

Social Story on Using Good Words



Sometimes when I get angry or upset at school, I use bad words.

Using bad words makes my teacher sad. It makes my friends sad.



I get into trouble when I use bad words and then I have consequences.

I might have to stay in from recess, or go to the Principal's office.



My mom and dad may get called.

They would be sad to hear I am in trouble for using bad words at school.

I may have consequences when I get home too.



When I get upset or angry, instead of using bad words, I can

1. Stop and think about what to say before I say it.
2. Count to 10 before I say something
3. Ask for a break to get away from what is making me upset or angry.
4. Talk to a trusted adult about what is making me upset or angry.



I can DECIDE to only use good words at school.

Then I will get to go out to recess.

The teacher will be happy.

My friends will be happy.

My mom and dad will be happy.