

Good social skills are critical to successful functioning in life--any time we share space with others, social skills come into play. Social skills enable us to know what to say, how to make good choices and how to behave in diverse situations. The extent to which children and adolescents possess good social skills can influence their academic performance, their behavior and their relationships with peers and family.

Using language for different purposes, changing our language according to the needs of the listener or the situation and following the "rules" of conversations are all social skills that most of us begin to learn intuitively from a very young age. But students with delays in social skills/social thinking do not learn this information on their own. They have to be directly taught how to "think" socially and how to interact and use appropriate social skills. A student who often displays defiant behavior may actually lack an understanding of the social environment. Avoidance behavior might be driven by a lack of skills or strategies, and selfishness could actually be a lack of perspective. Understanding and interpreting other people's social behavior is just as important as learning to regulate one's own social skills.

In October 2015, two of the District's Speech Language Pathologists, Valerie Beyranevand and Kristen Diggins, gave a very informative talk entitled "Social Skills Supports in School and Beyond" as part of the SEPAC parent workshop series. Their lecture referenced several core books on Social Thinking, and they had books and games on display for parents to preview. Thanks to a generous donation from a parent (and SEPAC member), the district now has a lending library of Socials Skills resource materials that anyone in the NRSD community may borrow. These books and games can be checked out directly from the Florence Sawyer School library or requested for check-out at any of the district school libraries.

## Core Social Thinking Books

### Thinking About You, Thinking About Me by Michelle Garcia Winner

This is where to start to learn more about social interaction and social awareness. Understanding the perspectives of others is key to all interpersonal relationships. Many students, including those with high-functioning autism, Asperger syndrome, ADHD and similar social/communication challenges, have difficulties understanding that other people have perspectives that are different from their own. Michelle's model of perspective-taking makes research into Theory of Mind practical for teaching these students. Specific lessons, and how to apply them in different settings, are explored. The Four Steps of Communication creates a framework for understanding the complexities of social thinking and for enhancing perspective-taking in students. Social Behavior Mapping and IEPs are examined.

### You Are a Social Detective by Michelle Garcia Winner & Pamela Crooke

This entertaining comic book, geared towards elementary school-aged (K-5) students, offers different ways that can be reviewed repeatedly with students to teach them how to develop their own social detective skills. The lessons offer a variety of engaging ways to introduce the concepts of social thinking to general

education teachers, paraprofessionals, parents, caregivers, special educators, grandparents, siblings, daycare workers, scout leaders, etc. This book is also the first book to read with students prior to introducing the Superflex lessons, as it teaches the core Social Thinking Vocabulary.

## **Think Social! A Social Thinking Curriculum for School Age Students**

by Michelle Garcia Winner

This core curriculum provides step-by-step methods for teaching social-cognitive and -communicative skills to students who have these challenges that affect their school and home life. Detailed instructions teach adults how to expand on and teach Social Thinking vocabulary concepts through 69 lessons that teach students the basics of working and thinking in a group. Each chapter addresses how to use and interpret language (verbal and nonverbal) to understand the contexts where real communication happens. The book offers strategies for K-12 - and into adulthood.

## **Social Thinking Books for Specific Ages Groups**

### **The Incredible Flexible You**

by Ryan E. Hendrix, Kari Zweber Palmer, Nancy Tarshis & Michelle Garcia Winner

A multi-sensory social-emotional learning package for ages 4 – 7. Detailed instructional lesson plans, complete with Teaching Moment specifics, motivating in-classroom structured activities, educational plan goals, and learn-at-home family letters give educators and parents the knowledge and tools they need to help young children use their social thinking abilities and develop better social skills. The lessons are accompanied by and teach through five storybooks that introduce these Social Thinking concepts and vocabulary: Thinking Thoughts and Feeling Feelings, The Group Plan, Thinking with Your Eyes, Body in the Group, and Whole Body Listening.

### **Superflex: A Superhero Social Thinking Curriculum Package**

by Stephanie Madrigal & Michelle Garcia Winner

After students have worked through You Are a Social Detective and learned core Social Thinking vocabulary, they are ready to learn more about self-regulation using a motivational superhero, Superflex. This curriculum teaches students to adapt more effectively across situations and take control of their own thinking.

### **Worksheets for Teaching Social Thinking and Related Skills**

by Michelle Garcia Winner

Over 160 pages of worksheets for parents and professionals to use directly with students to guide their social learning by addressing specific dilemmas.

### **Social Thinking Worksheets for Tweens and Teens: Learning to Read In Between the Social Lines**

by Michelle Garcia Winner

Focuses on the social issues and challenges faced by pre-adolescents and adolescents and introduces social concepts and strategies that can help individuals navigate these tricky years. Social rules and expectations change with age; thinking and behavior that was appropriate in elementary school can quickly become inappropriate and unexpected as students move into middle and high school. Worksheets was developed to help educators, therapists, and parents encourage more mature social thinking and related shifts in their students' social skills.

## **Socially Curious and Curiously Social: A Social Thinking Guidebook for Bright Teens and Young Adults** by Michelle Garcia Winner & Pamela Crooke

This anime-illustrated detailed guidebook helps teens and young adults with social thinking as they sail the stormy seas of dating, texting, lies & everyday relationships. Parents, educators, & therapists will benefit from this guidebook as well and consider it a valuable resource to help young adults navigate social interactions.

## **Social Fortune or Social Fate: A Social Thinking Graphic Novel Map for Social Quest Seekers** by Pamela Crooke & Michelle Garcia Winner

Utilizing the anime illustrations to capture the attention of teens and tweens, this book teaches the core concepts related to Social Behavior Mapping (SBM). SBM's teach how our own behaviors, expected and unexpected, impact how others feel about us, ultimately treat us which then affects how we feel about ourselves.

## **The Hidden Curriculum and Other Everyday Challenges for Elementary-Age Children with High Functioning Autism** by Haley Morgan Myles & Annelise Kolar

Gives simple, no-nonsense advice on how to handle everyday occurrences that can be challenging for children on the autism spectrum. This reader-friendly book provides social rules that help children with peer relationships, school and everyday activities. New hidden curriculum tips, including tips on Internet safety, provide children essential social rules for succeeding in an ever-changing interactive world.

## **The Hidden Curriculum for Understanding Unstated Rules in Social Situations for Adolescents and Young Adults** by Brend Smith Myles & Melissa L. Trautma

In the revised and expanded edition of this popular book, the authors narrow their target to issues common to adolescents and young adults. While many of the features of the original book have been maintained, information on evidence-based practice has been added. A series of instructional strategies are provided that can be used to teach the hidden curriculum. Instructional aides include charts, forms, and templates designed to make the job of teaching and learning the hidden curriculum more effective.

## **Social Rules for Kids – the Top 100 Social Rules Kids Need to Succeed**

by Susan Diamond

Many parents are not sure of what to say and do to help their children improve their social interactions. "Social Rules for Kids" helps open the door of communication between parent and child by addressing 100 social rules for home, school, and the community. Using simple, easy-to-follow rules covering topics such as body language, manners, feelings and more, this book aims to make student's lives easier and more successful by outlining specific ways to interact with others on a daily basis.

## **Interactive Materials**

### **Ask & Answer Social Skills Games** by Keri Spielvogle & Melanee Callough

Motivate your students to develop and improve their social skills by utilizing the 12 double-sided game boards each featuring 9 photos providing visual cues *for targeted social skills*: Staying on Topic, Initiating Conversation, Requesting Information, Problem Solving, Politeness and Feelings. To play, you ask social

skills related questions (found in the activity booklet), and the students answer what they would do in these situations. (Pre-K & up)

### **Practicing Pragmatics** by Sharon Webber

Practicing Pragmatics Fun Deck will help your students improve a wide range of essential skills—politeness, problem solving, expressing feelings, giving information, asking questions, telephone manners, and staying on topic. The deck has 52 scenes, four bonus playing cards for game variations, plus game idea and content cards. (Pre-K to 4<sup>th</sup> Grade)

### **All About You, All About Me** by Molly DeShong

This Fun Deck will help your students sharpen their ability to ask and answer basic questions. Students can use the 56 question cards to talk about themselves and learn about others. The deck includes basic questions, open-ended questions, content cards and game ideas. Use the cards one-on-one or share them as a group. (Pre-K to 5<sup>th</sup> Grade)

### **Social Behavior Mapping – Connecting Behavior, Emotions, and Consequences**

#### **Across the Day** by Michelle Garcia Winner

A collection of over 50 Social Behavior Maps covering a range of topics for home, community and the classroom; geared for use by parents and professionals to help those with social thinking challenges understand what behaviors are expected and unexpected in a way that makes sense to their way of thinking. Intended for 3rd-12th grade students, this strategy is most effective for students with solid language skills.

#### **Should I or Shouldn't I? What Would Others Think** by Dominique Baudry

This game encourages players ages 8-11 to think about their own behavior choices and then compare how their perceptions match (or don't) those of the other players. Game play offers abundant opportunities to practice Social Thinking concepts, perspective taking, and problem solving skills, and discuss how our individual behavior choices affect those around us. (Elementary Edition)