



**FEELING
NERVOUS
STORY &
ACTIVITIES**



SOCIAL STORY + ACTIVITIES

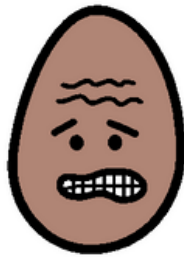


This unit was created with this guy in mind. He has autism and an intellectual disability. He is a non-reader, and definitely has things that make him nervous. With some support he is able to do this unit, and enjoys the challenge. He is my tester!!

Feeling Nervous

Social Story & Activities

By
Christa Joy
Special Needs for Special Kids



Christa Joy, Special Needs for Special Kids

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In a separate file you will find:

- PowerPoint version of social story (**editable**)
- Activities in black and white

You can also download this social story as a google slide presentation. You will be prompted to make a copy. This is **editable** in case you need to adjust to the needs of your students. [CLICK HERE](#)

Christa Joy, Special Needs for Special Kids

This unit has a story and activities. The activities come in 2 separate files, one in color and one in black and white.

Sometimes I feel nervous.



Christa Joy, Special Needs for Special Kids

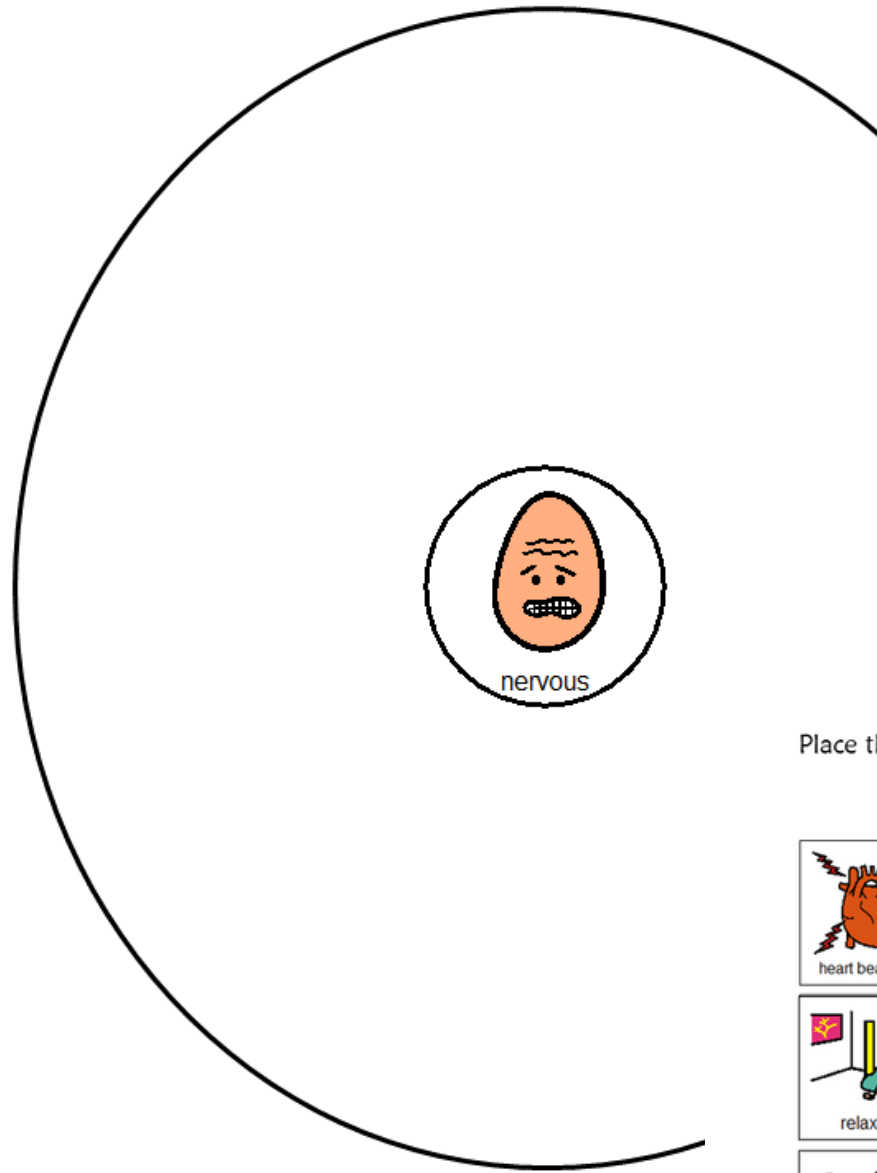
There are things I can do when I get nervous to feel better.



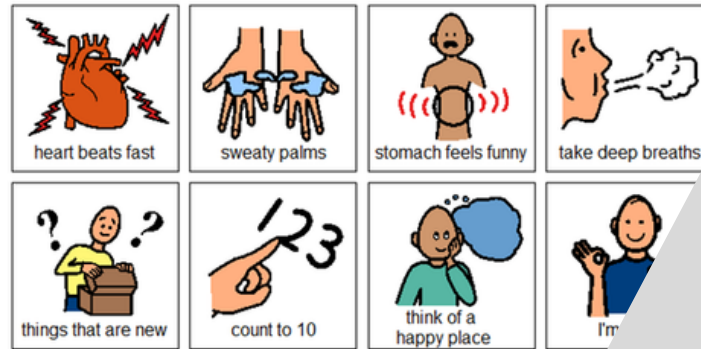
Christa Joy, Special Needs for Special Kids

There is a 16 page social story that has simple text and engaging photos. This story is in a PowerPoint and Google Slide format so you **can edit** the text if needed to fit your own situation.

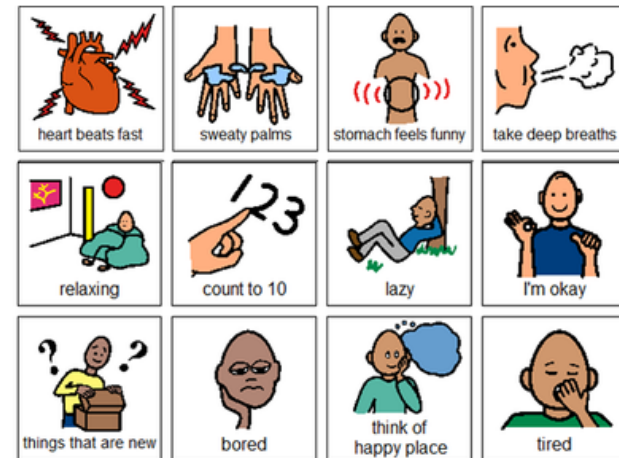
Feeling nervous is a normal emotion. Here is what feeling nervous may feel and look and feel like.



Place the pictures in the circle map about what it may feel like to be nervous.



Place the pictures in the circle map **ONLY IF** they are about feeling nervous.



There is a circle map on what it feels like to be nervous.

Circle maps are a great way for students to see the concept at a glance. There are 2 versions:

- One is errorless
- One has wrong answers mixed in students will have to set aside

Things that Make Me Nervous





There are 2 different writing prompts to choose from. Here, students can share what makes them nervous. This prompt uses pictures.

Things That Make Me Nervous



Blank boxes for writing answers:

Row 1: [] []

Row 2: [] []

Row 3: [] []

Row 4: [] []

Row 5: []

Choose some things from those listed below that you feel nervous. You can also write in your own words.

spiders	storms	swimming
new places	1 st day of school	strangers
the dark	loud noises	bright lights
big dogs	crowds	trucks
trains	parks	grocery store
snakes	school	cats
car rides	riding a bike	school bus

This prompt uses just words. Students can also write or draw in their own answer as well.

The activities that accompany this social story provide:

1. A structured way for you to review this skill.

2. A way to informally assess if students are comprehending the material.

3. Engages the student by providing different ways to review the same material.