRST time.
- I shouldn't talk back, I should just listen.

- When I talk, I want other people to listen to me the first time.
- When I listen the first time, grown-ups know that I respect them.
- Babies talk back or don't listen the first time and that's o.k.
- Big boys ALWAYS listen the first time they're told to do something.
- I ALWAYS listen the first time -- that's what big boys do.

18. TASK LAZINESS / DOING BEST

- It's important to ALWAYS try hard to do my best.
- I must concentrate on what I'm doing and not be distracted by anything.
- When I do my best, people tell me what a GOOD job I did and I feel proud.
- Lazy people don't do their best -- NO ONE likes lazy people.
- Lazy people finish last -- they miss things and are losers.
- I LOVE to finish first and be a winner!
- I LOVE to do my best and work hard so I'll get the MOST out of EVERYTHING and always feel happy and proud.

19. I MUST TALK

- Sometimes I want to say things very badly and it feels like I have to say it RIGHT that second.
- It's important to control myself and WAIT until the other person is finished talking.
- People will pay MORE attention to me if I wait my turn.
- When I interrupt, it makes people very mad. I don't like it when someone interrupts ME!
- If I wait patiently, I can STILL tell them later and everyone will like me more.

20. ANSWERING THE FIRST TIME

- I'm very smart so a lot of people want to ask me things.
- I love it when people ask me questions because I know it means they find me interesting.
- Sometimes when grown-ups ask me things, I don't answer them the first time.
- This makes them think I'm dumb.
- I get frustrated when grown-ups don't answer me the first time.
- The only way anyone will know how smart I am is if I answer their questions as soon as I hear them.
- Part of being smart is answering questions quickly.
- I want everyone to know how smart I am so I will always answer everyone the first time.

21. PACING

- Some things I do last for a few hours.

- School goes on for a few hours and so do a lot of games and sports I play.
- I like to finish everything I start.
- I'm always good when I start things but sometimes it's hard for me to stay good for a long time.
- I know if I stay good for a long time I'll get something special.
- The best way to stay good for a long time is to pace myself.
- Pacing means not running too fast or talking too much in the beginning.
- If I pace myself when I start things, I'll probably still be good at the end.
- I want to make you proud of me and I know the best way is to be good for a long time.

22. WEIRD THINGS

- There are a lot of weird things I can do.
- When I stop doing one weird thing I can always think of another.
- The only problem with this is that when I do one weird thing after another, everyone wants to get away from me.
- If everyone keeps running away from me, I'll be very lonely.
- I would rather be with lots of people than be all alone.
- I better work really hard at controlling all the weird things so I can always have friends.

23. WAITING YOUR TURN

- I see people waiting on line all the time.
- Sometimes I have to get on line at a store or in school.
- I know that when I'm on line, I have to stay there and not wander off.
- If I don't stay on line in school, other kids will think I have no self-control.
- Their parents won't want me to go to their house or to their birthday parties.
- Parents don't let their children play with children who can't control themselves and wait on a line.
- If I don't stay on line in a store, my mom and dad won't buy me things I like.
- I always wait on lines patiently wherever I go.

24. MY HANDS

- There are a lot of strange things I can do with my hands.
- When I look around me I notice that almost nobody else does these things but me.
- The people who I notice that do strange things with their hands are all alone.
- Nobody wants to be their friend because of the weird things they do.
- I like having a lot of friends.
- I don't want to be alone.
- I can keep my hands in my lap when I'm sitting and at my side when I'm standing.

Set 1 A

1. NO ANSWER FROM OTHERS

- I enjoy talking to people, ESPECIALLY other children.
- They don't ALWAYS answer when I talk to them.
- Maybe they weren't paying attention or they didn't hear me.
- Maybe they just didn't WANT to talk to me or they were busy.
- I SHOULDN'T try to FORCE people to answer me.
- I can just walk away and forget about it and be happy anyway.
- I'm PROUD of myself when I can just walk away.

2. WAITING MY TURN

- I see people waiting on line all the time.
- Sometimes I have to get on line at a store or in school.
- I know that when I'm on line, I have to stay there and not wander off.
- If I don't stay on line in school, other kids will think I have no self- control.
- Their parents won't want me to go to their house or to their birthday parties.
- Parents don't let their children play with children who can't control themselves and wait on a line.
- If I don't stay on line in a store, my mom and dad won't buy me things I like.
- I always wait on lines patiently wherever I go.

3. NOT LISTENING

- People want to talk to me a lot of the time.
- I ALWAYS stop what I'm doing and look at whoever is talking to me.
- I need to pay attention and hear ALL the important things that grown-ups tell me.
- If I don't stop what I'm doing when people talk to me, I'll lose all my friends.
- I like when people stop doing stuff when I talk to them.
- So when someone talks to me, I can stop everything & pay attention to them.

4. TOUCHING OTHER PEOPLE OR THEIR THINGS

- I like to look at other people's things.
- The BEST way to do this is to ask permission FIRST.
- Nobody likes people who TOUCH their property without asking.
- I don't like it when someone touches MY things without asking first.
- I worry they might break my things if they're not careful.
- When someone asks permission first, I KNOW they'll be careful because they're acting grown-up.
- Only BABIES grab things without asking first.
- But I'm NOT a baby -- I ALWAYS ask before touching someone's property.

5. LEAVING ACTIVITY

- I LOVE having friends!
- I have GREAT conversations with the kids I play with.
- I would be hurt if MY friends walked away from ME!
- If I see other kids playing something else, I NEVER walk away from my friends.
- If I did walk away, I'd hurt my friends' feelings.
- They would ALWAYS remember that I walked away & would NEVER want to play with me again.
- If I stay with my friends they'll always stay with me and be my friends.

6. TIME-OUT

- I ALWAYS try to behave.
- Sometimes when I don't listen, grown-ups send me to a time-out.
- I'm VERY quiet when I'm in a time-out.
- I feel VERY sad and I THINK about what I did wrong.
- I want EVERYONE to think I know how to listen.
- I CAN behave and control myself so I don't get time outs.
- When I listen to grown-ups, everything is great!

7. STANDING AND SITTING STILL

- I talk to a lot of people and a lot of people talk to me.
- When I'm in a conversation it's always good to stay in one place.
- When I move back and forth or fidget in my chair it makes people stare at me and stop paying attention to me.
- I can forget what I was going to say and my friends will walk away from me.
- When I stand and sit still everyone pays attention to me because there are no distractions.
- I know the best way to keep my friends is to stay still when we're talking.

8. BELL RINGS

- The most important people in my classroom are my teachers.
- They're important because they're the grown-ups who make the rules in school.
- Every school has different rules that children have to follow.
- Sometimes in school, the teacher needs me to stop what I'm doing and pay attention.
- In my old school the rule was that when the lights flashed I had to stop what I was doing and pay attention to the teachers.
- In my new school, when the teacher rings the bell I have to stop whatever I'm doing and pay attention.
- Whenever I hear the bell that's exactly what I do because I can earn a star for following the rules.

9. MY HANDS

- There are a lot of strange things I can do with my hands.
- When I look around me I notice that almost nobody else does these things besides me.
- The people who I notice that DO strange things with their hands are ALL alone.
- Nobody wants to be their friend because of the weird things they do.
- I like having a lot of friends.
- I don't want to be alone.
- I CAN keep my hands in my lap when I'm sitting and at my side when I'm standing.

10. TASK LAZINESS / DOING MY BEST

- It's important to ALWAYS try hard to do my best.
- I must concentrate on what I'm doing and not be distracted by anything.
- When I do my best, people tell me what a GOOD job I did and I feel proud.
- Lazy people don't do their best -- NO ONE likes lazy people.
- Lazy people finish last -- they miss things and are losers.
- I LOVE to finish first and be a winner!
- I LOVE to do my best and work hard so I'll get the MOST out of EVERYTHING and always feel happy and proud.

11. RULES

- I make sure to follow rules.
- ONLY grown-ups I know can make up rules for me.
- The rules they make help me learn how to be a better person.
- I make up silly rules and get stuck & that can make a grown-up mad.
- I'll let grown-ups make the rules so I can be great when I grow up.

12. EARNING STARS

- In my new school the teachers reward good behavior with stars.
- When I follow their rules I know I can earn a star because grown-ups want to give good things to children who follow their rules.
- One way I can earn a star is to clean up quickly and quietly when I'm finished with something.
- I can also earn stars by stopping what I'm doing and paying attention to the teachers when the bell rings.
- Getting stars makes me want to be really good and follow all the rules and listen to all the grown-ups.
- I know that at the end of the day, I can get lots of good things with my stars.

13. WEIRD THINGS

- There are A LOT of weird things I can do.

- When I stop doing ONE weird thing I can ALWAYS think of another.
- The only problem with this is that when I do one weird thing after another, EVERYONE wants to get away from me.
- If EVERYONE KEEPS running away from me, I'll be very lonely.
- I would rather be with LOTS of people than be all alone.
- I better work really hard at controlling all the weird things so I can always have friends.

14. I MUST TALK

- Sometimes I want to say things very badly and it feels like I have to say it RIGHT that second.
- It's important to control myself and WAIT until the other person is finished talking.
- People will pay MORE attention to me if I wait my turn.
- When I interrupt, it makes people very mad. I don't like it when someone interrupts ME!
- If I wait patiently, I can STILL tell them later and everyone will like me more.

15. CALLING OUT

- Sometimes I want to talk to someone who's far away.
- When this happens, I NEVER yell across the room.
- It's more polite to just walk over and talk to them.
- Yelling across the room is rude -- it interrupts everyone else.
- I'm GLAD and PROUD that I always walk over to people when I have something to say.

16. LISTENING THE FIRST TIME

- When a grown-up tells me to do something, I listen the FIRST time.
- I shouldn't talk back, I should just listen.
- When I talk, I want other people to listen to me the first time.
- When I listen the first time, grown-ups know that I respect them.
- Babies talk back or don't listen the first time and that's o.k.
- Big boys ALWAYS listen the first time they're told to do something.
- I ALWAYS listen the first time -- that's what big boys do.

17. LOOKING WHERE I'M GOING

- Sometimes I'm in a hurry when I walk.
- When I'm walking I need to LOOK where I'm going so I don't step on things.
- When I don't look where I'm going, I could trip or bump into things.
- Not looking where you're going is dangerous, something can bump into you.

- When I look where I'm going and something is coming at me, I can duck or get out of the way.
- I'm ALWAYS very careful when I walk, even if I'm in a hurry.

18. PACING

- Some things I do last for a few hours.
- School goes on for a few hours and so do a lot of games and sports I play.
- I like to finish EVERYTHING I start.
- I'm always good when I start things but sometimes it's hard for me to stay good for a long time.
- I know if I stay good for a long time I'll get something special.
- The best way to stay good for a long time is to pace myself.
- Pacing means not running TOO fast or talking TOO much in the beginning.
- If I pace myself when I start things, I'll probably still be good at the end.
- I want to make you proud of me and me proud of me and I know the best way is to be good for a LONG time.

19. GROWN-UPS ARE DIFFERENT FROM KIDS

- Sometimes I see a grown-up do things that I'm not allowed to do.
- It seems unfair but I know it's OK since I realize that grown-ups make the rules, not kids.
- One day I'm going to be a grown-up and I'll be able to make rules too.
- The only way I'll learn is if I follow grown-ups rules while I'm still a kid.
- When I don't follow a grown-ups rules, they get angry at me and sometimes yell at me.
- I don't like when grown-ups get mad at me.
- I'm a good boy who follows all the rules that grown-ups make.

20. WALKING AWAY FROM CONVERSATION

- I talk to people all the time.
- When I'm in a conversation, I NEVER turn away from whoever I'm talking to.
- If I turn away I will hurt their feelings.
- My feelings are hurt when people walk away from me when I'm talking to them.
- When I talk to people and don't look at them, they have trouble hearing me.
- I know if I STAND STILL & LOOK at whoever I'm talking to, I'll have lots of friends.

21. DAYDREAMING

- I love people MORE than anything else!
- People are VERY interesting.

- I ALWAYS pay careful attention to what people say and do and NEVER daydream.
- I don't WANT to miss anything so I ALWAYS look AND listen when people are talking.
- If I daydream I STOP paying attention, and I miss things.
- When daydream, people have to repeat themselves.
- NOBODY likes to repeat themselves.
- I want to make people happy so I ALWAYS listen and look when people are talking and doing things, I never daydream.

22. CIRCLE TIME

- Circle time is FUN!
- When the teacher talks, I pay close attention.
- The teacher likes it when I ONLY pay attention to her & don't talk to the other kids.
- I know if I talk to the other kids, I might miss something the teacher said.
- OTHER kids will be upset with me if I ruin circle time.
- When I listen to the teacher, circle time is MUCH more fun!

23. ANSWERING THE FIRST TIME

- I'm very smart so a lot of people want to ask me things.
- I love it when people ask me questions because I know it means they find me interesting.
- Sometimes when grown-ups ask me things, I don't answer them the first time.
- This makes them think I'm dumb.
- I get frustrated when grown-ups don't answer me the first time.
- The only way ANYONE will know how smart I am is if I answer their questions AS SOON AS I hear them.
- Part of being smart is answering questions quickly.
- I want everyone to know how smart I am so I will ALWAYS answer everyone the first time.

24. DOING THINGS QUICKLY

- When something is really easy to do I should do it quickly instead of stalling.
- When I get distracted and stall, everyone else moves onto the next thing except for me.
- I want to be included in what everyone else is doing.
- If I take too long to finish something I know how to do, everyone will think I don't want to do the next thing and they'll start without me.
- Even if I yell, "wait for me" nobody will.
- Nobody wants to wait for someone who is slow and takes a long time to move on to the next thing.

- That's why I try hard to do things quickly. I want to be a part of everything.

Set 1 B

1. TIME-OUT

- The BEST way to make grown-ups happy is to behave.
- Sometimes when I misbehave, grown-ups give me time-outs.
- A time-out is a QUIET time to think about what I did wrong.
- I never get mad or hit anybody in a time-out because that would stop me from thinking about what I did and then I can't learn.
- After a time-out, I've learned how to control myself & I WON'T do the wrong thing again.
- When I do the wrong behavior again, grown-ups get madder at me and will punish me.
- I CAN behave and control myself so I WON'T NEED to get time-outs.
- I KNOW that good things happen to good boys.

2. NO ANSWER FROM OTHERS

- I LOVE to talk to people all the time.
- Sometimes I don't get an answer.
- I don't FORCE people to answer me because I know maybe they're busy or they weren't paying attention.
- When people don't answer me, I just forget about it and walk away.

3. ASKING ?s YOU KNOW THE ANSWER TO

- Asking questions I know the answer to is NOT necessary.
- When I do THAT, it just wastes everyone's time and gets them upset.
- I should ONLY ask questions if I'm trying to find out something I don't already know.
- I wouldn't want people to ask me question if they knew the answer already.
- There are lots of things I don't know, but WANT to know.
- I can ask questions and find out.
- I'm a big boy -- I don't have to ask questions I know the answers to!

4. TOUCHING OTHER'S PROPERTY

Sometimes I notice things that belong to other people.

- If I want to touch these things, I KNOW I should ask if it's OK first.
- I can only touch it IF they say it's OK, otherwise I better not!
- If someone tells me NOT to, it's because they're afraid I might break it.

- Big boys respect other people's property.
- I'm a big boy and ALWAYS ask permission BEFORE I touch someone's property.

5. CIRCLE TIME

- Circle time is one of my FAVORITE activities at school.
- I follow the teacher's instructions because I don't want to miss anything.
- When I talk to other kids, I might miss something that the teacher is saying.
- When that happens, I might mess up circle time which will make everyone mad at me.
- I wouldn't want someone else to mess up circle time for ME!
- I love circle time so much, that's why I always pay attention to the teacher and never talk to the other kids.

6. LEAVING ACTIVITY

- I LOVE playing with my friends!
- When I'm playing a game or sport, I stay with my friends the WHOLE time.
- I don't leave them even if something else that's interesting is happening nearby.
- If I did that, I would ruin the game for everyone and nobody would want to play with me.
- I wouldn't want someone to ruin the game for ME!
- Friends are too important to lose, so I'll stick with them the WHOLE time.

7. TUNING IN TO PEOPLE

- I learn a lot by watching and listening to other people, ESPECIALLY other kids.
- When I'm with other people, I pay close attention to what they're saying and doing.
- People LOVE being with someone who pays attention to them.
- If I stop paying attention I might not learn new things.
- I always think about what people say and do so I can learn.

8. PREDICTING

- I love to experience NEW things.
- I never can tell what's going to happen next.
- It's more interesting to wait and see what will happen instead of predicting.
- Surprises are a LOT of fun!
- When I try to guess what will happen next, it gets people mad.
- I'm NOT going to predict anymore because I'd rather have more surprises.

9. CALLING OUT

- Sometimes someone I want to talk to is far away.
- I know it's best to walk across the room to talk to them instead of yelling.
- Only people who don't CARE about other people yell across rooms.
- I care about other people so I'll ALWAYS walk over to people I want to talk to.

10. NOT LISTENING

- People want to talk to me all the time.
- When someone talks to me I stop what I'm doing and pay total attention to them.
- I would not like if someone did not listen to ME!
- Only people who look and listen hear EVERYTHING there is to hear.
- If I don't stop what I'm doing when people talk to me, I won't HAVE any friends.
- Friends are VERY important, so I always pay attention when people talk to me.

11. RULES

- Grown-ups make rules to help me learn.
- I'm too young to make up rules.
- The rules I make up are ridiculous and make grown-ups mad.
- I'll follow the rules grown-ups make and learn how to be a big boy.

12. LEAVING OBJECTS WHEN GROWN-UP CALLS

- I enjoy getting busy with things.
- Even if I'm busy, when a grown-up calls me, I know it's time to stop what I'm doing and go to them.
- Boys who aren't good DON'T stop what they're doing and go to grown-ups when they're called.
- I'm GOOD so when a grown-up calls me, I stop what I'm doing and walk over to them.

13. STEPPING ON THINGS

- Sometimes I have to go someplace in a hurry.
- No matter how much of a hurry I'm in, I know I HAVE to watch where I'm going.
- If I don't look where I'm going I could get hurt.
- I always look where I'm going when I walk or run.

14. INTERRUPTING

- People have lots of conversations with each other.
- When I see people who are busy or in a conversation I let them finish before I talk.
- It's NEVER polite to interrupt -- I don't like when someone interrupts ME!

- If what I have to say is an emergency, I say "excuse me" and tap them on the shoulder.
- Sometimes a grown-up will tell me to wait anyway and I know I have to listen or they'll get mad at me.
- I love being a good boy so I NEVER interrupt anyone.

15. PERSONAL SPACE

- I LOVE talking to my friends!
- I NEVER get too close when I'm in a conversation.
- Nobody likes to have someone in their face when they're having a conversation.
- I have LOTS of friends because I always give them their space when I talk to them and they give me my space when they talk to me!

16. WALKING AWAY FROM CONVERSATION

- I enjoy having conversations with my friends.
- My friends like me because I don't walk away from them when they're talking to me.
- I would never like it if people walked away from me when I talked.
- I know it would hurt my feelings if they did that.
- So I never walk away from them when they are speaking to me!
- I stand still and pay full attention whenever I'm in a conversation.
- I LOVE practicing to act grown-up so I never walk away from conversations.

17. LISTENING THE FIRST TIME

- I do what I'm told the first time without talking back.
- When I DON'T listen the first time it's usually because I'm stuck.
- When I get stuck, I can't learn and I frustrate everyone.
- I'm VERY proud of myself when I listen the first time and the grown-ups are proud also.

18. TASK LAZINESS / DOING BEST

- I always work hard on everything I do.
- I do the BEST job when I try REALLY hard and that makes everyone proud, especially ME!
- When I DON'T work hard and concentrate, I do terrible work & people call me lazy.
- When I work hard I ALWAYS do great work.
- I LOVE doing my best!

19. I MUST TALK

- Sometimes I feel like I can't STOP myself from talking!
- When that happens, I give EVERYONE a headache!
- Nobody likes someone who always has to talk.
- I don't like people who are that way!
- I like to only talk when I REALLY have something to say.

20. ANSWERING THE FIRST TIME

- When someone calls my name, I know I better answer them immediately.
- That way they know I'm paying complete attention.
- All kids and grown-ups like it when I pay attention to them.
- When someone calls me and I don't answer the first time they think I'm not friendly.
- I am friendly, so it bothers me when people think I'm not.
- I wouldn't like someone who didn't answer me when I called them.
- I will always answer people the first time so everyone will know how friendly I really am.

21. PACING

- Sometimes I have to pay attention for a very long time.
- Only a strong person can last a long time at something.
- I know I'm strong but sometimes I forget to pace myself in the beginning and I get tired later.
- When I'm tired I have a hard time paying attention.
- When I don't pay attention, other kids get asked the fun questions and get to do interesting things while I end up getting bored.
- I want to do interesting and exciting things all day so I know I have to pace myself.

22. WEIRD THINGS

- Weird things stop me from doing my best.
- When I do something that's weird it gets in the way of everything else.
- When I do weird things I never get to do fun things or play with other kids.
- Playing with other kids and doing fun things is what I like the most.
- It's just not worth it to do weird things anymore.
- I better just control myself so I can do all the things I like.

23. WAITING YOUR TURN

- Good things happen for people who know how to wait their turn.
- When I wait for something I'm always happier when I get it.
- When I don't wait patiently for my turn to come I get the people in front of me very mad.

- It's not fair to cut in front of someone when it's their turn.
- I've seen a lot of people have fights because they were cut off by someone who didn't wait their turn.
- I don't like when people want to fight with me.
- I'm going to keep everyone happy especially myself and always wait my turn.

24. MY HANDS

- Look, I'm controlling my hands!
- I know when I control my hands I can concentrate on other things that are much more important.
- I can read books, play games or have a great conversation with my friends.
- When I think about my hands I can't think about anything else and everyone thinks I'm strange.
- That makes me sad.
- I'd rather be happy so I keep controlling my hands.

Set 1 C

1. NO ANSWER FROM OTHERS

- I LOVE to talk to people all the time.
- Sometimes I don't get an answer.
- I don't FORCE people to answer me because I know maybe they're busy or they weren't paying attention.
- When people don't answer me, I just forget about it and walk away.

2. WAITING MY TURN

- Good things happen for people who know how to wait their turn.
- When I wait for something I'm always happier when I get it.
- When I don't wait patiently for my turn to come I get the people in front of me very mad.
- It's not fair to cut in front of someone when it's their turn.
- I've seen a lot of people have fights because they were cut off by someone who didn't wait their turn.
- I don't like when people want to fight with me.
- I'm going to keep everyone happy especially myself and always wait my turn.

3. NOT LISTENING

- People want to talk to me all the time.
- When someone talks to me I stop what I'm doing and pay total attention to them.
- I would not like if someone did not listen to ME!

- Only people who look and listen hear EVERYTHING there is to hear.
- If I don't stop what I'm doing when people talk to me, I won't HAVE any friends.
- Friends are VERY important, so I always pay attention when people talk to me.

4. TOUCHING OTHER PEOPLE OR THEIR THINGS

- Sometimes I notice things that belong to other people.
- If I want to touch these things, I KNOW I should ask if it's OK first.
- I can only touch it IF they say it's OK, otherwise I better not!
- If someone tells me NOT to, it's because they're afraid I might break it.
- I shouldn't touch other people in a strange way either.
- When you touch other people in a weird way or if you touch their things they get mad.
- Big boys respect other people and their property.
- I'm a big boy and ALWAYS ask permission BEFORE I touch someone's property.

5. LEAVING ACTIVITIES

- I LOVE playing with my friends!
- When I'm playing a game or sport, I stay with my friends the WHOLE time.
- I don't leave them even if something else that's interesting is happening nearby.
- If I did that, I would ruin the game for everyone and nobody would want to play with me.
- I wouldn't want someone to ruin the game for ME!
- Friends are too important to lose, so I'll stick with them the WHOLE time.

6. TIME-OUT

[Parent's note: WE DON'T LIKE USING WORD "BAD", THOUGH I SUPPOSE (with some embarrassment) WE DID USE IT HERE FOR AT LEAST A WHILE. WE LIKE TO USE "INAPPROPO BEHAV" OR "NOT GOOD" INSTEAD]

- The BEST way to make grown-ups happy is to behave.
- Sometimes when I misbehave, grown-ups give me time-outs.
- A time-out is a QUIET time to think about what I did wrong.
- I never get mad or hit anybody in a time-out because that would stop me from thinking about what I did and then I can't learn.
- After a time-out, I've learned how to control myself & I WON'T do the bad thing again.
- When I do the bad behavior again, grown-ups get madder at me and will punish me.
- I CAN behave and control myself so I WON'T NEED to get time-outs.
- I KNOW that good things happen to good boys.

7. STANDING AND SITTING STILL

- I love to talk to people.
- No matter how exciting it is to have a conversation it's best if I sit or stand still when talking.
- If I keep moving the people I'm talking to will stare at what I'm moving instead of looking into my eyes.
- When other people don't look into my eyes they can't understand what I'm saying.
- When I sit or stand still people will hear everything I have to say and I like that.

8. BELL RINGS

- In my new school when my teacher wants all the children to stop what they're doing and pay attention, they ring a bell.
- That reminds me of how they flashed the lights in my old school to get everyone's attention.
- When I hear the bell ring I stop what I'm doing and look and listen to all of my teachers.
- That's what all the other children do and I want to be good just like them.
- I know that the teachers are the grown-ups in my class that make the rules so I have to listen to them.
- That's why whenever I hear the bell ring I pay attention to what the teachers have to say.
- I love being a good boy.

9. MY HANDS

- LOOK...I'm controlling my hands!
- I know when I control my hands I can concentrate on other things that are much more important.
- I can read books, play games or have a great conversation with my friends.
- When I think about my hands I can't think about anything else and everyone thinks I'm strange.
- That makes me VERY sad.
- I'd rather be happy so I keep controlling my hands.

10. TASK LAZINESS / DOING BEST

- I always work hard on EVERYTHING I do.
- I do the BEST job when I try REALLY hard and that makes everyone proud, especially ME!
- When I DON'T work hard and concentrate, I do terrible work & people call me lazy.
- When I work hard I ALWAYS do great work.
- I LOVE doing my best!

11. RULES

- Grown-ups make rules to help me learn.
- I'm too young to make up rules.
- The rules I make up are ridiculous and make grown-ups mad.
- I'll follow the rules grown-ups make and learn how to be a big boy.

12. EARNING STARS

- I'm so proud of myself when I'm good in school.
- When I listen to the teachers I get stars.
- I know at the end of the day, I can buy candy and stickers with my stars and that makes me happy.
- Another great thing about getting stars is I can tell mommy and daddy how good I was by showing them the candy and stickers I got with my stars.
- I like to put the stickers on my shirt and give the candy to [Brother].
- I know if I'm really good I can get lots of stars.
- If I get a lot of stars I can get a lot of candy for [Brother] and a lot = of stickers for me.
- When I get a lot of stickers and candy I make everyone happy, especially me.

13. WEIRD THINGS

- Weird things stop me from doing my best.
- When I do something that's weird it gets in the way of everything else.
- When I do weird things I never get to do fun things or play with other kids.
- Playing with other kids and doing fun things is what I like the most.
- It's just not worth it to do weird things anymore.
- I better just control myself so I can do all the things I like.

14. I MUST TALK

- Sometimes I feel like I can't STOP myself from talking!
- When that happens, I give EVERYONE a headache!
- Nobody likes someone who always has to talk.
- I don't like people who are that way!
- I like to only talk when I REALLY have something to say.

15. CALLING OUT

- Sometimes someone I want to talk to is far away.
- I know it's best to walk across the room to talk to them instead of yelling.
- Only people who don't CARE about other people yell across rooms.
- I care about other people so I'll ALWAYS walk over to people I want to talk to.

16. LISTENING THE FIRST TIME

- I do what I'm told the FIRST time WITHOUT talking back.
- When I DON'T listen the first time it's usually because I'm stuck.
- When I get stuck, I can't learn and I frustrate EVERYONE!
- I'm VERY proud of myself when I listen the first time and the grown-ups are proud also.

17. LOOKING WHERE I'M GOING

- Sometimes I want to go someplace in a hurry.
- No matter how much of a hurry I'm in, I know I HAVE to watch where I'm going.
- If I don't look where I'm going I could get hurt or something could knock into me.
- That's dangerous, and I wouldn't know if I should duck or get out of the way if I'm not looking.
- I always look where I'm going when I walk or run.

18. PACING

- Sometimes I have to pay attention for a very long time.
- Only a strong person can last a long time at something.
- I know I'm strong but sometimes I forget to pace myself in the beginning and I get tired later.
- When I'm tired I have a hard time paying attention.
- When I don't pay attention, other kids get asked the fun questions and get to do interesting things while I end up getting bored.
- I want to do interesting and exciting things all day so I know I have to pace myself.

19. GROWN-UPS ARE DIFFERENT FROM KIDS

- When a grown-up tells me to do something I better listen.
- They make the rules for the grown-ups and the kids.
- I have to have respect for what they say since they're older and know better than I do.
- The rules they make up are for my own good.
- I don't know how to make up good rules yet so I better pay attention to the grown-ups rules so I can learn.
- Someday I'm going to be a grown-up but since I'm still a kid I can't make up any rules yet.
- I can learn by paying attention to all the grown-ups rules.

20. WALKING AWAY FROM CONVERSATION

- I enjoy having conversations with my friends.

- My friends like me because I don't walk away from them when they're talking to me.
- I would NEVER like it if people walked away from me when I talked.
- I know it would hurt my feelings if they did THAT.
- So I NEVER walk away from them when they are speaking to me!
- I stand still and pay FULL attention whenever I'm in a conversation.
- I LOVE practicing to act grown-up so I never walk away from conversations.

21. DAYDREAMING

- I learn a lot by watching and listening to other people, ESPECIALLY other kids.
- When I'm with other people, I pay close attention to what they're saying and doing.
- People LOVE being with someone who pays attention to them.
- If I stop paying attention I might not learn new things.
- When I daydream, I can't pay attention.
- I always think about what people say and do so I can learn.

22. CIRCLE TIME

- Circle time is one of my FAVORITE activities at school.
- I follow the teacher's instructions because I don't want to miss anything.
- When I talk to other kids, I might miss something that the teacher is saying.
- When that happens, I might mess up circle time which will make everyone mad at me.
- I wouldn't want someone else to mess up circle time for ME!
- I love circle time so much, that's why I always pay attention to the teacher and never talk to the other kids.

23. ANSWERING THE FIRST TIME

- When someone calls my name, I know I BETTER answer them IMMEDIATELY!
- That way they know I'm paying COMPLETE attention.
- All kids and grown-ups like it when I pay attention to them.
- When someone calls me and I don't answer the first time they think I'm not friendly.
- I am friendly, so it bothers me when people think I'm not.
- I wouldn't like someone who didn't answer ME when I called THEM!
- I will ALWAYS answer people the first time so EVERYONE will know how friendly I REALLY am.

24. DOING THINGS QUICKLY

- Sometimes I have to finish one thing before I move on to another.

- If I stall or dawdle, I won't finish what I'm doing and it will take me a long time to get started on the next thing.
- If I'm not quick, other kids will move on to other things without me.
- I don't want to get left behind.
- I want to be part of the group and have lots of friends.
- I know I can do things quickly and still do a good job.
- If I do things quickly, I will always be part of whatever's happening right from the start.

Set 2 A

1. NO ANSWER FROM OTHERS

- I like talking to people, ESPECIALLY other children.
- Sometimes they don't answer when I talk to them.
- Maybe they didn't hear me or maybe they weren't paying attention.
- Maybe they were busy or maybe they just didn't want to talk to me.
- It's not my job to make people answer me.
- I can just forget about it, maybe they'll talk to me later.
- That's what I see the other kids do.

2. TEACHER TALKS

- When I'm in school, I know that the teacher is in charge.
- The teacher makes all the rules for the classroom.
- The teacher also makes sure that all the children obey the classroom rules.
- That's why when the teacher talks, I always stop what I'm doing and listen RIGHT AWAY.
- When the teacher says something, all the other children listen immediately.
- I know, because I watch the other children and I see them always listen when the teacher talks.
- Whenever a teacher says to do something, I do exactly what the other children do.
- I don't wait for the teacher to repeat herself, I listen the first time.
- If a teacher has to tell me something twice, I know I'll make her mad.
- I'm a good boy in school, I follow the teacher's directions just like I see the other kids do.

3. NOT LISTENING

- When people talk to me, it's usually something I need to hear.
- It's important to look at people & stop what I'm doing when they have something to tell me.
- Sometimes grown-ups tell me VERY important things that I need to know.
- If I don't look & listen I might miss something important and make someone mad.
- All the other kids look and listen when people talk to them.

- I know it's wrong to keep doing what I'm doing when grown-ups want me to listen.
- When people talk to me, I will STOP what I'm doing and look & listen to them.

4. LEAVING ACTIVITY

- I LOVE playing with other kids.
- I talk to the kids I'm playing with and I notice that the other kids do the same thing.
- If I talk to kids playing other games, MY friends will be sad and think I'm ignoring them.
- They'll think I don't like them.
- They might not want to play with me next time.
- If I ONLY talk to my friends we'll have fun together
- Next time they'll play with me again.

5. STANDING AND SITTING STILL

- It's important to sit still when I'm sitting and stand still when I'm standing.
- When I sit, my hands should be in my lap and my feet in front of me.
- When I don't sit or stand still I get distracted and have trouble following what's going on.
- The other problem is that everyone else gets distracted too since they start staring at the way I'm moving and forget to listen to me.
- I hate when people don't listen to me and I know I can get them to listen to me by staying in one place.
- Even though I get excited when I talk to people, I can control myself and stay still.
- When I look around me I notice that all the other kids know how to sit and stand still.
- I want to be like them, this way I'll have more friends pay attention to me.

6. TASK LAZINESS / DOING MY BEST

- It's SO important to do my best in EVERYTHING I do.
- Sometimes I'm given something too easy to do.
- That doesn't matter, I'm still going to do my best and show everyone how smart I am.
- I need to make everything I do as good as it can possibly be.
- When I do my best I'm REALLY proud of myself & others say good things about my work.
- When I DON'T do my best it's because I'm being lazy.
- Lazy people finish things last, miss out on things and lose games.
- I don't want to finish last because when I look around me at the other kids I see how proud they are when they try their best.

- NOBODY'S proud of me when I don't try hard.
- I'll always try to do my best and work HARD so I'll get the most out of everything.
- That will make ME very happy.

7. RULES

- Rules are important for EVERYONE.
- I'm not allowed to make up rules.
- Only grown-ups I know can make up rules for me.
- Children don't know how to make up rules -- they make up silly rules.
- I can learn A LOT from the rules grown-ups make.
- If I make up rules, grown-ups will be upset with me.
- They'll think I'm trying to boss them around.
- I won't make up rules because that's a grown-ups job.

8. WEIRD THINGS

- All the strange things I do are NOT a good idea.
- People stare at me and laugh AT me (and not WITH ME) when I act weird.
- I get stuck on these things whether its my hands, my feet, my mouth or my eyes.
- Sometimes when grown-ups tell me to stop doing a weird thing, I think of ANOTHER weird thing I can do instead.
- Instead of thinking about OTHER weird things to do, I SHOULD think of ways to be good.
- None of my best friends do weird things and I want to be just like them.
- When I'm GOOD I can get lots of good things.
- It's hard, but I CAN do it.

9. BULLYING

- Sometimes I see another kid doing something that they're not supposed to.
- When that happens I know that I should tell a grown-up but sometimes I forget and yell at them.
- This makes the other kid very upset and can make him cry.
- When that happens I know that I made a mistake and I better back off and let him have his space.
- The last thing I should do is keep yelling at him or I might lose a friend.
- I'm better off saying I'm sorry so I can keep a friend.
- It's not funny when I made someone cry because people might think I'm mean.
- I'm not a bully; I'm a nice boy who doesn't want to hurt anyone else's feelings.

10. I MUST TALK

- Sometimes I want to say things VERY badly.

- It feels like I HAVE to say it RIGHT THAT SECOND.
- It's important to wait until the other person is finished talking.
- Even though it FEELS important, it CAN wait.
- They will listen to me BETTER if I wait patiently.
- When I interrupt, it just ANGERS people.
- People wonder, "what's wrong with him?" and "why can't he wait?"
- If I can wait, I can STILL tell them later and EVERYONE will like me MORE.

11. LISTENING THE FIRST TIME

- It's IMPORTANT to listen to grown-ups the first time.
- I don't know when I'm getting stuck, but grown-ups always KNOW when I am.
- I can't always talk about myself.
- The worst thing I can do is ignore grown-ups, even for a second.
- A grown-up shouldn't have to tell me something more than once.
- When I listen the first time, grown-ups are proud of me and I'M proud of myself.
- If I don't listen, grown-ups might think I'm a baby who doesn't know HOW to listen.
- My friends will also think I'm a baby because they're not babies and they listen the first time.
- Big boys ALWAYS listen the first time.
- I'm a big boy because I ALWAYS listen the first time.
- Nobody ever has to ask me something more than once because I listen quickly.

12. LOOKING WHERE I'M GOING

- When I'm walking someplace I need to look EVERYWHERE in front of me.
- That's important for EVERYONE'S safety.
- If I DON'T look, I might step on something and break it.
- Something might come crashing into me and hurt me bad.
- I might trip and hurt myself.
- I might bump into someone or something.
- I don't like breaking things or getting hurt so I'll always look where I'm going just like all the other kids.
- When I look, I can get out of the way if something dangerous is coming at me.
- I'm SO proud when I remember to watch where I'm going.

13. PACING

- Sometimes I do things for a VERY long time.
- I know from watching other kids that I have to save up my energy so I don't get tired later.
- I always have to pace myself and NOT get TOO wild or I will get tired and have trouble paying attention later.

- If I have trouble paying attention, my friends will think I'm ignoring them and they will look for other people to play with.
- If I stay calm and pace myself, I'll be able to do great for a VERY long time and I'll fit in great in my class.

14. GROWN UPS ARE DIFFERENT FROM KIDS

- Grown-ups are in charge and make the rules and decide things.
- Grown-ups have different sets of rules than kids.
- They make up the rules for grown-ups and kids.
- I never see kids making up rules for anyone.
- It seems unfair since kids can't do all the things that grown-ups can.
- It's important to respect what grown-ups say and do, they know best.
- I can learn a lot from grown-ups especially if I follow their rules.

15. WALKING FROM CONVERSATION

- I LOVE to hear what other people have to say.
- I NEVER turn away from anyone when I'm in a conversation.
- Looking at people is a VERY important part of talking to them.
- If I turn away I will hurt their feelings.
- They will think I don't care about them.
- It's impossible to understand what someone is saying when you're not looking at them.
- People like me better when I look at them, it makes them WANT to talk to me.
- I promise to stay still and look at everyone who talks to me.
- I want to be a good friend and I'm PROUD to be a good friend.

16. DAYDREAMING

- I LOVE hearing what other people say and WATCHING what other kids & people do.
- When I'm with other people, I pay attention and ONLY think about what they are saying or doing.
- When I remember to do this, I'm proud to make friends and know what's going on.
- If I daydream and think about other things, I can get distracted and might even get stuck.
- People will think I'm weird and won't want to play with me.
- I never daydream and ALWAYS think about what people are saying and doing.

17. ANSWERING THE FIRST TIME

- People ask me things ALL the time.
- I KNOW when someone asks me something it's because they want me to answer.

- When I DON'T answer, grown-ups and other kids might think I don't like them.
- When I don't answer people have to repeat themselves and that makes them mad.
- Nobody should have to ask a question more than once.
- All the other kids answer questions the first time.
- I hate when people don't answer MY questions so I KNOW how THEY must feel when I don't answer them.
- I know I have important things to say and that's why people ask me things.
- I will ALWAYS answer EVERYONE the FIRST time so I can have lots of friends.

18. DOING THINGS QUICKLY

- Part of pacing yourself is learning to do things quickly.
- Dawdling and stalling isn't good because you can finish things last.
- When I finish last, I miss out on playing games with other kids.
- If I take too long to join an activity I might miss something.
- I'll have less time to play with other kids.
- I want to be part of the group and be part of the action.
- When I see the other kids are going faster than me I know it's because they want to be ready for what comes next.
- I won't stall, I'll do things quickly and always finish up.

Set 2 B

1. NO ANSWER FROM OTHERS

- I enjoy talking to people, ESPECIALLY other children.
- They don't ALWAYS answer when I talk to them.
- Maybe they weren't paying attention or they didn't hear me.
- Maybe they just didn't WANT to talk to me or they were busy.
- I SHOULDN'T try to FORCE people to answer me.
- I can just walk away and forget about it and be happy anyway.
- I'm PROUD of myself when I can just walk away.

2. TEACHER TALKS

- I love to watch the other children in my class because I learn from them.
- One thing I noticed is that whenever the teacher talks, all the other children follow her directions the FIRST TIME.
- Our teacher doesn't have to tell anyone anything twice.
- She's in charge and everyone respects her and listens the FIRST TIME.
- They know and so do I, that the teacher makes all the rules for the class.
- That's why it's so important to follow the teacher's directions just like everyone else.

3. NOT LISTENING

- People want to talk to me a lot of the time.
- I ALWAYS stop what I'm doing and look at whoever is talking to me.
- I need to pay attention and hear ALL the important things that grown-ups tell me.
- When someone talks to me, I better listen the first time.
- If I don't stop what I'm doing when people talk to me, I'll lose all my friends.
- My friends listen to other people and they want me to be the same way.
- I like when people stop doing stuff when I talk to them.
- So when someone talks to me, I can stop everything immediately & pay attention to them.

4. LEAVING ACTIVITY

- I LOVE having friends!
- I have GREAT conversations with the kids I play with.
- I would be hurt if MY friends walked away from ME!
- If I see other kids playing something else, I NEVER walk away from my friends.
- If I did walk away, I'd hurt my friends' feelings.
- They would ALWAYS remember that I walked away & would NEVER want to play with me again.
- If I stay with my friends they'll always stay with me and be my friends.

5. STANDING AND SITTING STILL

- I talk to a lot of people and a lot of people talk to me.
- When I'm in a conversation it's always good to stay in one place.
- When I move back and forth or fidget in my chair it makes people stare at me and stop paying attention to me.
- In my chair I should keep my hands in my lap and my feet in front of me.
- I can forget what I was going to say and my friends will walk away from me.
- All my friends know how to sit and stand still.
- When I stand and sit still everyone pays attention to me because there are no distractions.
- I know the best way to keep my friends is to stay still when we're talking.

6. TASK LAZINESS / DOING MY BEST

- It's important to ALWAYS try hard to do my best.
- Even if something is easy I need to do my best and show everyone how smart I am.
- If it's too easy, I can always tell a grown-up that I need something harder to do.
- I must concentrate on what I'm doing and not be distracted by anything.
- When I do my best, people tell me what a GOOD job I did and I feel proud.
- Lazy people don't do their best -- NO ONE likes lazy people.

- Lazy people finish last -- they miss things and are losers.
- I LOVE to finish first and be a winner!
- I LOVE to do my best and work hard so I'll get the MOST out of EVERYTHING and always feel happy and proud.

7. RULES

- I make sure to follow rules.
- ONLY grown-ups I know can make up rules for me.
- The rules they make help me learn how to be a better person.
- I make up silly rules and get stuck & that can make a grown-up mad.
- My friends don't make rules either, they're really cool.
- I'll let grown-ups make the rules so I can be great when I grow up.

8. WEIRD THINGS

- There are A LOT of weird things I can do.
- When I stop doing ONE weird thing I can ALWAYS think of another.
- The only problem with this is that when I do one weird thing after another, EVERYONE wants to get away from me.
- If EVERYONE KEEPS running away from me, I'll be very lonely.
- I look at a lot of popular kids and I notice they don't do weird things.
- Popular kids have lots of friends.
- I would rather be with LOTS of people than be all alone.
- I better work really hard at controlling all the weird things so I can always have friends.

9. BULLYING

- When I see someone playing with something that's mine I know I should let them.
- It's not a good idea to fight with someone when they're playing with my things.
- If I share, I know grown-ups will know that I'm a big boy.
- It's really nice to share because it gives other kids a chance to enjoy my toys.
- That makes other kids happy which makes me happy.
- If someone is playing with something that's mine I just back off and let them play.
- If I yell and don't back off, then other kids will think I'm a bully.
- I don't want that, I want kids to like me so I always give them a chance if they want to play with my things.

10. I MUST TALK

- Sometimes I want to say things very badly and it feels like I have to say it RIGHT that second.
- It's important to control myself and WAIT until the other person is finished talking.

- People will pay MORE attention to me if I wait my turn.
- When I interrupt, it makes people very mad. I don't like it when someone interrupts ME!
- If I wait patiently, I can STILL tell them later and everyone will like me more.

11. LISTENING THE FIRST TIME

- When a grown-up tells me to do something, I listen the FIRST time.
- Nobody should ever have to tell someone something more than once.
- When I talk, I want other people to listen to me the first time also.
- When I listen the first time, grown-ups know that I respect them.
- Babies talk back or don't listen the first time and that's o.k.
- Big boys ALWAYS listen the first time they're told to do something.
- I know this because I notice other kids listening.
- I ALWAYS listen the first time -- that's what big boys do.

12. LOOKING WHERE I'M GOING

- Sometimes I'm in a hurry when I walk.
- When I'm walking I need to LOOK where I'm going so I don't step on things.
- When I don't look where I'm going, I could trip or bump into things.
- Not looking where you're going is dangerous; something can bump into you.
- When I look where I'm going and something is coming at me, I can duck or get out of the way.
- I'm ALWAYS very careful when I walk, even if I'm in a hurry.

13. PACING

- Some things I do last for a few hours.
- School goes on for a few hours and so do a lot of games and sports I play.
- I like to finish EVERYTHING I start.
- I'm always good when I start things but sometimes it's hard for me to stay good for a long time.
- I know if I stay good for a long time I'll get something special.
- The best way to stay good for a long time is to pace myself.
- Pacing means not running TOO fast or talking TOO much in the beginning.
- If I pace myself when I start things, I'll probably still be good at the end.
- I want to make you proud of me and me proud of me and I know the best way is to be good for a LONG time.

14. GROWN-UPS ARE DIFFERENT FROM KIDS

- Sometimes I see a grown-up do things that I'm not allowed to do.
- It seems unfair but I know it's OK since I realize that grown-ups make the rules, not kids.

- One day I'm going to be a grown-up and I'll be able to make rules too.
- The only way I'll learn is if I follow grown-ups rules while I'm still a kid.
- When I don't follow a grown-ups rules, they get angry at me and sometimes yell at me. [we TRIED not to lose it....]
- I don't like when grown-ups get mad at me.
- I'm a good boy who follows all the rules that grown-ups make.

15. WALKING AWAY FROM CONVERSATION

- I talk to people all the time.
- When I'm in a conversation, I NEVER turn away from whoever I'm talking to.
- If I turn away I will hurt their feelings.
- My feelings are hurt when people walk away from me when I'm talking to them.
- When I talk to people and don't look at them, they have trouble hearing me.
- I know if I STAND STILL & LOOK at whoever I'm talking to, I'll have lots of friends.

16. DAYDREAMING

- I love people MORE than anything else!
- People are VERY interesting.
- I ALWAYS pay careful attention to what people say and do and NEVER daydream.
- I don't WANT to miss anything so I ALWAYS look AND listen when people are talking.
- If I daydream I STOP paying attention, and I miss things.
- When daydream, people have to repeat themselves.
- NOBODY likes to repeat themselves.
- I want to make people happy so I ALWAYS listen and look when people are talking and doing things, I never daydream.

17. ANSWERING THE FIRST TIME

- I'm very smart so a lot of people want to ask me things.
- I love it when people ask me questions because I know it means they find me interesting.
- Sometimes when grown-ups ask me things, I don't answer them the first time.
- This makes them think I'm dumb.
- They have to ask me over and over and that gets them frustrated.
- I know because I get frustrated when grown-ups don't answer me the first time.
- The only way ANYONE will know how smart I am is if I answer their questions AS SOON AS I hear them.
- Part of being smart is answering questions quickly.
- I want everyone to know how smart I am so I will ALWAYS answer everyone the first time.

18. DOING THINGS QUICKLY

- When something is really easy to do I should do it quickly instead of stalling.
- When I get distracted and stall, everyone else moves onto the next thing except for me.
- I want to be included in what everyone else is doing.
- If I take too long to finish something I know how to do, everyone will think I don't want to do the next thing and they'll start without me.
- Even if I yell "wait for me", nobody will.
- Nobody wants to wait for someone who is slow and takes a long time to move on to the next thing.
- That's why I try hard to do things quickly. I want to be a part of everything.

19. PERSONAL SPACE

- I love talking to people, and when I do I give them enough space.
- When I talk to people TOO close they get very uncomfortable.
- I don't like it when other people talk too close to MY face!
- My friends like me better when I give them enough space.
- I ALWAYS make sure to give people enough space when I talk to them.

Set 2 C

1. NO ANSWER FROM OTHERS

- I LOVE to talk to people all the time.
- Sometimes I don't get an answer.
- I don't FORCE people to answer me because I know maybe they're busy or they weren't paying attention.
- When people don't answer me, I just forget about it and walk away.

2. TEACHER TALKS

- Sometimes when I'm in school, the teacher gives the classroom instructions on how to do things.
- When I look around me I notice that all the kids are paying attention to the teacher's words.
- All the kids follow the teacher's instructions because, like me, they know that when a teacher talks they have to listen the first time.
- Teachers are very smart and they know how to do a lot of things better than I can.
- I can learn a lot from teachers so I always pay attention when they talk.
- If I don't listen the first time I might miss something and fall behind the rest of the class.

- I love fitting in with the rest of my class so I listen to the teacher and follow her directions, just like the rest of the kids. [...and of course when he found out the OTHER kids really DON'T listen, he used it against us and they we use their example, and how THEY'RE always getting into trouble to convince him to be a good boy and how proud of himself he could be then if he's better than that]

3. NOT LISTENING

- People want to talk to me all the time.
- When someone talks to me I stop what I'm doing and pay total attention to them.
- I would not like if someone did not listen to ME!
- Only people who look and listen hear EVERYTHING there is to hear.
- If I don't stop what I'm doing when people talk to me, I won't HAVE any friends.
- Friends are VERY important, so I always pay attention when people talk to me.

4. LEAVING ACTIVITIES

- I LOVE playing with my friends!
- When I'm playing a game or sport, I stay with my friends the WHOLE time.
- I don't leave them even if something else that's interesting is happening nearby.
- If I did that, I would ruin the game for everyone and nobody would want to play with me.
- I wouldn't someone to ruin the game for ME!
- Friends are too important to lose, so I'll stick with them the WHOLE time.

5. STANDING AND SITTING STILL

- I love to talk to people.
- No matter how exciting it is to have a conversation it's best if I sit or stand still when talking.
- If I keep moving the people I'm talking to will stare at what I'm moving instead of looking into my eyes.
- When other people don't look into my eyes they can't understand what I'm saying.
- When I sit or stand still people will hear everything I have to say and I like that.

6. TASK LAZINESS / DOING BEST

- I always work hard on EVERYTHING I do even if it's something that I can do easily.
- If something is too easy, I can always tell a grown-up that I need something harder to do to make it more interesting.
- I do the BEST job when I try REALLY hard and that makes everyone proud...especially ME!
- When I DON'T work hard and concentrate, I do terrible work & people call me lazy.

- When I work hard I ALWAYS do great work.
- I LOVE doing my best!

7. RULES

- Grown-ups make rules to help me learn.
- I'm too young to make up rules.
- The rules I make up are ridiculous and make grown-ups mad.
- I'll follow the rules grown-ups make and learn how to be a big boy.

8. WEIRD THINGS

- Weird things stop me from doing my best.
- When I do something that's weird it gets in the way of everything else.
- When I do weird things I never get to do fun things or play with other kids.
- Playing with other kids and doing fun things is what I like the most.
- It's just not worth it to do weird things anymore.
- I'd better just control myself so I can do all the things I like.

9. BULLYING

- When I yell at my brother or another kid that makes them upset.
- I really don't want to upset other kids and make them cry because it makes me sad to see other people sad.
- It's even worse if I smile or laugh at people who are crying.
- It's better to be really nice to someone who's crying or sad, especially if I made them sad.
- I'm going to try to stay out of fights with my brother and other kids.

10. I MUST TALK

- Sometimes I feel like I can't STOP myself from talking!
- When that happens, I give EVERYONE a headache!
- Nobody likes someone who always has to talk.
- I don't like people who are that way!
- I like to only talk when I REALLY have something to say.

11. LISTENING THE FIRST TIME

- I do what I'm told the FIRST time.
- I know that nobody should have to repeat themselves because I didn't listen the first time.
- When I DON'T listen the first time it's usually because I'm stuck.
- When I get stuck, I can't learn and I frustrate EVERYONE!

- I'm VERY proud of myself when I listen the first time and the grown-ups are proud also.

12. LOOKING WHERE I'M GOING

- Sometimes I want to go someplace in a hurry.
- No matter how much of a hurry I'm in, I know I HAVE to watch where I'm going.
- If I don't look where I'm going I could get hurt or something could knock into me.
- That's dangerous, and I wouldn't know if I should duck or get out of the way if I'm not looking.
- I always look where I'm going when I walk or run.

13. PACING

- Sometimes I have to pay attention for a very long time.
- Only a strong person can last a long time at something.
- I know I'm strong but sometimes I forget to pace myself in the beginning and I get tired later.
- When I'm tired I have a hard time paying attention.
- When I don't pay attention, other kids get asked the fun questions and get to do interesting things while I end up getting bored.
- I want to do interesting and exciting things all day so I know I have to pace myself.

14. GROWN-UPS ARE DIFFERENT FROM KIDS

- When a grown-up tells me to do something I better listen.
- They make the rules for the grown-ups and the kids.
- I have to have respect for what they say since they're older and know better than I do.
- The rules they make up are for my own good.
- I don't know how to make up good rules yet so I better pay attention to the grown-ups rules so I can learn.
- Someday I'm going to be a grown-up but since I'm still a kid I can't make up any rules yet.
- I can learn by paying attention to all the grown-ups rules.

15. WALKING AWAY FROM CONVERSATION

- I enjoy having conversations with my friends.
- My friends like me because I don't walk away from them when they're talking to me.
- I would NEVER like it if people walked away from me when I talked.
- I know it would hurt my feelings if they did THAT.
- So I NEVER walk away from them when they are speaking to me!

- I stand still and pay FULL attention whenever I'm in a conversation.
- I LOVE practicing to act grown-up so I never walk away from conversations.

16. DAYDREAMING

- I learn a lot by watching and listening to other people, ESPECIALLY other kids.
- When I'm with other people, I pay close attention to what they're saying and doing.
- People LOVE being with someone who pays attention to them.
- If I stop paying attention I might not learn new things.
- When I daydream, I can't pay attention.
- I always think about what people say and do so I can learn.

17. ANSWERING THE FIRST TIME

- When someone calls my name, I know I BETTER answer them IMMEDIATELY!
- That way they know I'm paying COMPLETE attention.
- All kids and grown-ups like it when I pay attention to them.
- When someone calls me and I don't answer the first time they think I'm not friendly.
- I am friendly, so it bothers me when people think I'm not.
- I wouldn't like someone who didn't answer ME when I called THEM!
- I will ALWAYS answer people the first time so EVERYONE will know how friendly I REALLY am.

18. DOING THINGS QUICKLY

- Sometimes I have to finish one thing before I move on to another.
- If I stall or dawdle, I won't finish what I'm doing and it will take me a long time to get started on the next thing.
- If I'm not quick, other kids will move on to other things without me.
- I don't want to get left behind.
- I want to be part of the group and have lots of friends.
- I know I can do things quickly and still do a good job.
- If I do things quickly, I will always be part of whatever's happening right from the start.

19. PERSONAL SPACE

- I LOVE talking to my friends!
- I NEVER get too close when I'm in a conversation.
- Nobody likes to have someone in their face when they're having a conversation.
- I have LOTS of friends because I always give them their space when I talk to them and they give me my space when they talk to me!

Set 3 A

1. FOLLOWING THE GROUP

- When the kids in school are listening to the teacher or a tape as a group, I MUST listen carefully also.
- I need to hear ALL the words the teacher or tape tells the group of kids because I'm part of the group too.
- I have to watch the other children carefully to see what they do so I'll do the right thing also.
- Instructions are always important to follow correctly that's why I pay attention to all instructions given to the group.

2. TEACHER TALKS

- When I'm in school, I know that the teacher is in charge
- The teacher makes all the rules for the classroom.
- The teacher also makes sure that all the children obey the classroom rules.
- That's why when the teacher talks, I always stop what I'm doing and listen RIGHT AWAY.
- When the teacher says something, all the other children listen IMMEDIATELY.
- I know, because I watch the other children and I see them always listen when the teacher talks. [Again, he of course found out how untrue this was and then we proceeded to use THAT to DRO HIS good job]
- Whenever a teacher says to do something, I do exactly what the other children do.
- I don't wait for the teacher to repeat herself, I listen the first time.
- If a teacher has to tell me something twice, I know I'll make her mad.
- I'm a good boy in school, I follow the teacher's directions just like I see the other kids do.

3. NOT LISTENING

- When people talk to me, it's usually something I need to hear.
- It's important to look at people & stop what I'm doing when they have something to tell me.
- Sometimes grown-ups tell me VERY important things that I need to know.
- If I don't look & listen I might miss something important and make someone mad.
- All the other kids look and listen when people talk to them.
- I know it's wrong to keep doing what I'm doing when grown-ups want me to listen.
- When people talk to me, I will STOP what I'm doing and look & listen to them.

4. STANDING AND SITTING STILL

- It's important to sit still when I'm sitting and stand still when I'm standing.
- When I sit, my hands should be in my lap and my feet in front of me.
- When I don't sit or stand still I get distracted and have trouble following what's going on.
- The other problem is that everyone else gets distracted too since they start staring at the way I'm moving and forget to listen to me.
- I hate when people don't listen to me and I know I can get them to listen to me by staying in one place.
- Even though I get excited when I talk to people, I can control myself and stay still.
- When I look around me I notice that all the other kids know how to sit and stand still.
- I want to be like them, this way I'll have more friends pay attention to me.

5. BULLYING

- Sometimes I see another kid doing something that they're not supposed to.
- When that happens I know that I should tell a grown-up but sometimes I forget and yell at them.
- This makes the other kid very upset and can make him cry.
- When that happens I know that I made a mistake and I better back off and let him have his space.
- The last thing I should do is keep yelling at him or I might lose a friend.
- I'm better off saying I'm sorry so I can keep a friend.
- It's not funny when I made someone cry because people might think I'm mean.
- I'm not a bully, I'm a nice boy who doesn't want to hurt anyone else's feelings.

6. LISTENING THE FIRST TIME

- It's IMPORTANT to listen to grown-ups the first time.
- I don't know when I'm getting stuck, but grown-ups always KNOW when I am.
- I can't always talk about myself.
- The worst thing I can do is ignore grown-ups, even for a second.
- A grown-up shouldn't have to tell me something more than once.
- When I listen the first time, grown-ups are proud of me and I'M proud of myself.
- If I don't listen, grown-ups might think I'm a baby who doesn't know HOW to listen.
- My friends will also think I'm a baby because they're not babies and they listen the first time.
- Big boys ALWAYS listen the first time.
- I'm a big boy because I ALWAYS listen the first time.
- Nobody ever has to ask me something more than once because I listen quickly.

7. LOOKING AT PEOPLE

- When people call my name it is important to look at them right away
- Calling me "[name]" is the only way they can get only my attention.
- It means they have something special to say to me.
- Sometimes people call me when I'm in the middle of playing or watching TV.
- I want people to think I'm listening to them so they'll want to be my friend.
- I want to have good friends.
- I'll try to be good and look at people when they call my name.

8. ANSWERING THE FIRST TIME

- People ask me things ALL the time.
- I KNOW when someone asks me something it's because they want me to answer.
- When I DON'T answer, grown-ups and other kids might think I don't like them.
- When I don't answer people have to repeat themselves and that makes them mad.
- Nobody should have to ask a question more than once.
- All the other kids answer questions the first time.
- I hate when people don't answer MY questions so I KNOW how THEY must feel when I don't answer them.
- I know I have important things to say and that's why people ask me things.
- I will ALWAYS answer EVERYONE the FIRST time so I can have lots of friends.

9. WATCHING OTHER KIDS

- I spend a lot of my day with other kids.
- When I'm with other kids I pay close attention to everything they do because I can learn a lot from them.
- The other kids like to spend time with me too.
- Kids should always work together and play together and watch each other closely.
- The reason I have so many friends is that I'm very interested in what they do.
- That's because I always watch them.

10. NO HITTING - LISTENING TO TEACHERS

- It's never OK to hit people.
- Hitting people is very disrespectful and it shows that I don't care enough about other people.
- Hitting shows that I'm not thinking about others' feelings.
- Other people will think that I am mean if I hit or push.
- Adults and teachers will tell me that this is VERY wrong and mean!
- I cannot argue with them because this is EXTREMELY SERIOUS.
- Teachers and grown-ups are protecting the other children from someone who is acting mean.
- I must ALWAYS listen to adults and teachers about hitting and pushing.
- Even when someone hits or pushes me first, it's not OK to hit or push back.

- I must tell the teachers or grown-ups about it instead.
- This is the MOST IMPORTANT think to remember about how to treat others.
- I MUST NEVER HIT OR PUSH ANYONE!

Set 3 B

1. FOLLOWING THE GROUP

- One of the things I love about school is when the teacher puts on a tape with songs and dance instructions.
- I listen very carefully to the WORDS on the tape that tell me what to do and how to dance.
- These words are called instructions
- The teacher also gives the group instructions.
- I really listen to instructions and I watch the other kids to make sure I'm following all the directions.
- Following instructions makes me feel like an important part of the class.

2. TEACHER TALKS

- I love to watch the other children in my class because I learn from them.
- One thing I noticed is that whenever the teacher talks, all the other children follow her directions the FIRST TIME.
- Our teacher doesn't have to tell anyone anything twice.
- She's in charge and everyone respects her and listens the FIRST TIME.
- They know and so do I, that the teacher makes all the rules for the class.
- That's why it's so important to follow the teacher's direction's just like everyone else.

3. NOT LISTENING

- People want to talk to me a lot of the time.
- I ALWAYS stop what I'm doing and look at whoever is talking to me.
- I need to pay attention and hear ALL the important things that grown-ups tell me.
- When someone talks to me, I better listen the first time.
- If I don't stop what I'm doing when people talk to me, I'll lose all my friends.
- My friends listen to other people and they want me to be the same way.
- I like when people stop doing stuff when I talk to them.
- So when someone talks to me, I can stop everything IMMEDIATELY & pay attention to them.

4. STANDING AND SITTING STILL

- I talk to a lot of people and a lot of people talk to me.

- When I'm in a conversation it's always good to stay in one place.
- When I move back and forth or fidget in my chair it makes people stare at me and stop paying attention to me.
- In my chair I should keep my hands in my lap and my feet in front of me.
- I can forget what I was going to say and my friends will walk away from me.
- All my friends know how to sit and stand still.
- When I stand and sit still everyone pays attention to me because there are no distractions.
- I know the best way to keep my friends is to stay still when we're talking.

5. BULLYING

- When I see someone playing with something that's mine I know I should let them.
- It's not a good idea to fight with someone when they're playing with my things.
- If I share, I know grown-ups will know that I'm a big boy.
- It's really nice to share because it gives other kids a chance to enjoy my toys.
- That makes other kids happy which makes me happy.
- If someone is playing with something that's mine I just back off and let them play.
- If I yell and don't back off, then other kids will think I'm a bully.
- I don't want that; I want kids to like me so I always give them a chance if they want to play with my things.

6. LISTENING THE FIRST TIME

- When a grown-up tells me to do something, I listen the FIRST time.
- Nobody should ever have to tell someone something more than once.
- When I talk, I want other people to listen to me the first time also.
- When I listen the first time, grown-ups know that I respect them.
- Babies talk back or don't listen the first time and that's O.K..
- Big boys ALWAYS listen the first time they're told to do something.
- I know this because I notice other kids listening.
- I ALWAYS listen the first time -- that's what big boys do.

7. LOOKING AT PEOPLE

- My name is very special.
- When people say, "[name]" it means they want to talk to ME and nobody else.
- When someone says, "[name]" I always stop whatever I'm doing and look and answer.
- People use my name to call me because they love me and they know if I LOOK at them and ANSWER right away it means that I love them too.
- I want everyone to know I love them so I always look and listen whenever someone says, "[name]".

8. ANSWERING THE FIRST TIME

- I'm very smart so a lot of people want to ask me things.
- I love it when people ask me questions because I know it means they find me interesting.
- Sometimes when grown-ups ask me things, I don't answer them the first time.
- This makes them think I'm dumb.
- They have to ask me over and over and that gets them frustrated.
- I know because I get frustrated when grown-ups don't answer me the first time.
- The only way ANYONE will know how smart I am is if I answer their questions AS SOON AS I hear them.
- Part of being smart is answering questions quickly.
- I want everyone to know how smart I am so I will ALWAYS answer everyone the first time.

9. WATCHING OTHER KIDS

- I love to play with other kids.
- I play with them in the park and watch everything they do.
- I play with kids at school and watch everything they do.
- I play with my friends at day camp and watch them there too.
- I know when I watch all the other kids, I will always learn new things.
- When I learn new things, I can teach them to my brother later.
- I can also tell mommy and daddy all the new things I learned watching other kids.
- That makes them VERY proud of me.

10. NO HITTING - LISTENING TO TEACHERS

- I am not allowed to hit or push people.
- Hitting or pushing is one of the worst things that anybody can do.
- When someone hits, it means they have no respect for other people.
- I respect other people and their feelings.
- If someone hits me, I never hit back. I tell the teacher or a grown-up instead.
- I know if I hit someone, they'll tell on me too.
- I CAN NEVER HIT OR PUSH ANYONE!

Set 3 C

1. FOLLOWING THE GROUP

- I always listen when the teacher gives instructions to the entire class.
- I pay careful attention to what she says because I know everyone else is and I want to participate.
- Another kind of instructions I follow are the ones that are on a tape.
- Just like with a teacher, the tape tells the whole group what to do and I need to listen just as carefully.
- When I follow all the instructions I fit in with everyone and that makes me happy.

2. TEACHER TALKS

- Sometimes when I'm in school, the teacher gives the classroom instructions on how to do things.
- When I look around me I notice that all the kids are paying attention to the teacher's words.
- All the kids follow the teacher's instructions because like me, they know that when a teacher talks they have to listen the first time.
- Teachers are very smart and they know how to do a lot of things better than I can.
- I can learn a lot from teachers so I always pay attention when they talk.
- If I don't listen the first time I might miss something and fall behind the rest of the class.
- I love fitting in with the rest of my class so I listen to the teacher and follow her directions, just like the rest of the kids.

3. NOT LISTENING

- People want to talk to me all the time.
- When someone talks to me I stop what I'm doing and pay total attention to them.
- I would not like if someone did not listen to ME!
- Only people who look and listen hear EVERYTHING there is to hear.
- If I don't stop what I'm doing when people talk to me, I won't HAVE any friends.
- Friends are VERY important, so I always pay attention when people talk to me.

4. STANDING AND SITTING STILL

- I love to talk to people.
- No matter how exciting it is to have a conversation it's best if I sit or stand still when talking.
- If I keep moving the people I'm talking to will stare at what I'm moving instead of looking into my eyes.
- When other people don't look into my eyes they can't understand what I'm saying.
- When I sit or stand still people will hear everything I have to say and I like that.

5. BULLYING

- When I yell at my brother or another kid that makes them upset.
- I really don't want to upset other kids and make them cry because it makes me sad to see other people sad.
- It's even worse if I smile or laugh at people who are crying.
- It's better to be really nice to someone who's crying or sad, especially if I made them sad.
- I'm going to try to stay out of fights with my brother and other kids.

6. LISTENING THE FIRST TIME

- I do what I'm told the FIRST time.
- I know that nobody should have to repeat themselves because I didn't listen the first time.
- When I DON'T listen the first time it's usually because I'm stuck.
- When I get stuck, I can't learn and I frustrate EVERYONE!
- I'm VERY proud of myself when I listen the first time and the grown-ups are proud also.

7. LOOKING AT PEOPLE

- I watch people a lot and one thing I've noticed is that whenever people call each other's names they LOOK and LISTEN to each other.
- When people say, "[name]" I know they're talking to me and nobody else so I always stop what I'm doing and look right at them.
- Paying attention to people when they talk to me makes them feel very special and let's them know how much I LOVE them.
- The longer I pay attention to people after they say, "[Name]", the more they will love me.
- Also, the faster I stop what I'm doing and look at the person who said my name, the more they will know I love them.
- I ALWAYS LOOK AT EVERYONE RIGHT AWAY AND FOR A LONG TIME AFTER THEY CALL MY NAME.

8. ANSWERING THE FIRST TIME

- When someone calls my name, I know I BETTER answer them IMMEDIATELY!
- That way they know I'm paying COMPLETE attention.
- All kids and grown-ups like it when I pay attention to them.
- When someone calls me and I don't answer the first time they think I'm not friendly.
- I am friendly, so it bothers me when people think I'm not.
- I wouldn't like someone who didn't answer ME when I called THEM!
- I will ALWAYS answer people the first time so EVERYONE will know how friendly I REALLY am.

9. WATCHING OTHER KIDS

- Kids know how to do many things.
- I know because I always pay careful attention to them when they're around.
- I love to imitate what other kids do especially when they're being good.
- When I'm near other kids I watch them very carefully because I want to keep up with them.
- If I stop paying attention they might move onto something else without me.
- I don't want that to happen.

- I want to keep my friends so I watch them closely when they're around.

10. NO HITTING - LISTENING TO TEACHERS

- Hitting or pushing is bad.
- Only bad people hit or push.
- When someone hits or pushes it doesn't only hurt the person where they were hit, it also hurts their feelings.
- I have a lot of respect for other people's feelings so I NEVER hit or push.
- If I hit or push someone, they will tell on me and they should.
- I never argue with a grown-up who's talking to me about hitting or pushing because I know that this is a VERY SERIOUS thing to talk about.
- They need to let me know how wrong it is to hit and how you have to respect others.
- I must ALWAYS listen to adults and teachers about hitting and pushing.
- If someone hits or pushes me first, I should tell on them and NOT hit or push them back.
- I will NEVER hit or push anyone because I know it is SO WRONG.

MASTER LIST STORIES

"Master Lists" were what we called the final series of the Social Stories we did. We gave them this name because the "themes" of these stories bled into several drills (Role Play - Dolls/Puppets, Appropriate Play, Pretend/Fantasy Play, etc. -- we'll eventually type these up) and, at this point, the language of these stories was an integral part of our common redirections in real life. Our son (the human instant-replay) had memorized the earliest stories, forcing three versions of each. By this time, he had also memorized their titles and would gleefully request specific stories by name. For the "Master List" stories you can see we removed the titles. Our therapists had been doing variations of these for so long, they were easily able to improvise and mix & match around each of the versions here. Therapy had now become more "natural" and needed to resemble and segue into real life. We were very consciously transitioning things we said away from "therapy" language and toward that which he might hear from teachers, peers, etc. These were among the last steps in transferring stimulus control to his teachers and peers (i.e., the language had to begin to match). He was in school without a shadow (& without anyone at the school having knowledge of his autism) at the end of using series 3 and during the time of these "Masters." It was also at about this time that we started calling his "therapists" his "babysitters". This came in handy since he was constantly mentioning their names to those in the outside world he was becoming a part of.

P.S. - WATCH OUT for #1 - The Golden Rule. Boy did he persevere on turning THAT one around on us! (-;

SOCIAL STORIES MASTER LIST A

1.

- The most important rule of all time is the Golden Rule, "do unto others as you would have them do unto you."
- That means you shouldn't do something that you wouldn't want someone to do to you.
- Boy is that an important rule!
- Breaking the Golden Rule makes people think you don't like them or care about what happens to them.
- If I hurt someone's feelings, I have to think about how I would feel if that person did the same thing to me.
- The Golden Rule also has a good side.
- I should do the same good things to people that I would want them to do for me.
- People will know I like them if I do good things for them and if I'm nice to them.
- I know people will treat me good if I treat them good.
- That's the Golden Rule and I know I can stick to it.

2.

- When people talk to me, it's usually something I need to hear.
- It's important to look at people & stop what I'm doing when they have something to tell me.
- Sometimes grown-ups and kids tell me VERY important things that I need to know.
- If I don't look & listen I might miss the message that they're trying to give me.
- All the other kids look and listen when people talk to them.
- I know it's wrong to keep doing what I'm doing when grown-ups want me to listen.
- When people talk to me, I will STOP what I'm doing and look & listen to them.

3.

- I LOVE to hear what other people have to say.
- I NEVER turn away from anyone when I'm in a conversation.
- Looking at people is a VERY important part of talking to them.
- If I turn away I will hurt their feelings.
- They will think I don't care about them.
- It's impossible to understand what someone is saying when you're not looking at them.
- People like me better when I look at them, it makes them WANT to talk to me.
- I promise to stay still and look at everyone who talks to me.
- I want to be a good friend and I'm PROUD to be a good friend.

4.

- Sometimes I want to say things VERY badly.
- It feels like I HAVE to say it RIGHT THAT SECOND.
- It's important to wait until the other person is finished talking otherwise I'm interrupting and changing the subject.
- Even though it FEELS important, it CAN wait.
- They will listen to me BETTER if I wait patiently.
- When I interrupt, it just ANGERS people.
- People wonder, "what's wrong with him?" and "why can't he wait?"
- One of the MOST important times to wait patiently before talking is in circle time or when a teacher is giving a lesson.
- I also know that "excuse me" means I'm asking if I can interrupt.
- Even if I'm told to wait, I can STILL tell them later and EVERYONE will like me MORE.

5.

- It's IMPORTANT to listen to grown-ups the first time.
- The worst thing I can do is ignore grown-ups, even for a second.
- A grown-up shouldn't have to tell me something more than once.
- When I listen the first time, grown-ups are proud of me and I'M proud of myself.
- If I don't listen, grown-ups might think I'm a baby who doesn't know HOW to listen.
- My friends will also think I'm a baby because they're not babies and they listen the first time.
- I'm a big boy because I ALWAYS listen the first time.
- Nobody ever has to ask me something more than once because I listen quickly and I like controlling myself.

6.

- When I do something wrong I feel terrible not only for what I did, but for hurting another person's feelings.
- Usually when I do something that hurts someone, they tell me right away and they're mad.
- That makes me feel even worse because I like people and never want to make them feel bad.
- The best thing to do after doing something wrong is to apologize to the person I hurt.
- Saying "I'm sorry" helps the person I hurt feel a little bit better and that makes me feel a little bit better too.
- When a teacher or any grown-up punishes me or gives me a time-out for doing something wrong, the worst thing I could do is talk back.
- The best thing I could do is apologize. Then after the punishment or time-out is over, everyone will respect me more.
- I don't have to explain the reason I did what I did since grown-ups already know the reason without me saying it.

- Knowing that grown-ups understand helps me stop myself from talking back to them.

7.

- Grown-ups are in charge and make the rules and decide things.
- Grown-ups have different sets of rules than kids.
- They make up the rules for grown-ups and kids.
- I never see kids making up rules for anyone.
- It seems unfair since kids can't do all the things that grown-ups can.
- It's important to respect what grown-ups say and do; they know best.
- I'm not a grown-up and I can't pretend I'm a grown-up.
- I can learn a lot from grown-ups especially if I follow their rules.

8.

- Sometimes it's very clear what I'm supposed to be doing, like in school when I need to go to certain areas.
- Sometimes it's not exactly clear what I should do and I'm kind of on my own to decide what to do.
- In these free times when the rules don't seem clear they really are.
- The rules haven't changed at all!
- I just have to be sure that I follow all the same rules and behave just as good.
- In these free times, I'm in charge of myself and I will make everyone, my teachers and parents, so proud that I don't need them to keep me well behaved.
- I can behave myself all by myself.

9.

- When I see other kids playing I always want to join them and have fun.
- Sometimes when I ask to join in the other kids say "no".
- That's OK, I can play with them later, find other kids to play with, or just do something else.
- It's also important when playing with other kids to let them express their own ideas.
- Everyone gets a turn at having their say and using their ideas.
- I can learn from other kids' ideas.
- Their suggestions can make playing more interesting when I'm on my own or playing with new kids.

10.

- I love talking to people, especially my friends.
- When I talk to people, I need to give them their space & stay away from their faces.

- I also don't lean on them or lay all over them.
- EVERYBODY needs space.
- My space bubble helps me keep good space.
- When I get too close, it makes other people uncomfortable and they want to get away from me.
- They might not want to ever talk to me again.
- When I look around I notice that the other kids know just how much space to give.
- They don't lay all over or lean all over each other EVER!
- I want to be just like them.
- When I give people enough space, they want to talk with me and be my friend.

11.

- I spend a lot of my day with other kids.
- When I'm with other kids I pay close attention to everything they do because I can learn a lot from them.
- The other kids like to spend time with me too.
- Kids should always work together and play together and watch each other closely.
- The reason I have so many friends is that I'm very interested in what they do.
- That's because I always watch them.

12.

- I love playing with other kids.
- The most interesting and fun times I have are when I join kids who are already playing.
- I do this by asking in a nice and gentle voice, "Can I play with you?"
- If they say yes, then I ask, "teach me how to play" or "show me what you're doing".
- When I join other kids who are playing, I really feel like I have friends and that I belong to the group.
- I also know that I'm NOT ALLOWED to touch other kids when I play with them or else they'll be mad at me.
- As long as I keep joining other kids and don't touch them, I'll be popular and have lots of friends.

13.

- I love to talk to other people and other people like to hear me talk.
- I don't have to yell for other people to be interested in what I have to say.
- As a matter of fact, if I talk in a gentle tone and don't shout people will care more about what I have to say.
- I must always use my real voice in conversations.
- When I use my real voice and speak quietly, people listen to what I say.

- I like that.

SOCIAL STORIES MASTER LIST B

1.

- I must always be sure to treat everyone the way that I would want them to treat me.
- That means I should always treat people nice and kind since that's how I would want to be treated.
- That also means that I shouldn't be mean to people or hurt them since I wouldn't want to be treated poorly.
- That's the Golden Rule and I know I must always follow it!

2.

- People want to talk to me a lot of the time.
- I ALWAYS stop what I'm doing and look at whoever is talking to me.
- I need to pay attention and hear the message that people tell me.
- When someone talks to me, I better listen the first time.
- If I don't stop what I'm doing when people talk to me, I'll lose all my friends.
- My friends listen to other people and they want me to be the same way.
- I like when people stop doing stuff when I talk to them.
- So when someone talks to me, I can stop everything immediately & pay attention to them.

3.

- I LOVE having friends!
- I have GREAT conversations with the kids I play with.
- I would be hurt if MY friends walked away from ME!
- If I see other kids playing something else, I NEVER walk away from my friends.
- If I did walk away, I'd hurt my friends' feelings.
- They would ALWAYS remember that I walked away & would NEVER want to play with me again.
- If I stay with my friends they'll always stay with me and be my friends.

4.

- Sometimes I want to say things very badly and it feels like I have to say it RIGHT that second.
- It's important to control myself and WAIT until the other person is finished talking.
- People will pay MORE attention to me if I wait my turn.

- I have to be especially careful not to blurt things out and interrupt when it's circle time or when a teacher is giving a lesson because they wouldn't want me to change the subject.
- When I interrupt, it makes people very mad. I don't like it when someone interrupts ME!
- Sometimes when I say "excuse me" I still have to wait a minute because "excuse me" is only asking permission to interrupt.
- If I wait patiently, I can STILL tell them later and everyone will like me more.

5.

- When a grown-up tells me to do something, I listen the FIRST time.
- Nobody should ever have to tell someone something more than once.
- When I talk, I want other people to listen to me the first time also.
- When I listen the first time, grown-ups know that I respect them.
- Babies talk back or don't listen the first time and that's O.K.
- Big boys ALWAYS listen the first time they're told to do something.
- I know this because I notice other kids listening.
- I ALWAYS listen the first time -- that's what big boys do.

6.

- Sometimes I do something that makes other kids or grown-ups angry at me and they tell me.
- When this happens I never argue but instead apologize.
- Saying "I'm sorry" shows people that I feel bad about making them feel bad and that helps me stay friends with them.
- If I get a time-out or get punished, the right thing to do is apologize and not try to explain since grown-ups already understand why I did what I did.
- I always remember to apologize quickly after doing something wrong.

7.

- Sometimes I see a grown-up do things that I'm not allowed to do.
- It seems unfair but I know it's OK since I realize that grown-ups make the rules, not kids.
- One day I'm going to be a grown-up and I'll be able to make rules too.
- I'm not a grown-up yet so I shouldn't pretend I'm one ever.
- The only way I'll learn is if I follow grown-ups' rules while I'm still a kid.
- When I don't follow a grown-up's rules, they get angry at me and sometimes yell at me.
- I don't like when grown-ups get mad at me.
- I'm a good boy who follows all the rules that grown-ups make.

8.

- Sometimes the grown-ups aren't around to tell me what to do.
- Other times the grown-ups are too busy to be watching what I do as carefully as they usually do.
- You know what I do in these situations?
- I follow all the same rules as if the adults were paying careful attention to me.
- That's what mature kids do.
- Besides, if I act up when a grown-up isn't watching me as carefully, they'll probably catch me and I'll get into a lot of trouble.
- I behave whether or not a grown-up is close by and watching.

9.

- Kids don't always want to play with me and that's fine.
- I know that there's usually a good reason -- like they're already in the middle of what they're doing and it wouldn't be fair for me to interrupt and make them start all over.
- I don't let it bother me when a kid doesn't want to play with me because I know I can do something else or play with them later.
- When I play with kids I don't push my ideas on my friends and force them to play using only my ideas.
- The fair thing is to share ideas; it's kind of like turn-taking with ideas.
- People can learn from my ideas and of course I can learn from theirs.

10.

- I love talking to people, and when I do I give them enough space.
- When I talk to people TOO close they get very uncomfortable.
- I also know that I should NEVER lean on anyone or touch them.
- I don't like it when other people talk too close to MY face or lean on me.
- My friends like me better when I give them enough space.
- I ALWAYS make sure to use my space bubble and give enough space all the time.

11.

- I love to play with other kids.
- I play with them in the park and watch everything they do.
- I play with kids at school and watch everything they do.
- I play with my friends at day camp and watch them there too.
- I know when I watch all the other kids, I will always learn new things.
- When I learn new things, I can teach them to my brother later.
- I can also tell mommy and daddy all the new things I learned watching other kids.
- That makes them very proud of me.

12.

- Sometimes I walk into my class and I see groups of kids already playing or doing something.
- Whenever I see that happening, I walk over to see what they're doing.
- It's always something interesting so I always ask in a nice, gentle way "can I play with you?"
- Of course the kids usually say, "yes" since most kids want to be my friend when I'm nice.
- Once I'm invited to join them, I always ask, "how do you play?" or "how do you do this?" so I can really be a part of the group.
- One thing I know is that I'm not allowed to touch the other kids when I play with them or they will probably stop playing with me.
- If I keep joining other kids and groups of kids and ask how to play with them, I will learn lots of new games and have so many friends.
- I like that!

13.

- The most pleasant sound in the world is someone's gentle, quiet voice.
- When I yell or don't use my real voice, it makes people uncomfortable.
- Talking loud makes people want to get away from me.
- I try really hard to speak in a soft, gentle tone so people will listen to me.
- Not only do people like me better when I use my best voice, but I feel more relaxed too.

SOCIAL STORIES MASTER LIST C

1.

- Mommy and daddy have always told me that good things happen to good boys.
- People will usually treat me the way that I treat them so when I'm a good boy, people will treat me good and when I'm nasty to others they probably won't treat me so well.
- Treating people the way you want to be treated is really another way of saying the Golden Rule.
- The Golden Rule is to do to others what you would hope they would do to you.
- Since I know that following this rule will make people treat me better, I always try to follow it.
- I want to have good things and be happy.

2.

- People want to talk to me all the time.
- When someone talks to me I stop what I'm doing and pay total attention to them.
- I would not like it if someone did not listen to ME!

- Only people who look and listen hear EVERYTHING there is to hear and don't miss the message.
- If I don't stop what I'm doing when people talk to me, I won't HAVE any friends.
- Friends are VERY important, so I always pay attention when people talk to me.

3.

- I LOVE playing with my friends!
- When I'm playing a game or sport, I stay with my friends the WHOLE time.
- I don't leave them even if something else that's interesting is happening nearby.
- If I did that, I would ruin the game for everyone and nobody would want to play with me.
- I wouldn't someone to ruin the game for ME!
- Friends are too important to lose, so I'll stick with them the WHOLE time.

4.

- Sometimes I feel like I can't STOP myself from talking!
- When that happens, I give EVERYONE a headache!
- The worst is when I interrupt circle time or a teacher's lesson.
- Nobody likes someone who always has to talk and keeps changing the subject.
- I don't like people who are that way!
- I like to only talk when I REALLY have something to say.
- If I feel like I must talk when someone is busy with something I say, "excuse me" which really means, "can I interrupt?"
- Sometimes I will be allowed to talk but sometimes I'll have to wait, and that's OK.

5.

- I do what I'm told the FIRST time.
- I know that nobody should have to repeat themselves because I didn't listen the first time.
- When I get stuck I can't learn and I frustrate EVERYONE!
- I'm VERY proud of myself when I listen the first time and the grown-ups are proud also.

6.

- When I do something wrong and don't apologize do you know what people think?
- They think I don't care about them and they think I did something wrong because I'm mean and don't respect them.
- That's not true, I really do care a lot about people and that's why I always apologize after doing something wrong.
- Saying "I'm sorry" shows people that I really didn't mean to hurt them and that I'm really a good person.

- I also never argue when someone points out that I've done something wrong and hurt them.
- They're already hurt and arguing will only make them feel worse.
- Also, grown ups understand why I did what I did without me having to explain.
- I want to make them feel better and that's why I apologize quickly after doing something wrong.

7.

- When a grown-up tells me to do something I better listen.
- They make the rules for the grown-ups and the kids.
- I have to have respect for what they say since they're older and know better than I do.
- The rules they make up are for my own good.
- I don't know how to make up good rules yet so I better pay attention to the grown-ups rules so I can learn.
- Someday I'm going to be a grown-up but since I'm still a kid I can't make up any rules yet.
- I can learn by paying attention to all the grown-ups rules.

8.

- It's pretty easy to follow all the rules and behave when there are grown-ups around who are watching me carefully.
- The tough thing is behaving when the adults are busy with something else.
- It's not always clear that there are rules but since I already know many of the grown-up rules, I don't have a problem behaving.
- Even when the grown-ups aren't paying close attention I still know how to behave especially good.

9.

- Kids don't always let me play with them when I ask.
- That doesn't bother me that much because I know there's probably a good reason - - like maybe they're in the middle of their game or something.
- I can always play with them later or find someone else to play with instead.
- When other kids do want to play with me I let them have their own ideas about how we'll play.
- It's never right for me to take over and use only MY ideas in a game.
- The games are much more interesting when ideas are shared.
- More kids will want to be friends with me if I don't act like I'm in charge.

10.

- I LOVE talking to my friends!

- I NEVER get too close when I'm in a conversation.
- I also never LEAN on them or LAY on them or TOUCH them.
- Nobody likes to have someone in their face or all over them EVER.
- I have LOTS of friends because I always give them their space when I talk to them and they give me my space when they talk to me!

11.

- Kids know how to do many things.
- I know because I always pay careful attention to them when they're around.
- I love to imitate what other kids do especially when they're being good.
- When I'm near other kids I watch them very carefully because I want to keep up with them.
- If I stop paying attention they might move onto something else without me.
- I don't want that to happen.
- I want to keep my friends so I watch them closely when they're around.

12.

- When I walk into my class in the morning I always see kids doing stuff together in groups.
- This is very interesting to me so I always walk over and ask in a nice, gentle voice if I can join them.
- I don't always know how to do exactly what the others are doing so I ask HOW to do things.
- I always listen carefully when the other kids tell me how to do what they're doing.
- Then I join them.
- Everybody wants to be my friend because I love to participate in the group.
- The teachers also know that I love being a big part of the class.

13.

- Sometimes I'm very excited when I talk to someone and I say things too loud or forget to use my real voice
 - This is not a good thing.
 - Nobody wants to hear a loudmouth!
 - I know I would rather talk to someone who speaks gently than someone who yells. I'd also rather speak to people who use a real voice.
 - I always use my real voice and speak in a gentle tone so people will want to listen to me.
-