

# SOCIAL SKILLS

**Parents/Guardians:** Social skills vary across ages. Below you find suggested activities for your student that you may have to adjust depending on age and skill level. Be sure to check your child's IEP goal to see which stage he/she is at. If you are unsure, contact the SLP at your child's school site.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	Practice different greetings and farewells. How would you say hello to a buddy vs. a teacher or a principal. Why do we have to code-switch with different communication partners?	Practice perspective taking with Lesson 6: Watch the frog's eyes game.  Use Internet Explorer to access the website. <a href="https://www.jacobslessons.com/">https://www.jacobslessons.com/</a>	"Hidden rules" are social expectations that people don't talk about. People are expected to follow these rules and the rules can change based on situations. Talk about hidden rules and expectations of three different places. For example, What are the hidden rules of a grocery store? An elevator? A park?	Read a Dr. Seuss book. Determine whether the behavior is expected or unexpected. Talk about the way the behavior makes others feel.	Parents: Watch Free Webinars  <a href="https://www.socialthinking.com/eLearning/categories/FreeWebinars">https://www.socialthinking.com/eLearning/categories/FreeWebinars</a>
<b>WEEK 2</b>	Interview a family member. Find out about their favorites- Food, sport, color, animal...  Come back hours later and try to remember what the answers were.	Tell about a tv show that you watched or a book you just read.. Use appropriate volume, eye attention, and body language. Are you giving too many details? Check in with your listener to see if they are engaged.	Look through old pictures. Create comments for what the person is saying or asking.	Take pictures of your family with different facial expressions (worried, bored, upset, angry, happy, surprised, etc). Talk about the feelings and strategies to get back to feeling calm.	Discuss spatial boundaries. How does it feel when someone is too close to you? Too far? Who are the people that you feel comfortable breaking into your space bubble? Why?
<b>WEEK 3</b>	Call a family member by phone. Try to ask 2+ questions and make two follow up comments.	Make up five comments (i.e., "Johnny is coming over today.") Practice saying them with different tones of voice (bored, sarcastic, excited, angry, etc). Cover your face and see if people can tell which tone of voice you used.	Practice breathing strategies. <a href="https://www.healthline.com/health/breathing-exercise">https://www.healthline.com/health/breathing-exercise</a> has a variety of breathing exercises to reduce stress.	Size of the Problem: Make a bucket of imaginary problems (out of paper towels, broken plumbing, etc). Pull out the problems and discuss how many people are involved, how long will it take to fix the problem, how much help is needed. Is the problem: Big, medium, or small?	