

# **Social Smarts to Achieve Social Goals: Thinking About the Perspectives of Other People**

**Glen Rock Public Schools**

**Parent Workshop**

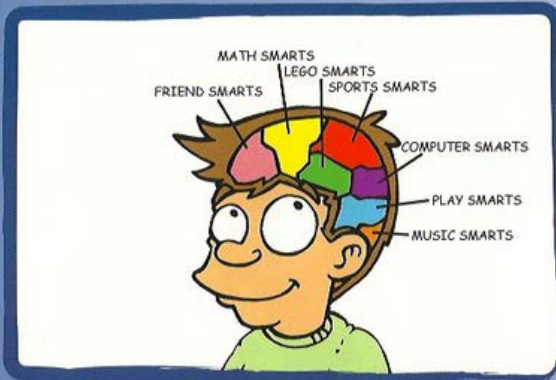
**Friday May 25, 2018**

**Gina Marie Restivo, PsyD, BCBA-D, NCSP**

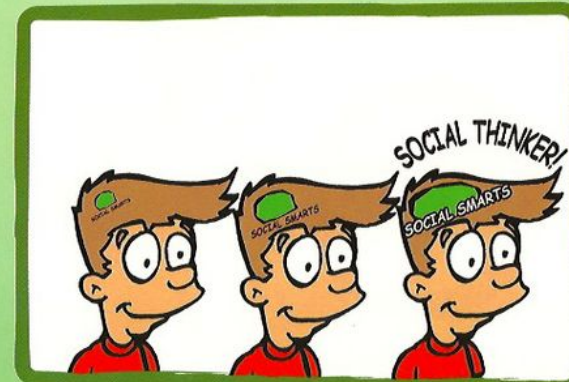
**School Psychologist/Behaviorist**

# What...

- What do we mean when we talk about “social smarts?”
- Like any other skill or talent, social smarts are an area to target for growth on their own
- Often overlooked as an area of focus
- Yet, useful beyond measure
  - Across time
  - Across people
  - Across settings
- Should be given weight



In our brains there are all types of "smarts." Some people have really great computer smarts, music smarts, sports smarts, math smarts, or even Lego™ smarts!

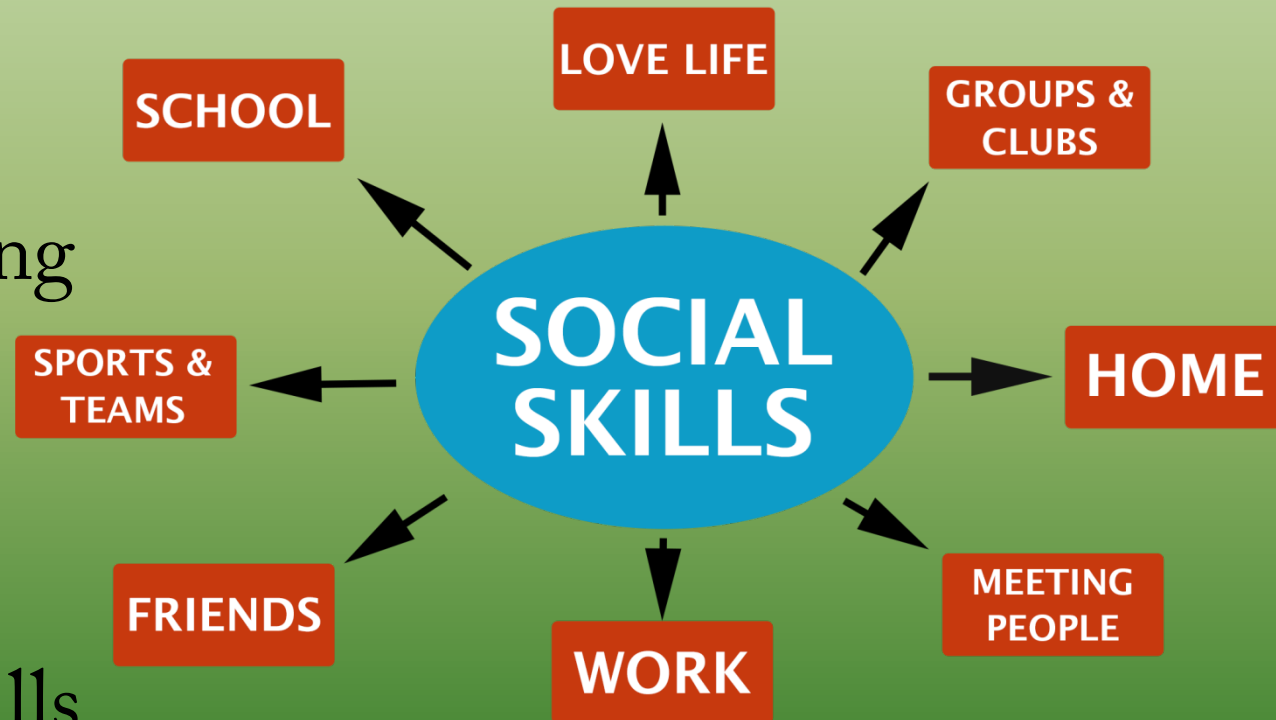


Being a Social Detective builds our social smarts.  
This makes us better Social Thinkers over time.

# Social Smarts Expanded

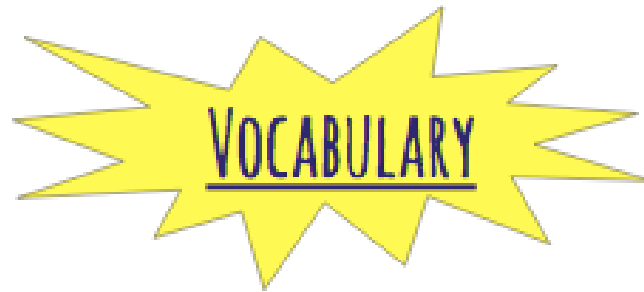
SOCIAL SKILLS AFFECT NEARLY EVERY ASPECT OF YOUR LIFE

- Soft skills
- Problem solving
- Coping skills
- Friendship skills



# Components of Social Thinking

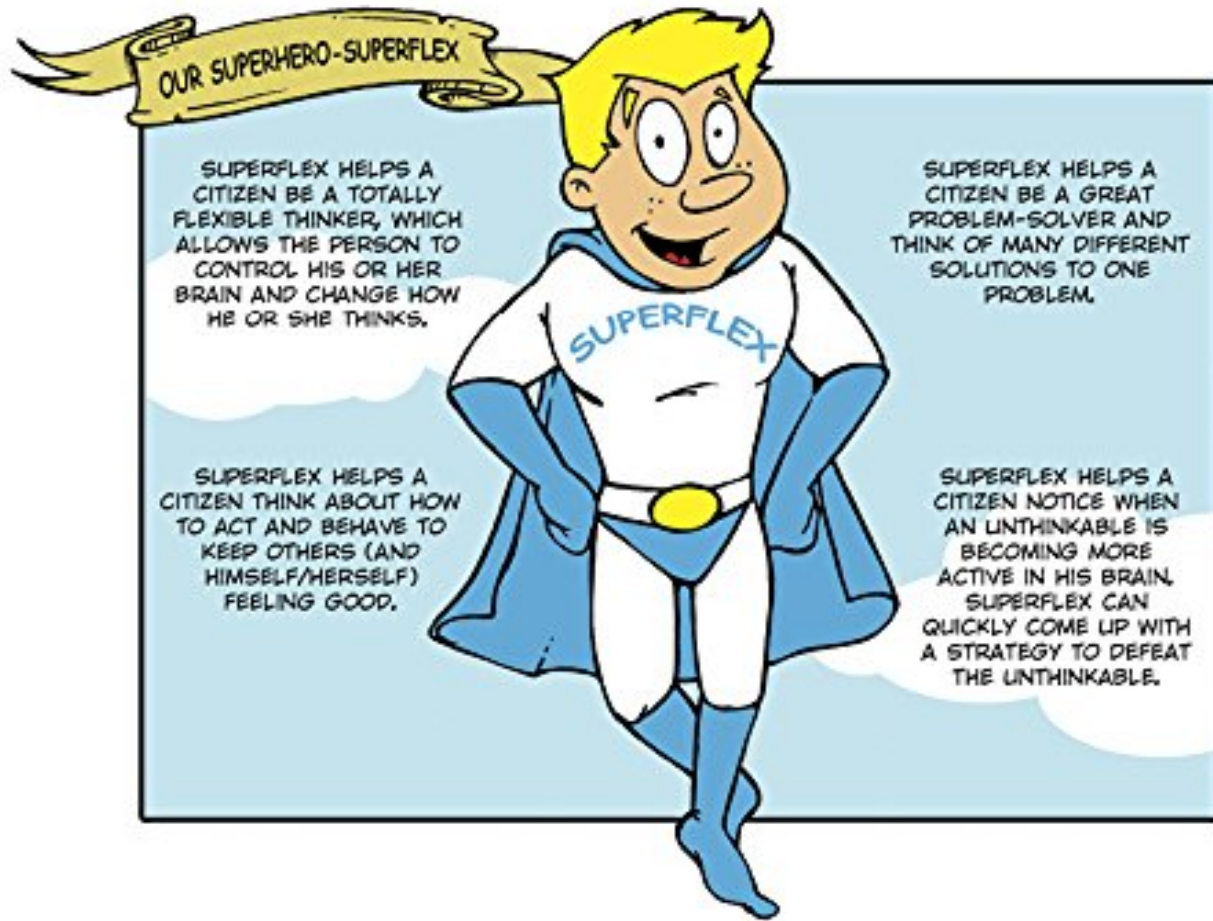
- Context
  - Expected behavior
  - Unexpected behavior
- Guessing based on tools: eyes, ears, & brain
  - Smart
  - Whacky
- Results: feelings (heart)



# VOCABULARY

<b>Expected Behavior</b>	Understanding Hidden Rules in situations and being responsible for figuring out the rules & following them. By doing so, we keep other people thinking good thoughts about us.
<b>Flexible Thinking</b>	Being a flexible thinker means we can: change our plan, think something different, change our minds, and think & compromise with other people's ideas.
<b>People Files</b>	How we relate to others based on what we know about them. Everytime we see the same people we remember how they made us feel. We collect & add information in our brain (People Files).
<b>Social Detective</b>	Using your eyes, ears, and brain to figure out what others are planning to do next, or what they are presently doing and what they mean by what they say.
<b>Social Fake</b>	Showing interest in what other people are saying even when you aren't interested. You appear interested because the social relationship is important to you. (Not always being entirely truthful)
<b>Thinking of You</b>	"Thinking about Others" by understanding that my behavior affects how others think about me.
<b>Think with your Eyes</b>	Using your eyes to observe and figure out your environment by identifying clues to what other people might be thinking, feeling, saying, and doing. It lets others know you're interested.
<b>Unexpected Behavior</b>	Failing to follow the set of rules and Hidden Rules in the situation. People who don't follow the rules are doing what is "unexpected" & people have "uncomfortable" or "weird" thoughts about them.

# Superflex







**Rock Brain** - I make people get stuck on their ideas.

# SUPERFLEX™

## takes on the Unthinkables!

Superflex is the superhero that lives inside each of us and helps us learn to be more flexible thinkers and defeat the Unthinkables that may be invading our brains! Unthinkable cause us to do or say things that are unexpected and make others feel uncomfortable around us. We can call on our Superflex to help us learn to use our Superflexible thinking to figure out different solutions to a problem. This helps us get better and better at solving our social problems. When we think about the situation and the people in it, we keep others (and ourselves!) feeling comfortable being together at school, at home, and in the community. We defeat those sneaky Unthinkables!



**Worry Well** - I make people worry too much.



**Space Invader** - I get people to invade others' personal space.



**Glassesman** - I make people have huge upset reactions.



**Brain Eater** - I distract people.



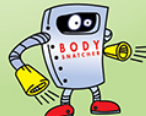
**WoeFonyOnce** - I get people to use humor at the wrong time, the wrong place or with the wrong person.



**One-Sided Sid** - I get people to only talk about themselves.



**D.O.F.** - I make people overly competitive.



**Body Snatcher** - I move people's bodies away from the group.



**Energy Hungry** - I give people too much energy.



**Ur-Wonderer** - I don't like people to socially wonder about others.



**Mean Jean/Gene** - I get people to act mean and bossy.



**Topic Twistermeister** - I make people jump off topic.



**Grumpy Grumpasing** - I put people in grumpy moods.

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**Flex Flooister** - I help you be a flexible thinker so you don't get stuck on your own thoughts or plans.

# SUPERFLEX™

## and the Thinkables!

Superflex is the superhero that lives inside each of us and helps us learn to be more flexible thinkers! When we're doing or saying something that is socially "unexpected" one or more Unthinkables are invading our brains. We can call on our Superflex to help us use our Superflexible strategies to defeat the Unthinkable and get back on track. As we get better and better at using our Superflexible powers to silence an Unthinkable's behavior before it occurs, Thinkables start appearing to help us keep doing that! Superflex and the entire Team of Thinkables help citizens everywhere stay Superflexible in their thinking as they interact with others at school, at home, and... everywhere!



**Flex-Ther** - I help you stay calm and positive to stay in control and defeat your worries.



**Space Respector** - I help you pay attention to and respect other people's personal space bubbles.



**Cool Q. Cumber** - I help you stay calm (cool as a cucumber) when problems come up so you can see they are small and react with a small reaction.



**Focus Train** - I help you focus your powers so your brain can stay connected to what others are talking about or what you are doing.



**Homerts** - I help you know the right time and right place to use humor.



**Other-Side Sallip** - I help you remember that conversations are also about thinking about the other person or persons and finding out about them.



**L.O.F.** - I help you use your positive thinking so you can cooperate and be flexible during sports and games.



**Stick-Withem** - I help you keep your body with the group and your shoulders turned toward the group.



**Meditation Matt** - I help you try to be calm throughout your day, so you can stop and think about making good choices.



**Social-Lee Wonderer** - I remind you to think about and use your social wonder questions so you can keep the other person interested during the conversation.



**Nice Bryoz/Brioz** - I help you say nice, friendly words to others even if you don't feel like being friendly.



**Tracker** - I help you stay on the right track or topic the group is talking about.



**Sunny Sam** - I help you see the good things in a day and feel pretty good about your life so you can always show your "sunny" side to others.

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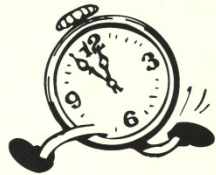


# Problem Solving

## File Factor System

### Time's Up

When you want to do or finish something  
**BUT**  
you don't have enough time or you have a time conflict



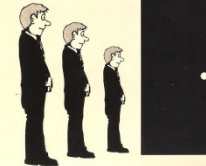
### Other People's Decisions

When you want to do something  
**BUT**  
the decision whether or not you can is up to someone else



### Have to Wait

When you know you will eventually get or do what you want  
**BUT**  
you have to wait first



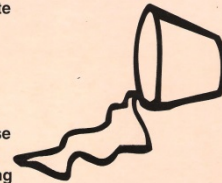
### Safety First

When you have plans to do something  
**BUT**  
the plans get cancelled because conditions become dangerous or someone gets sick or hurt



### Mess Ups

When you anticipate something happening  
**BUT**  
it does not go as planned because you or someone else makes a mistake, forgets, or something malfunctions



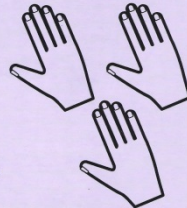
### Rules Rule

When you plan to do something  
**BUT**  
you find out that you can't because it would break the rules of your home, school, town, etc.



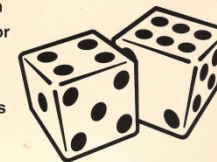
### Majority Rules

When you want to do one thing  
**BUT**  
the majority of the people involved in your group activity make the decision to do something else



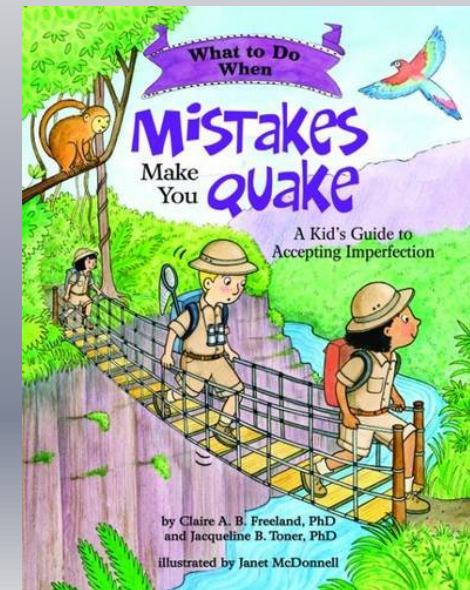
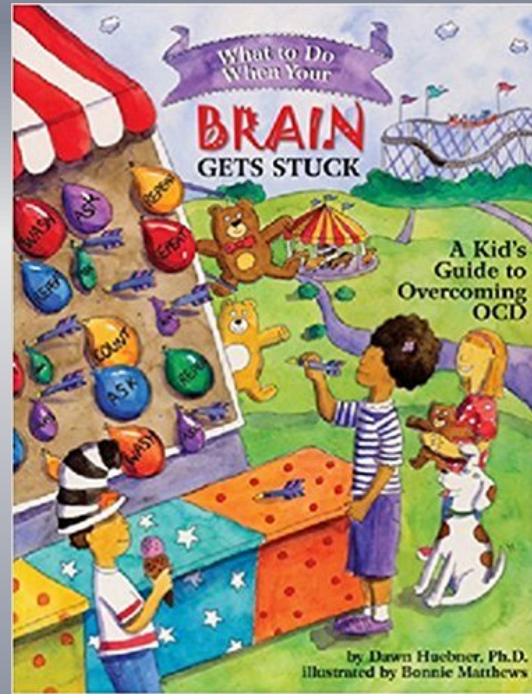
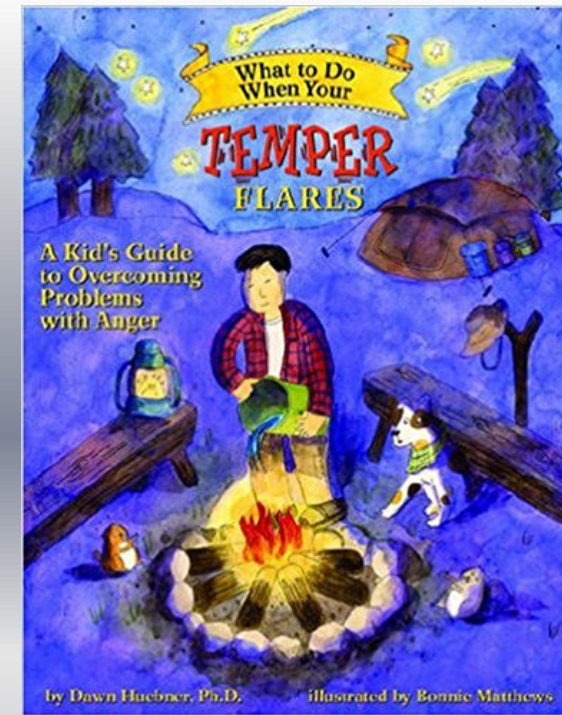
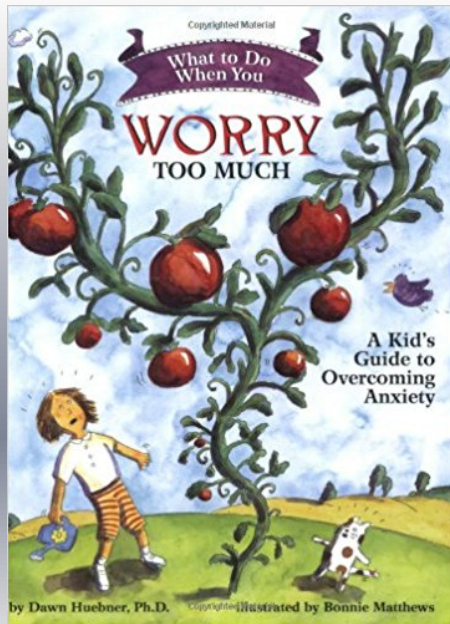
### Up to Chance

When you have an opportunity to do or get something  
**BUT**  
whether it happens is determined by chance








# Coping Skills








 Ride a Bike OR SKATEBOARD

 **ASK FOR HELP**

 Blow Bubbles

 Color Paint Draw  
**CREATE ART!**

 Listen to **MUSIC**

 **PLAY** a BOARD GAME

 **MAKE & PLAY WITH SLIME**

 **Practice Gratitude**

 **WEAVE, KNOT OR CROCHET**

 Use Kind & Compassionate Self-Talk

 Make a Scrapbook OR Collage


 **PRACTICE YOGA**

 Hug or Climb a Tree

 **KICK BOUNCE OR THROW a BALL**

 **JOURNAL OR WRITE A LETTER**

 Take Slow, Mindful Breaths

 Cuddle or Play with Your Pet

 Drink Water

# 50 COPING SKILLS for kids

 **Smile & Laugh**

 **EAT Healthy**

 Use **Aromatherapy** (Smell something good)

 Cook or **Bake**

 Get Plenty of **SLEEP**

 **TAKE A SHOWER OR BATH**

 **STRETCH**

 Go on a Hike, Walk, or Run

 Sing and/or Dance

 **SAY Positive Affirmations**

 Take **GOOD CARE** of the Earth

 Garden or Do Yardwork

 Try or Learn Something New

 **READ** a Book or Magazine

 Look At or Take **PHOTOGRAPHS**

 Visualize a Peaceful Place

 **EXPLORE & DISCOVER** Nature's Treasures

 Cry

 **DRINK A WARM CUP OF TEA**

 Use a **STRESS BALL** (or other fidget tool)

 Do a **PUZZLE**

 Clean, Declutter or Organize

 Create **ORIGAMI**

 Get a **HUG**

 **EXERCISE**

 Play Outside

 **JUMP** on a Trampoline

 Rest, Take a Break, or Nap

 Do Something **Kind**

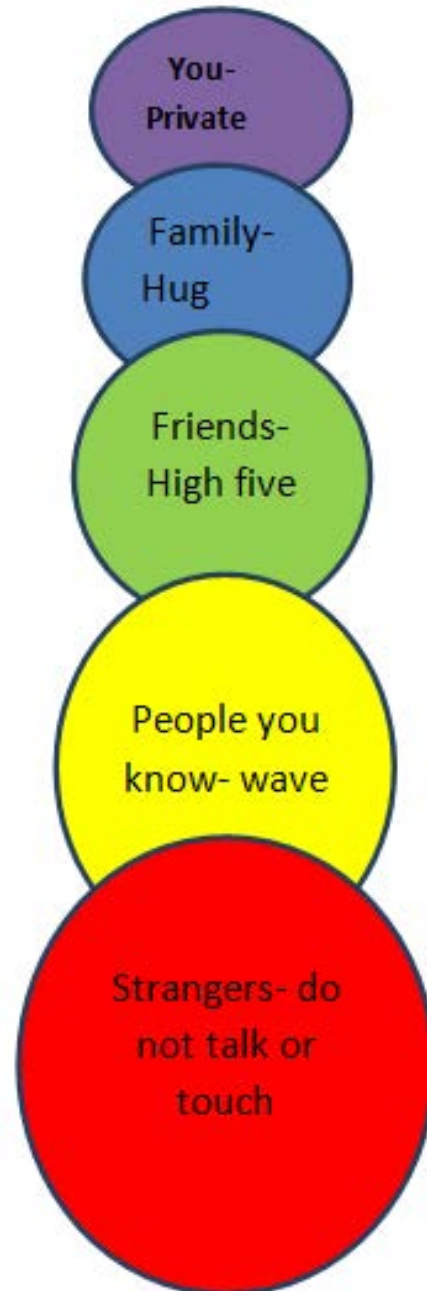
 **BUILD** Something

 **TALK** to Someone You Trust

# Introducing the Concepts to Our Students

- Classroom meeting
- Group activities
- Role playing
- Small groups/lunch bunch
- Individual counseling sessions

# Circles of Intimacy



# Fostering Social Skills Across Settings & Situations

- Use the shared vocabulary/language
- Plan ahead
  - Set a goal
  - Establish motivation
- Debrief after
  - What went well
  - What could use attention



## Parents Help to Encourage Social Success at Home, Too!

By Audrey Prince, M.Ed.

Parents are fundamental contributors to their child's success. As many educators acknowledge, parents are a child's first teachers. A home environment that promotes academic and social success should not be undervalued. Many parents work to improve a child's academic success by making sure the child completes all homework, studies for tests, and develops creative projects. But parents also have opportunities to help improve a child's social success. Below are suggestions for teaching social skills that parents can practice with their children at home.



### Steps for Teaching Social Skills at Home

**1. Discuss the Need for Social Skills-** Children need to understand that social skills are important. Share with your child that adults use social skills in their workplaces and community. Talk about/point out experiences that you or your child may have had or observed when social skills were necessary. Brainstorm and come up with a list of social skills that you and your child can work on throughout the year. Below is a list of suggested social skills to work on at home with your child.

#### List of Suggested Social Skills

- taking turns
- helping others
- praising
- sharing materials
- asking for help
- using quiet voices
- participating
- staying on task
- saying kind things
- using people's names
- celebrating success
- sharing ideas
- organizing materials
- paraphrasing
- following directions
- resolving conflicts
- active listening
- accepting differences
- communicating clearly
- waiting patiently

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**2. Work on One Social Skill at a Time-** When working with your child on social skills, focus on just one skill at a time. You may want to select one skill to focus on each week. Create a chart to list the skill for that week and record how the child is doing. Use a simple system such as happy face, neutral face, and sad face to show progress.

**3. Talk About the Social Skill-** Help your child identify what appropriate behavior looks and sounds like. For example, praising looks like a thumbs up, clapping, or smiling. Praising sounds like, "Terrific!" "I knew you could do it!" "You're so smart!" or "Way to go!" Make a list with your child of "looks like" and "sounds like" behaviors and post it next to your chart for recording the target behavior and the progress your child makes in demonstrating appropriate behavior.

**4. Practice the Social Skill-** After discussing what a particular social skill looks and sounds like, provide an immediate opportunity for your child to practice the appropriate social skill behavior (looks like and sounds like). Act out a scenario with your child in which he/she must use appropriate behaviors to respond in a social situation.

**5. Pause, Reflect, and Review-** At the end of each day, take the time to pause, reflect, and review your child's use of social skills that day. You may want to encourage your child to keep a journal to write down thoughts about the day. If your child is not yet writing, you can keep a journal together, in which you write the entries. Help your child celebrate his/her social skills successes—if you make it a big deal, your child will, too.

Parents can engage their children in these types of activities anytime during the day. Think about using time in the car or at the dinner table to discuss social skills. As parents, emphasizing the necessity of social skills is one of the most important things you can do to help your child succeed in school—but more importantly, in life.

# 13 WAYS TO BE A GOOD *ROLE MODEL*

## **HEY, BIG SHOT.**

You don't have to be a celebrity or a superstar to be a role model. Chances are if you're a parent, teacher, coach, religious leader, or manager, you're influencing people every day. Make it positive!

## **SET THE BAR HIGH.**

Have high expectations for others and yourself. Avoid the tendency to adjust the target downward just to accommodate mediocrity.

## **INSPIRE OTHERS.**

When you're a role model, every message you send is critical. Don't wait for the stars to align to demonstrate good behavior.

## **LOOK IN THE MIRROR.**

Look to see if you're sending the wrong message.

## **STAND FOR SOMETHING.**

Good role models have the strength of their convictions. They believe what they say and say what they believe.

## **WALK THE TALK.**

Ensure that your words and actions are consistent.

## **INTEGRITY MATTERS.**

Good role models are open, honest, and trustworthy. Make sure to finish what you start and follow through on commitments.

## **BE RESPECTFUL.**

Treat others as you want to be treated.

## **BELIEVE IN YOURSELF.**

Be confident in who you are and what you represent. But balance that confidence with a dose of humility.

## **HOLD PEOPLE ACCOUNTABLE.**

Don't accept bad behavior. Speak up against abuses. Life isn't a spectator sport.

## **NOBODY'S PERFECT.**

Accept responsibility for your actions. When you make a mistake, admit fault and show you mean it by taking corrective action.

## **YOU'RE JUDGED BY THE COMPANY YOU KEEP.**

Surround yourself with people of high character and integrity.

## **YOUR SOUL IS NOT FOR SALE.**

Listen to your conscience. That's why you have one.



# Resources

- <https://www.socialthinking.com/>
- <http://www.tdsocialskills.com/file-factor-lessons>

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