



# Load Shedding Social Story



Sometimes there is not enough electricity for the whole country



When this happens, Eskom has to  
load shed. This means that you  
might have a few hours without  
electricity



During load shedding, your lights and electricity will go off. Anything that needs power will not work.



When there is load shedding, you can use candles, torches or solar power



You can try reading a book, going for a walk, or playing a board game.



It's ok to be scared or anxious. The load shedding won't last too long, and soon you will have power again.

## For Caregivers:

This social narrative has been developed as a general social story to help with the current load shedding. There might be parts that are not relevant to your child, such as the activities - please feel free to edit the social story to suit your child's needs.

There is also a load shedding schedule app you can download; this will help you prepare your child/children for any upcoming load shedding:

<https://sepush.co.za/>

For an editable version, please email Vicky –  
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