

Social Skills

Brief Description:

Social skills are any behavior which facilitates interaction and communication with others where social rules and relations are created, communicated, and changed in verbal and nonverbal ways.

How It Feels To Have Social Anxiety:

Social anxiety can be difficult to overcome, here is a video on how it feels:

<https://youtu.be/OMGUzXknoVQ>

How It Feels To Have Panic Attacks in Social Situations:

Social anxiety can cause panic attacks and this is how it feels. If you are looking for more on anxiety, check out our anxiety page: <https://youtu.be/uPlhgtQqA6c>

Helpful Links:

- **Comic Strip Creator** is a free web-based resource that allows more advanced learners to create web-based comic strips.

<http://www.comicstripcreator.org/>

- **Comic Draw** is a full-featured digital comic creation and publishing application for iPad which allows students to develop their own social stories via a comic book.

<http://www.plasq.com>

- **Make Belief** is a place which many parents visit and use with their children to have fun and learn. It was created to provide constructive, imaginative activities for parents and children to enjoy together and, in so doing, to draw closer and strengthen their family bonds by creating comics and selecting emotions and faces for students to interpret.

<http://www.makebeliefscomix.com/Comix/>

- **Toondoo** is a free web-based software that allows you to develop your own cartoons for social story purposes.

<http://www.toondoo.com>

- **Mind Reading** is a unique reference work covering the entire spectrum of human emotions. Using the software you can explore over 400 emotions, seeing and hearing each one performed by six different people.

<http://www.jkp.com/mindreading/>

- **My School Day** was designed by speech therapists specializing in helping autistic children, using real-life video clips to take the child into a typical school day, including the classroom, cafeteria, and playground!

<http://www.autismcoach.com/>

- **Choices** helps students develop the skills and awareness they need to make wise choices and to think through the consequences of their actions.

<http://www.tomsnyder.com/products/product.asp?SKU=chocho>

Strategies for Teaching:

- **Social Thinking Articles** has great information on how to teach social skills in the classroom.

https://www.socialthinking.com/Articles?name=Why+do+We+Use+the+Expected+Unexpected+Social+Thinking+Vocabulary+Article&utm_source=f&utm_medium=p&utm_campaign=expectedunfb

- **CAST's Book Builder** is a free tool where students can create their your own stories with audio and visual prompts.

<http://bookbuilder.cast.org/>

- **Flickr Toys** is the site of some incredible social photo ideas and lots of great fun.

<http://bighugelabs.com/flickr/>

- **General information on Social Stories** provides cards and lessons to use on teaching social skills and behavior to individuals with autism.

<http://www.polyxo.com/socialstories/introduction.html>

- **School Rules** provides award-winning social skill software curriculum on the hidden curriculum in schools as well as great apps & videos.

<http://www.socialskillbuilder.com>

- **Article** on how to use **SketchUp** a captivating program for people with autism in the classroom.

<http://www.newsweek.com/id/179952>

Merging SUPERFLEX and our Archdiocese VBF:

Patience: Opposite Unthinkable: Energy Harey (Similar Thinkable: Meditation Mat)

Purity: Opposite Unthinkable: Brain Eater (Similar Thinkable: Tracker)

Charity: Opposite Unthinkable: Mean Machine (Similar Thinkable: Nice Bryce/Brice)

Temperance: Opposite Unthinkable: Body Snatcher (Similar Thinkable: Stick-Withem)

Kindness: Opposite Unthinkable: Destroyer of Fun (Similar Thinkable: I.O.F)
and Space Invader (Similar Thinkable: Space Respector)

Humility: Opposite Unthinkable: Topic Twistermeister (Similar Thinkable: Rex Flexinator) and One-Sided Sid (Similar Thinkable: Other-Side Sally)

Justice: Opposite Unthinkable: Glass Man (Similar Thinkable: PosiTina)

Wonder: Opposite Unthinkable: Un-Wonderer (Similar Thinkable: Socia-Lee Wonderer)

Joy: Opposite Unthinkable: Grump Grumpaniny (Similar Thinkable: Sunny Sun)
and WasFunnyOnce (Similar Thinkable: HumorUs)

Hope: Opposite Unthinkable: Worry Wall (Similar Thinkable: Kool Q. Cumber)

Love: Opposite Unthinkable: Rock Brain (Similar Thinkable: Focus Tron)

Resources Available At Our Center:

- SUPERFLEX Curriculum
- Michelle Garcia Winner Books and Curriculum
- Social Skill Stories
- 5 Point Scale
- Zones of Regulation Book and Posters
- Point To Happy
- Thinking About You Thinking About Me Curriculum
- Social Skill Lessons
- Should I or Shouldn't I Social Skills Game (Elementary and Middle School Versions)
- Me and My World Social Skills Curriculum and Community Partnership For Schools Learning Game
- Unthinkable and Thinkables Card Sets and Classroom Posters