Information for staff/parents & carers:

The following social script is intended for use with students who can cope with a substantial amount of information. For those students who may not cope with this, it can be presented in a series of smaller 'chunks' (currently subdivided into boxes) and built upon as the student is ready. It has been designed with gaps in for the student to fill in themselves. This aims to give the student some ownership over the script and to engage them, but it can be presented without gaps if more appropriate for that student.

The script should be repeated regularly and, if the last section is used, a worry box should be made (the student could design and decorate this) so that any worries can be physically 'posted.'

The idea of a 'distraction pot' is that the student (or group of students) identify things they like to do or talk about, that distract them from their worries, and these are written on different strips of card (or paper rolled up and slid into straws.) Again, the student can design and decorate this giving some ownership over it. When a worry has arisen and been scaled and posted, the student can choose an item from the distraction pot to help distract themselves. This may need to be time limited to ensure it doesn't distract from 'work activities.'

This process mimics how many neuro-typical students manage their worries (containment, putting it into perspective and then distraction.) The system may need to be directly taught or written down into a schedule type list.

The social script could even be used in conjunction with a 'worry pad' with the following instructions glued onto the front and the scale glued onto the inside of the notepad:

Worry Pad

INSTRUCTIONS

1. Write the worry on a page in this pad
2. Look at the scale and decide what type of worry it is on the scale – an adult can help
3. Do the action it says on the scale
4. When the worry is sorted out rip the page out of the pad and throw it away.

Worry Scale

3 Level 3 worries are a big problem that I need to do something about. They are very serious and could mean someone gets hurt or is not safe. I should tell an adult if I have a level 3 worry straight away so they can help me sort it out.

2 Level 2 worries are a little problem and I can sort them out by myself. They are usually not very serious and can wait until later to be sorted out.

1 Level 1 worries are other people's problems. They may be serious, but I cannot do anything to sort them out. I can tell an adult if I worry about them, but the adult will remind me that they are a level 1 worry that I cannot do anything about. They are for someone else to sort out.

Autism Specialists

Claire Brinkley & Tania Wagstaff March 2022

Understanding the Russian Invasion of Ukraine

My name is _____and I go to _____ School.
I am very knowledgeable about certain things that interest me, including _____. This is great. I might be very successful one day because of this.
However, I also worry a lot about certain things, particularly the Russian invasion of The Ukraine.

The Ukraine is a country located next to Russia. It is a very long way away from the UK. It has recently applied to join the EU (The European Union) which would support it in remaining a peaceful, independent country. The EU believes in the following principals:

- Freedom – that all people are free to make choices about how they live, within the law.
- Equality – that all people have equal rights, and are treated fairly, no matter who they are.
- Democracy - that the people can take part in the decisions that affect the way their country is run.

Many people believe that Russia is not a Democratic country; rather it is a Dictatorship, with V_____ P_____ telling the people what to do and not listening to what the people of the country want. Most people do not agree with a Dictatorship because it is not considered fair.

On 24th F_____ 2022, The Russian army invaded Ukraine. They were ordered to do this by their leader, Russia's president V_____ P_____. When a country is invaded, this means the invading army fights with the army of the country being invaded. Most people believe that R_____ has invaded The Ukraine because Putin wants the country to become part of Russia. Many Ukrainian people do not want this to happen. They want to remain an independent country. This is why many Ukrainian people are trying to leave their country very quickly. They do not want to become part of R_____ and they are scared about being hurt in the fighting.

Unfortunately, Russia is much bigger and more powerful than The Ukraine. This may mean that The Ukraine is forced to become part of Russia. Many people around the world feel sad about this because they do not agree with The Ukrainian people being hurt and forced to be part of a Dictatorship.

Many other countries around the world are helping The Ukraine by sending weapons and food, or by offering Ukrainian people a safe place to stay. This is great. Some countries are also refusing to buy and sell things with Russia as a punishment. This might make Russia stop fighting. It might make them allow The Ukraine to join the EU.
Some people want to send a message to the people of The Ukraine that they are supporting them. They might do this by lighting up buildings in the Ukrainian colours of b_____ and y_____ or by putting a Ukrainian flag up in their window. Ukrainian people might get to hear about this and feel happy that others are supporting them.

It is important to remember that the fighting is a long way from me in the UK. I am safe in the UK.

Worrying is a feeling that many people get when they think something bad may happen. People often feel w_____ in their tummy like a fluttery sensation and they might notice their muscles going tight. They might even get a headache or feel sick.

- Here is a list of things that my teacher sometimes worries about:

- Here is a list of things I sometimes worry about:

- There are some worries which are a big problem and I need to do something about. We can call these level 3 worries. They are very serious and could mean someone gets hurt or is not safe. I should tell an adult if I have a level 3 worry straight away so they can help me sort it out.
- There are some worries which are a little problem and I can sort out by myself. We can call these level 2 worries. They are usually not very serious and can wait until later to be sorted out.
- There are some worries which are other people's problems. They may be serious, but I cannot do anything to sort them out. I can tell an adult if I worry about them but the adult will remind me that they are a level 1 worry that I cannot do anything about. They are for someone else to sort out.

I can draw or write about my worries then decide which level they are. An adult can help me decide if I need. I can then post them in the worry box once sorted or if they are a level 1. That will help me to remember the worry is gone for now. I can then distract myself with an activity from the distraction pot.

The Russian invasion of The Ukraine is a level 1 worry. It is The Ukraine's problem and I cannot do anything to sort it out. I can make a Ukrainian flag and put it in my bedroom window if I want people to know that I am supporting the people of Ukraine.

I will try to remember that the Russian invasion is a level 1 worry.
Signed _____
Date _____