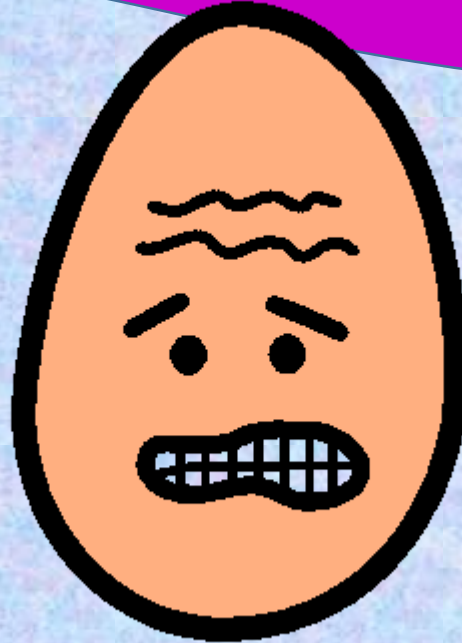


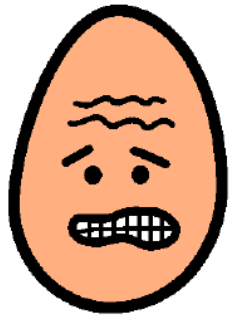
Feeling Nervous

Social Story & Activities

Preview



By
Christa
Joy



Feeling Nervous

By Christa Joy
Special Needs for Special Kids

My stomach may feel funny.



I can count to 10 when I feel nervous.

Count to 10



Ready...! Begin!

Sometimes I feel nervous.



New places may make me nervous.



Feeling nervous is normal.



Nervous Activities

- There are 2 activities included to go with the social story, *Feeling Nervous*. Use the one that best fits the learning level of your students

1. Circle map

- Cut out pictures and paste in circle map. You can use real photos, symbols or both. You can even do the circle map more than one day, and use photos one day and symbols the next

2. Cut and paste

- Students read through things that may make a person feel nervous, and cut out and add if it applies to them
- May need to write in their own things as well that make them feel nervous



Things That Make Me Nervous

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

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	scratchy clothes	cats
car rides	riding a bike	riding a horse