Social Story to Explain the Consequence of Hitting and Pushing

I am a good girl.

Sometimes I get mad at my friends and teachers.

They may do or ask something that I do not like or makes me upset.

When I am upset, I must not hit other people.

I must not push other people.

Hitting and pushing is not allowed. These are rules for everyone.

If I hit or push, I may hurt someone.

If I am not calming down, family, friends, and teachers may need to call the police.

I will never hit a police officer. I will talk to them in a calm and respectful manner.

I will obey a police officer's request because they are trying to keep everyone safe.

My teachers and parents will have to take away my field trip when I push or hit.

I will follow the rules and not hit and push.

Then, my friends will be happy and so will I.

I will enjoy my school day and my friends.