

What Is A Bomb Shelter?

Contents

A Note for Caregivers.....	2
What is a bomb shelter? [Main Story].....	3
What is a bomb shelter? [Follow-up Story].....	6
What is a bomb shelter? [Praise Story].....	9

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

What is a bomb shelter? [Main Story]

A shelter is a place that keeps people safe when there is danger. There are many types of shelter. Many years ago, special places were built in Ukraine to keep people safe from bombs. These places are called bomb shelters. Ukraine is at war with Russia and our city is being bombed. When the siren sounds it is time for people to go to the bomb shelter.

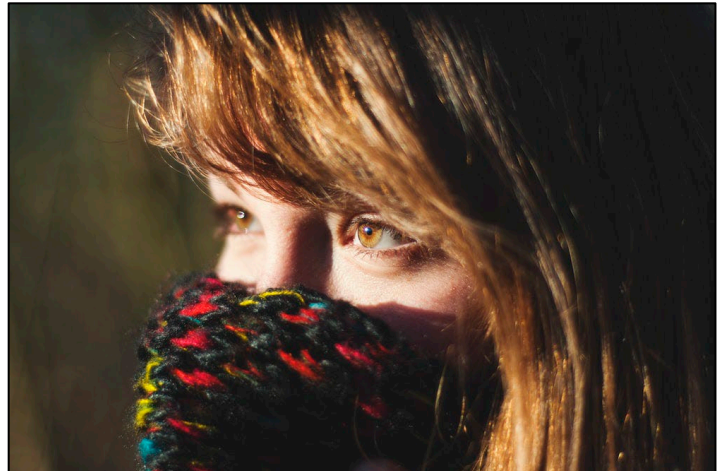
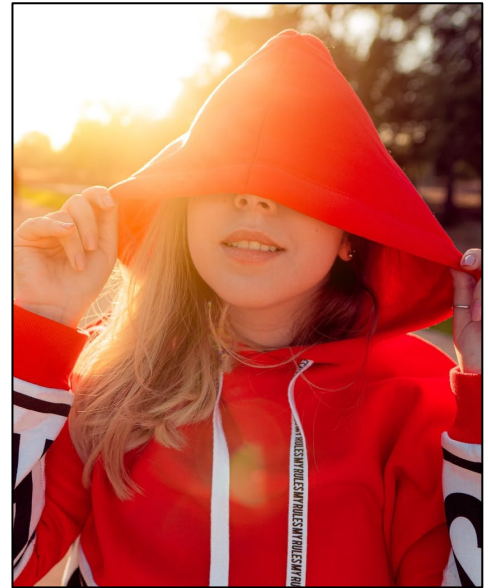
Bomb shelters are usually underground with big thick walls and no windows. This makes them safe from bombs. Bomb shelters may not be comfortable, but they are safe places. Many people feel uncomfortable in bomb shelters but stay in them because they are the safest place to be at that time.

Because bomb shelters are underground, they have no windows and are often dark places. Sometimes people bring lanterns, headlamps, or other lights so they can see.



Sometimes shelters have a bright light. Bright lights may be uncomfortable for some people. It's okay to wear my hat/hoody low over my eyes to help me feel more comfortable in bright lighting just like when outdoors in bright sun.

Sometimes a shelter may have a strong smell. This may be because the shelter is underground and many people may be there together. I may pull my scarf/jumper up over my nose or use a face mask to lessen and soften the smell. My adult will know how to help me with this.



When I am in a shelter there are many people. My space may be small. This is okay, my adults will try to help me feel safe and calm in my space. My adults may make a space for me under a blanket. My space may be small but it is safe and mine. My adults who love and care for me are with me.



There may be a lot of noises in a bomb shelter. It may help to wear my headphones or earphones and listen to my music. I may use a scarf around my head too to block some of the noise.

To pass the time I may listen to music, use a phone/tablet, cuddle my toy or look at a book or do something else. Someone may sing a song or tell a story. In the bomb shelter I know I am safe with the people who love and care for me.



We will stay in the shelter until we hear the siren and know it is safe to leave. This may be for a short time or a long time. My adults will tell me when it is time to leave the shelter. A bomb shelter is a special place to keep people safe when there is danger from bombs.

What is a bomb shelter? [Follow-up Story]

A shelter is a place that keeps people safe when there is danger. Many people feel uncomfortable in bomb shelters but stay in them because they are the safest place to be at that time.

The reason a bomb shelter may be dark is because it is _____ and has no _____. Sometimes people bring lanterns, headlamps, or other lights so they can see.



Sometimes shelters have a bright light. Bright lights may be uncomfortable for some people. If I am uncomfortable with a bright light, one thing that might work for me is:

If that doesn't work, I'm with my adult! Together, we may have another idea!



Sometimes a shelter may have a strong smell. This may be the smell of many people in a small space staying safe together. Pulling up a scarf or my jumper, or using a face mask as a smell mask may help!



When I am in a shelter there are many people. My space may be small. This is okay, because my adults will try to help me feel safe and calm in my space.



There may be a lot of noises in a bomb shelter. It may help to wear my headphones or earphones and listen to my music.

Or, I may have a phone or table, or cuddle my toy or look at a book or do something else.

If I have another idea, I may write it here:

Resting, thinking, or sleeping is okay, too.



What is a bomb shelter? [Praise Story]



What is a bomb shelter? I listened and learned and I know the answer to that! A bomb shelter is a place that people go to be safe from bombs.

I have learned other things about bomb shelters, too.

What is a bomb shelter? It's helpful to my family, others, and Ukraine that I know the answer to that, just in case we need to use one.