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This social story explores

- Not pinching others
- Replacement behaviors for pinching
- How others feel when you make good choices instead of pinching

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No Pinching

A Social Story

No pinching



Sometimes I get upset.
Everyone gets upset
sometimes.



Sometimes when I am upset, I
will pinch others.



If I pinch others, I will hurt them and they will feel sad.



When I am upset, I will not pinch.



There are things I can do to relax and feel better.



I can close my eyes and take 5 deep breaths.



I can ask for a break.



I can get a drink of water.



I can use a sensory toy.



I can go for a walk.



I need to make good choices
and not pinch others.



I am in control of my body and I
can make good choices.



Other people will feel happy that
I made good choices.



My teachers and friends are
happy when I do not pinch them.



NO PINCHING

Sometimes I get upset. Everyone gets upset sometimes.



When I am upset, I will not pinch.



If I pinch others, I will hurt them and they will feel sad.



I can take deep breaths or get a drink of water.



My teachers and friends are happy when I make good choices.



I WILL CHOOSE TO...

Take 5 deep breaths



Ask for a break



Get a drink of water



Use a sensory toy



Take a walk



Find a quiet space



Check for Understanding

1. How does pinching make other people feel?



2. What are some things I can do instead of pinching?



3. How will others feel when I don't pinch them?



PREVIEW