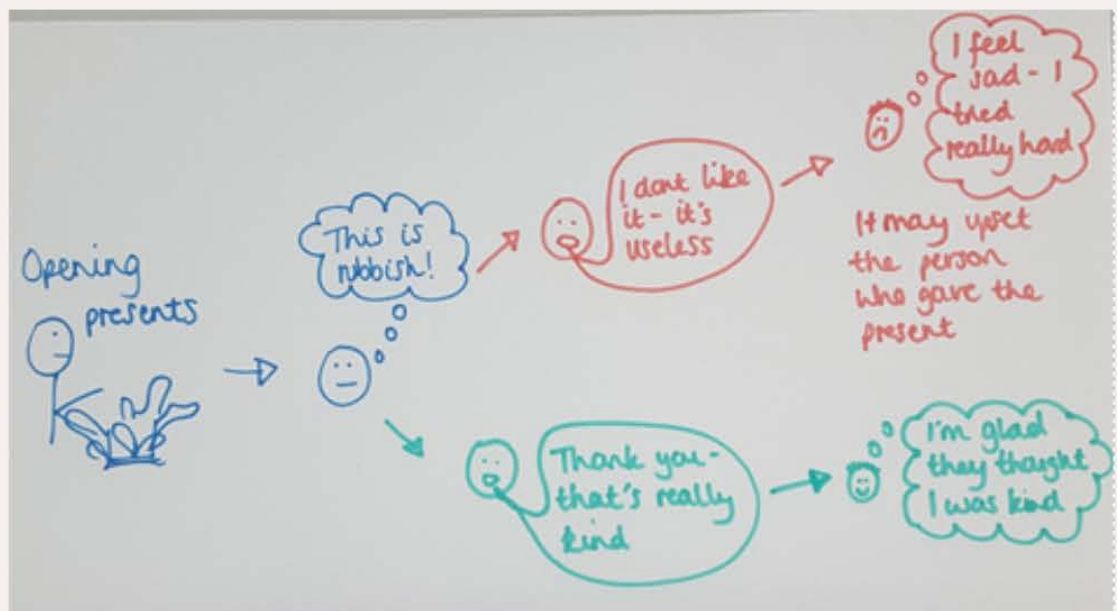


Social scripts for opening presents

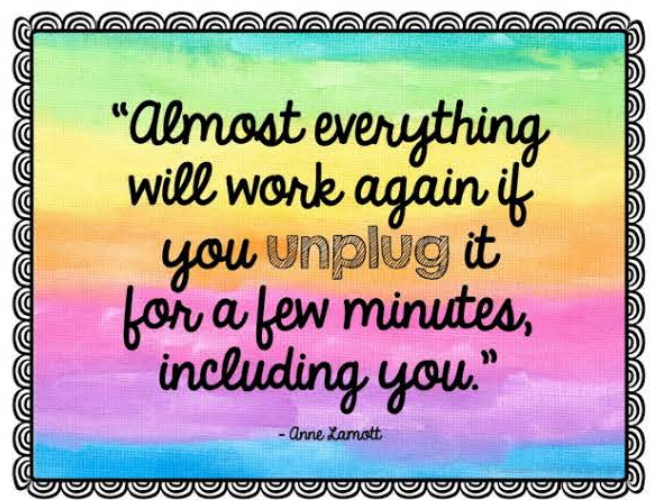
What can you say when Grandad gives you socks, but you know that the seams on socks are unbelievably uncomfortable and you will never wear them (plus you have quite enough socks already)?

Social scripts supports young people to think about what you can do with your face, body and speech in different interactions. It's not about lying, it separates thoughts and feelings and can give examples of ways to show other people that you are grateful for their kind thought.



Holidays are a-coming and it's about time!

Take time this break to look after yourself.



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If you have a certain topic you would like tips on, email rebecca.duffus@cognus.org.uk