Sometimes, we may see people that we don’t regularly see throughout the year. Having to talk to unfamiliar people can be very tough for individuals with ASD. Practicing conversations and having some visuals to support through the conversation can help ease some of the anxiety. Here you can find some scripts for typical conversations that may occur. Practice these ahead of meeting or talking to new or unfamiliar people to help foster some good conversations!

To use: Print and cut out conversation helpers. Optional: Use empty boxes to write your own script.

As with many of our supports, feel free to use these as a guide in creating your own scripts.

Sample Script 1:

Hi. How are you?

I’m fine. How are you?

Pretty good, thanks.
Sample Script 2:

Hi. How are you?

I'm fine. How are you?

Pretty good. What did you do today?

I played with some toys.

That sounds fun. I like playing with toy animals.

I do too. I also like to read.

Me too!
Hi. How was your day today?

It was good. Today I _________________________________________

Wow. That’s interesting. What else did you do?

I also ______________________________________________________

That sounds fun.

It was! I also had a good lunch. Today for lunch I ate ________________________

Sounds good!
Yes it was!

Was today a fun day?

Yes. It was a good day!

Create your own...