

A school social story

Making Friends at School

A story about small hellos, safe play, joining in and trying again.



Personalise

This story can be about me.

My name is

My teacher is

My school is

I am learning friendly choices that can help me connect with people.

I do not have to make a friend all at once.

What friendship means

Friends grow from friendly choices.

A friend is someone I can be kind and safe with.

A friend may like some things I like.

Friendship can grow slowly, one small moment at a time.

Kind words

Safe space

Taking turns

Listening

Sharing

Trying again

Starting small

A small hello can be enough.



I can smile.

I can wave.

I can say hello.

I can just be near someone quietly.

Small friendly choices count.

Shared interests

I can notice what we both like.

Mamadou likes drawing.

Ben likes stories and games.

Anya likes making things.

A shared interest can help people start.



Joining in

I can ask to join.

Can I play?

Can I sit here?

Can I watch
first?

Can I have a
turn?

I can use words, a card, a gesture or ask a grown-up to help me.

Asking is a friendly choice.

Waiting for an answer

The answer might be yes, later or not now.

Yes

I can join and keep safe.

Later

I can wait, watch or choose something else.

Not now

I can breathe and try another friendly choice.

A "not now" answer can feel hard. It does not mean I did something wrong.

When it feels hard

If it is not now, I can still be okay.



I might feel sad, cross or wobbly.

All feelings are okay.

I can take three breaths.

I can draw, ask for help or choose another activity.

I can try again another time.

Talking and listening

Friends take turns.

My turn

I can share one thing.

Your turn

I can listen and wait.

Question

I can ask, "What do you like?"

Answer

I can answer in my own way.

Taking turns with words can help friendship feel fair.

Safe space

My body can be friendly and safe.

Hands

can draw, wave, clap, help
and ask.

Feet

can walk, stop, wait and give
space.

Voice

can be gentle, quiet or clear.

Some people like more space. Some people like less space.

I can look, listen and ask.

Trying again

If something goes wrong, I can repair.

1

Stop

2

Breathe

3

Ask for help

4

Try a repair

A repair might be saying sorry, giving space, returning something, or trying a safer choice.

A mistake is not the end of a friendship.

Who can help

A grown-up can help friendship feel easier.

Help me find a calm place.

Help me ask to join.

Help me understand "not now."

Help me repair and try again.

I do not have to work out friendship all by myself.

Friendship grows

Little by little, familiar faces can become known.

I may see the same children again.

I can practise one friendly choice.

Some people may become
classmates I know.

**Friendships can grow one kind
moment at a time.**



Reading this story

Notes for grown-ups

Use calm timing

Read this when the child is regulated. Practise friendship scripts before they are needed.

Keep it low-pressure

Do not force eye contact, hugging or immediate play. Small connection attempts count.

Personalise it

Add real names, familiar play spaces, clubs, lunchtime routines and trusted adults.

Practise one skill

Choose one target at a time: waving, asking to join, waiting, sharing, or repairing.

Make "not now" safe

Role-play yes, later and not now, then practise a calm next choice.

Parent support

SEND Parents Haven resources: sendparentshaven.org/free-resources.html