



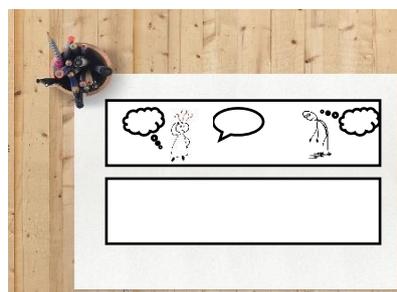
NEURODEVELOPMENTAL TEAM

Comic Strip Conversations

What is a Comic Strip Conversation?



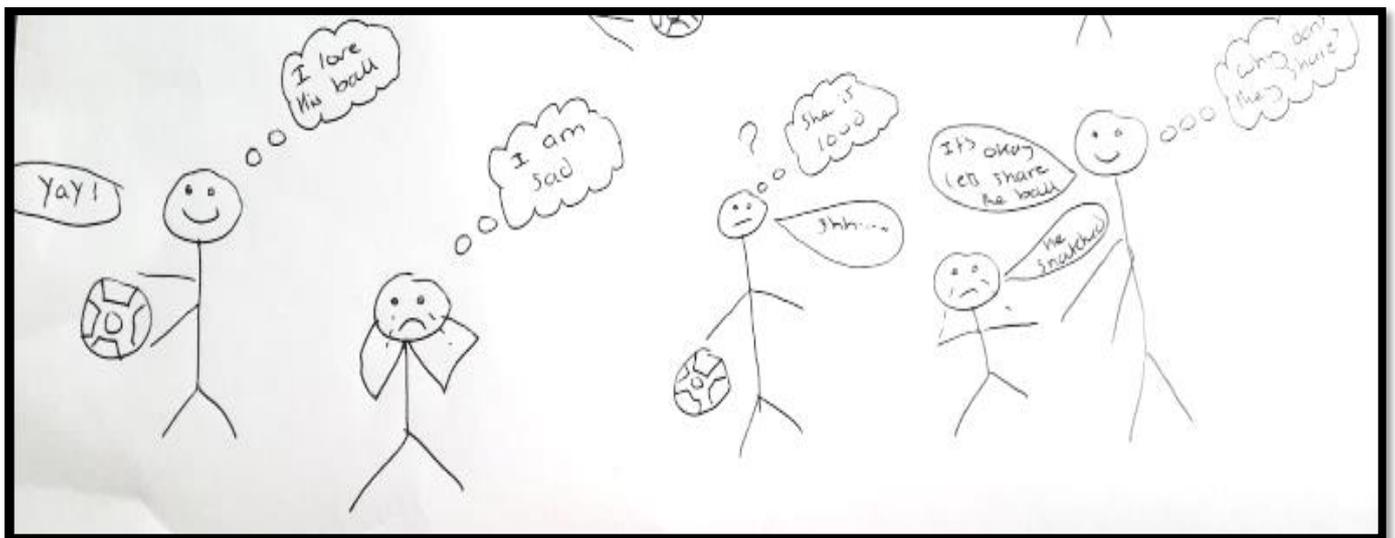
- Comic strips (developed by Carol Gray) are a visual way to help explore a young person's thoughts and feelings about a situation. More information can be found by clicking this link:
 - <https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations>
 - <https://carolgraysocialstories.com/>
- Comic strips can be a good way to explore and talk about feelings, as the focus is not directly on the young person.
- You can use a comic strip conversation to break down social situations that may have been confusing or upsetting for a young person.
- Using a comic strip with a young person can help them to understand more about the way they, and others communicate and why a misunderstanding occurred

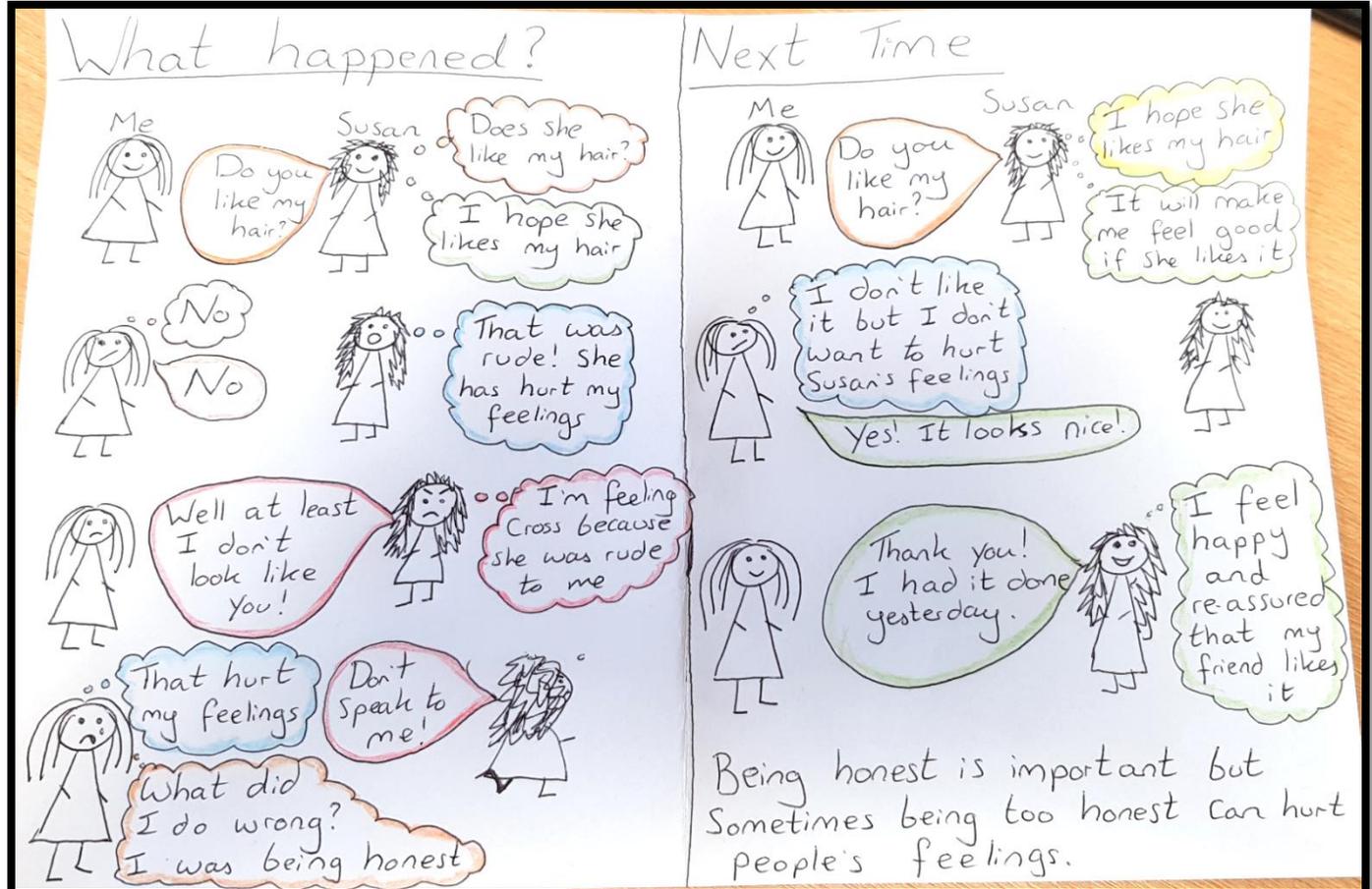


- Comic strips are a good visual way for parents/carers to gain an understanding of the young person's perspective.
- Once there is a shared understanding, comic strips can be a really helpful tool in supporting a young person to socially problem solve and explore new or different ways of communicating.

What do they look like?

- A Comic strip is a drawing that you create with the young person about a social situation or conversation they have experienced.
- You can draw alongside the young person to explore where the social situation happened, who was there and what happened from the young person's perspective.
- You can use speech bubbles to show what was said and thought bubbles to record what the young person and other people involved were, or might have been, thinking.





How to use a comic strip

- When introducing comic strips, use a social situation or conversation that went well, to get used to talking and drawing them out. *It is very important that the young person does not associate comic strips as only being used to unpick situations that the young person feels have 'gone wrong'.*
- **Do not use a comic strip when the young person is upset. Find a time when you are both calm and if possible, in a quiet space.**
- Draw who was involved, what was happening and use the talking bubbles to record what was said. Use the thought bubbles to identify how the young person was feeling during the interaction. Be prepared that they might not always know! You may also have to support the young person's understanding of the thoughts and feelings of the other people in the situation.
- Once you have 'unpicked' the situation or explained the misunderstanding, then you can consider possible solutions or alternative ways of managing the situation with the young person. You might draw out other possible scenarios and explore the different outcomes. This can help the young person to understand how they might manage the same situation differently next time e.g. "next time you might come and find Mum first", "I could check first if he was joking" etc

- Some young people like to keep their comic strip conversations e.g. in a folder or scrap book and look at them again. Others want to throw them away as soon as they are done. Everyone is different *Just because it might not work first time round, don't give up.*
- Remember to focus on all the things that the young person does right and not just the bits that did not go according to plan!

Question you can use to gather the information from the young person

Where were you?

Who else was there?

What were they doing?

What happened?

What did you say?

What were you thinking when you said that?

What do you think the other person was thinking when you said that?

How did you feel at the time?

How do you think the other person felt?



Colours can be used in Comic strips to show how the people were feeling.

The words would be written in the colour that represents the emotion that was being expressed.

This is optional but the examples below show how you might incorporate colour into your Comic strips

Green: Good idea, happy, friendly
Red: Bad ideas, anger, unfriendly
Blue: Sad, uncomfortable
Yellow: Frightened
Black: Facts, truth
Orange: Questions
Brown: comfortable, cosy
Purple: Proud

I am going to snatch it

I will wait my turn

That is not fair

I took it

It is too busy

Can I play?

We did it

It is quiet

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