

I Have Two Countries

Contents

<i>A Note to Caregivers</i>	2
<i>I Have Two Countries</i>	3

The latest version of this Social Story and additional stories, as well as a mobile-friendly version, can be found on ACT– Autism Community Training’s website: www.actcommunity.ca/resources-for-ukraine/

A Note to Caregivers

The Stories in this download are part of a larger initiative to provide Stories to help Ukrainian families as they cope, seek safety, settle at a destination, and find or return home. Caregivers are the most frequent Social Story authors. They write for their child or someone in their care. In this project, we are honored to develop genuine Social Stories for you.

A Social Story describes a personally relevant topic following a defined writing format that is clear, meaningful, patient, and physically, socially, and emotionally safe. Initially developed for children diagnosed with autism, the first Social Stories described anxiety-producing situations with personally-tailored explanations of what happens in a given situation and why. A Social Story is tangible, giving a child, adolescent, or adult carefully chosen words that point out what is relevant and important, with time to consider the information. Today, Social Stories are an internationally respected evidence-based practice.

Most, but not all, of the Stories for Ukraine will arrive as a collection. Each download contains the Main Story. It may also include a coordinating Support Story that expands on the topic or a Praise Story to affirm and applaud learned concepts and skills.

As a caregiver, use your judgment to choose and implement the Stories. You may choose to use only the Main Story. In a few days, you may decide that the Support or Praise Story may be helpful. In general, look for the most comfortable setting possible and introduce each Story one at a time. You may personalize a Story by editing it as you read. Your best guide is your knowledge of the person in your care, current situation, and instincts as the caregiver.

With our sincere respect and continuing thoughts and prayers,
Carol Gray, Siobhan Timmins, and Catherine Faherty / Team Social Stories



I Have Two Countries

Our family's home is in Ukraine. Ukraine is our first country. Now there is a war in Ukraine. My family has a plan to help us stay safe during the war. Our family's plan is to go to a safe country. I have two countries now!

We traveled far to get to our safe country. Other Ukrainians traveled to a safe country too. People may have walked and ridden in cars, trucks, buses, trains, or airplanes to get to a safe country. Some people may even go to from one safe country to another safe country! Our plan is to stay in our safe country for now.

I now have two countries. My first country is Ukraine – the country where I was born. My second country is our safe country. It is okay to learn about new things in our safe country. It is okay to remember about Ukraine too!

I have two countries now!