

# FRIENDSHIP SOCIAL STORIES

## MINI BUNDLE

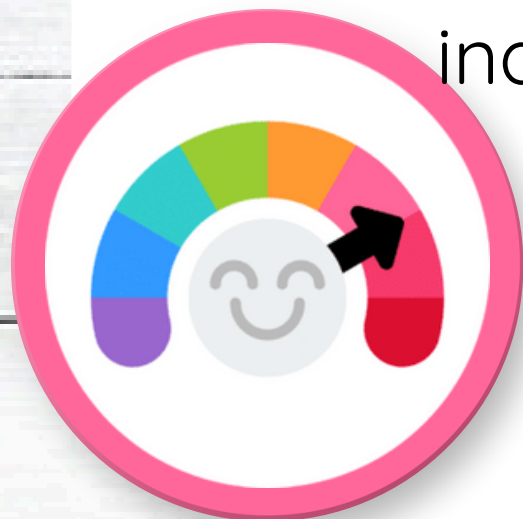
This mini bundle includes social stories designed to support children with **big feelings and emotional reactions**.

Each story focuses on moments when emotions feel overwhelming and helps children understand their feelings, pause before reacting, and learn what to do next in a calm, respectful way.

Stories can be used together or individually based on children's needs.

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**KEEP SCROLLING TO TAKE A CLOSER  
LOOK AT WHAT'S INSIDE THIS RESOURCE!**



### BIG FEELINGS & REACTIONS MINI BUNDLE

Friendship Social Stories  
for Managing Big Emotions

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When to Get Help for  
a Big Problem  
(A Friendship Social Story)

When I Get Mad and Say  
Something I Regret  
(A Friendship Social Story)

When a Small Problem  
Turns Into a Big One  
(A Friendship Social Story)

**3** includes  
social  
stories

# WHAT'S INCLUDED IN THIS MINI BUNDLE



- 3 Friendship Social Stories
- Clear, child-friendly language
- Real-life social situations
- Story-specific adult guidance notes
- Printable and reusable format
- Simplified PreK-K versions included

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Easy to use across school, home, and counseling settings

# HELPS CHILDREN WHEN.....

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Emotions feel too big to handle



Anger leads to hurtful words



Small problems turn into big reactions



Calming down feels hard



Children feel stuck after emotional moments



These stories focus on regulation and repair — not punishment.

# WAYS TO USE THESE STORIES

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Read aloud during  
calm moments

Support SEL lessons or  
counseling sessions

Use proactively before  
common challenges

Share with families  
for home use

Revisit when  
situations repeat



# A CLOSER LOOK AT WHAT'S INCLUDED

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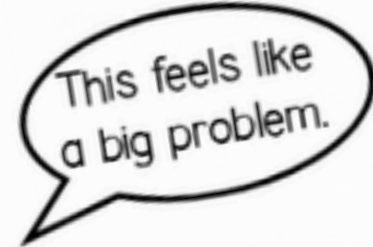
Each story uses simple sentences, reassuring language, and realistic situations children recognize when emotions feel overwhelming.

Sometimes a problem feels too big for me to handle on my own. It might feel scary, unsafe, or very upsetting. This is called a big problem.



All Settings Version  
(for school, homeschool, and home use)

I can use clear words to get help. I might say, "I need help." I might say, "This feels like a big problem." Using these words helps adults know I need support.



## Story-Specific Adult Notes

When To Get Help for a Big Problem  
Friendship SEL Kit

Do not use the story with adults in using the story. The story is not read aloud to children.

Explain the difference between problems they can handle on their own and those that require help. Avoid confusion about help-seeking, and reassure children that asking for help is not tattling or getting someone in trouble.

Use the story to help children understand that adult help is available for things that are unsafe, confusing, or inconsistent. Encourage children to ask for help actively, before problems arise, and to use the story as a guide.

Use the story to help children understand that it is important to get help. Encourage children to ask for help when a problem is too big to handle alone. Encourage children to use the story as a guide to stay safe.

Story-specific adult guidance pages are included with each social story to explain:

- when to introduce the story
- what skill it supports
- how to help children calm down and try again

# DESIGNED TO MEET DIFFERENT NEEDS

## CHOOSE WHAT FITS YOUR CHILD, SETTING & GOALS

### Clear guidance for flexible use in any setting

These social stories include **adult-facing guidance** to help you use them confidently in different environments.

You'll find **story-specific notes** that explain:

- when to introduce each story
- how to read it (proactively vs. reactively)
- what skill the story is building
- how to support follow-up conversations

**These notes are written to be supportive—not prescriptive.**

### School & Classroom Use

- Read aloud during morning meeting, SEL time, or small groups
- Use before predictable problem times (recess, centers, group work)
- Revisit as a neutral support—not a consequence

### Home & Homeschool Use

- Read together during calm moments
- Use the language from the story to support real-life situations
- Re-read as often as needed to build understanding over time

### Counseling & Therapeutic Settings

- Use as a conversation starter or reflection tool
- Pair with regulation strategies or role-play
- Support repair and emotional processing without shame

You do NOT need to use every note or page.



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### BONUS

**Standard versions for elementary-age children & simplified PreK-K versions are both included. Adults can choose the version that best fits the child's developmental level.**

# SUPPORT FRIENDSHIP SKILLS WITH CONFIDENCE

## Part of a Growing Friendship SEL Collection

This mini bundle is part of a larger **Friendship SEL system** designed to support common social challenges through understanding, repair, and connection.

Stories can be used on their own or combined with other bundles for deeper skill-building.

**FRIENDSHIP SEL KIT**  
Social Stories + SEL Tools for Building & Repairing Friendships

includes **13** social stories + SEL toolkit

**FRIENDSHIP REPAIR MINI BUNDLE**  
Friendship Social Stories for Apologies & Repair  
3 includes social stories

**COOPERATION & FLEXIBILITY MINI BUNDLE**  
Friendship Social Stories for Exclusion & Change  
3 includes social stories

**FEELING LEFT OUT MINI BUNDLE**  
Friendship Social Stories for Exclusion & Change  
4 includes social stories

**BIG FEELINGS & REACTIONS MINI BUNDLE**  
Friendship Social Stories for Managing Big Emotions  
3 includes social stories

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# ABOUT ONE GIGGLE AT A TIME



Diane Romo, creator of One Giggle At A Time, is a veteran first-grade teacher, children's book author, and professional development presenter. Since 2014, her resources have helped teachers and students worldwide create fun, positive classroom communities.



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*one giggle at a time is a passionate supporter of:*

- ♥ Helping teachers create classroom communities that foster positive relationships.
- ♥ Helping students unlock their potential for greatness.
- ♥ Helping parents provide support for young learners to set them up for success.
- ♥ Making learning FUN!

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social emotional learning



classroom community



parent/family connection



classroom management



teaching ideas



seasonal activities