

Packing and Leaving for Safety

Contents

<i>A Note for Caregivers</i>	2
<i>Packing and Leaving for Safety</i> [Main Story].....	3
<i>My Packing and Leaving for Safety Award</i> [Praise Story].....	6

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 for 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

Packing and Leaving for Safety [Main Story]



This is a photo of a Ukrainian family. I have a Ukrainian family, too. The adults in my family love me very much. They are always making plans to keep me and my family safe and happy. They have a plan for us to evacuate, to go to another country to be safe. Before we leave, we have to pack important things. My adults will tell me when it's time to pack.



Packing means to put some things in bags or suitcases. We will choose clothes, food, and other things we may need.



My adults may help me find something special to pack in a bag. If it is small, I may hold my special thing in my hand or in a pocket. If something is very big, it may have to stay at home.



After packing, it may be time to leave. We might leave today, tomorrow, or another day. My adults know and will tell me when it is time to leave. When it is time to leave, we will carry our bags and suitcases. I may help by carrying a bag or my special thing, too.



If I have headphones or ear muffs, my adults will try to pack them, too. I may keep them around my neck so I know where they are. Or, I may keep them on my head and ears while we are packing. When I wear them, they may help me stay calmer when there is so much happening around us. They may help me stay calmer when there is a lot of talking, other sounds, and when we are very busy.

My adults will tell me where we are going. We might walk to a shelter. We might walk somewhere to wait for a ride in a car, bus, truck, or train. Or we might walk for a longer time.

People in my family have to evacuate to be safe. My adults love and care for me. They have a plan for us to pack and leave for a safer country.



My Packing and Leaving for Safety Award [Praise Story]

My adults made plans to evacuate to another country. Like the people in the photo on the right, I helped my family pack and get ready to leave.

Like the families in the photo below, I carried bags and stayed close to my adults.

Packing bags, carrying them, and staying close to my Adults helped me, my family, and Ukraine.

