How to use this Hug Plan

A social story is a short picture book that walks a child through one situation, step by step, in simple words. This one is about big feelings, asking before a hug, and what to do when a friend says no.

1. Type your child's name in the yellow box on the cover (it fills in on the story page too), print, and glue a photo of your child where shown.
2. Read it together a few times a week, especially before gym or recess.
3. Cut out the cue cards. Teachers can point to a card instead of using words.
4. Post the routine strip where your child can see it.
5. Change the calming job (pushing the cart, carrying mats) to whatever works for your child. Ask your child's team, including their occupational therapist, what fits.

I made the first version for my daughter Sidney after a hard moment in her Unified PE class. It helped our whole team, and I hope it helps yours.

Ashley, Love It Lady Doc

This template shares our family's experience. It is not medical or educational advice.
Every child is different, so work with your child's care and school team.
Free for personal and classroom use. Please don't sell it.
Emoji graphics: Twemoji by Twitter/X and contributors, CC-BY 4.0 (twemoji.twitter.com).

My Hug Plan

Big feelings, strong body, happy friends

This book belongs to:

Glue or add your child's photo here

A social story for my family and my school team

Read together before busy times, a few times each week

Glue or add a photo here

My name is

I LOVE

example: gym class, recess, music, the playground



Sometimes I get excited when

example: I play at recess, friends come over, we go to a party

Excited feels BIG in my body.



When I feel big, my body wants a big squeeze.



My body can get a big squeeze from pushing! I push the cart or carry the mats.



Pushing makes my body feel calm and strong.



Some friends like hugs.
Some friends do not.
That is okay.



I ask first:
“Hug?”



If my friend says YES,
I hug and count 1, 2, 3.
Then I let go.



If my friend says NO,
I give a high five
or a fist bump!

Glue or add a photo here

My friends feel happy and safe. I feel PROUD!

Cue Cards

Point to or tap the card instead of saying it. Keep one set at school and one at home.

Ask first



“Hug?”

Yes?



1, 2, 3, let go

No?



High five!

No?



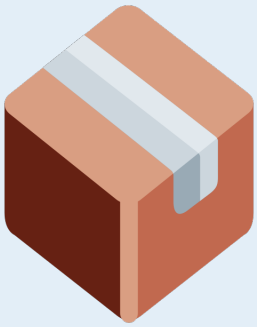
Fist bump!

Big feelings?



Push the cart

Big feelings?



Carry the mats

My PE Routine

Post where your child can see it. Same order every class.

1. My job



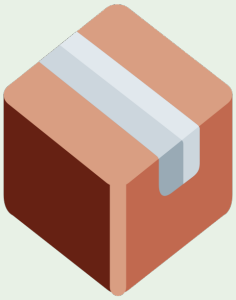
Push the cart or carry mats in

2. Gym games



Play with my class

3. My job



Help put things away

First / Then

FIRST



Push the cart

THEN



Gym games!

Notes for My Child's Team

Fill this in with what you know about your child. Share it with teachers and therapists.

Why this happens for my child

What helps before class

What to do in the moment

Words or pictures that work best

Who to contact with questions

Our hug rule (same at home and school)

Ask first: “Hug?” Yes = hug, count 1, 2, 3, let go. No = high five or fist bump.