Targeting Social Skills During Social Distancing: Strategies to Use at Home Across the Spectrum

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April 30, 2020 12 – 1 PM

https://mssm.zoom.us/j/96925715019
Meeting ID: 969-2571-5019
Agenda

1. Introductions - Michelle Gorenstein, Psy.D.

2. General Strategies for Teaching Social Skills

3. Specific Skills
   1. Listening
   2. Conversation Skills
   3. Nonverbal Communication
   4. Theory of Mind

4. Question and Answer
General Strategies

• Target one skill at a time
  • Developmentally appropriate skills
  • Skills that are needed right now
• Teach the deficit
• Break up abstract concepts into concrete steps
General Strategies

• Use visual supports and concrete steps
  • Prompt Cards
  • Social Stories (Carol Gray)
  • Comic Strip Conversations

• Bait the skill

• Reinforce desired behavior/response
Visual Strategies-Prompt Card

**TAKING TURNS**

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<tbody>
<tr>
<td>1</td>
<td>No talking at all-Silent</td>
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<tr>
<td>2</td>
<td>Quiet Voice-Whisper</td>
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<td>3</td>
<td>Inside Voice</td>
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<td>4</td>
<td>Outside Voice</td>
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<tr>
<td>5</td>
<td>Screaming-Emergency Only</td>
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**Rules for Board Games**

- Only touch your own pieces.
- Hands away from board unless it is your turn.
- Wait patiently for your turn.
- Win politely - "Good game, thanks for playing."
- Lose politely - "Good game, thanks for playing."
- Have fun with your friends.

**Rules for Distance Learning**

- Be on time.
- Keep your sound on mute until you are asked to speak.
- Turn your video off if you need to do something that you don’t want everyone to see (like going to the bathroom).
Visual Strategies – Social Stories and Comic Strip Conversations

Playing

Sometimes I like to play with other kids.

I can ask them, "Do you want to play with me?"

If they say "yes", I can play with them. I will have fun.

If they say "no", it's ok.

I can ask someone else or play by myself.

Therapy, 2008

Thinking vs. Saying

To add these speech/thought bubbles to YOUR symbol finder in Boardmaker: Pointer Tool, select thought bubble. Edit - Copy, Open Symbol Finder, Edit-Paste, Name it (thought bubble, think, thinking, thought, etc.) and assign it a category (General).
Listening Skills

- Clapping Game - Clap when you hear a target word
- Bingo/Zingo
- Simon Says
- Telephone Game
- Board games such as Guess Who, Battleship
Nonverbal Communication

• Charades

• Simon Does

• Finger Play Songs (for younger children)
  • The Wheels on the Bus
  • The Itsy Bitsy Spider
  • Open, Shut Them
  • Where is Thumbkin

• Follow My Eyes to the Prize
Conversation Skills

Many different skills
- Initiating a conversation
- Asking Questions/Making Comments
- Staying on Topic
- Ending a Conversation
- Sensitive Topics

1. Role Play and Practice Before
2. Call or FaceTime Relative or Friend
3. Social Autopsy

- Conversation jenga, Conversation dice
Theory of Mind- I think, you think

- Watching Television
- Reading a Book

- Stop and ask the child what the character is feeling. If they are able to identify the character’s feelings then ask what they are thinking.
Resources

- PBS Kids
  https://www.pbs.org/parents/activity-finder/ages-all/topics-social-skills/shows-all/types-all

- Do 2 Learn
  https://www.do2learn.com/SocialSkills/overview.htm

- Everyday Speech (Available on YouTube)
  https://everydayspeech.com/social-skills-videos/
Questions & Answers

- Thank you for your attention and participation!
- Please write questions into chat feature and let us know of additional topics you would like covered
- For copies of slides, please email: audrey.rouhandeh@mssm.edu or bari.britvan@mssm.edu