

Contents

Acknowledgments and the Journey of Creating This Product	1
Why the Shift from Worksheets to Thinksheets	2
Introduction: Using the Thinksheets	3

Chapter 1: Getting Started — Incorporating Social Thinking into the General Education Classroom for Students in Early Adolescence	9
Introduction to Challenges Faced by Some Students	10
Exploring Educational Strategies for the Regular Education Environment	12
Using a Social Thinking Vocabulary in Your Classroom with ALL Students	12
A Brief Review of Some Social Thinking Vocabulary Terms	13
Figuring Out How We Communicate	17
Teaching Social Thinking.....	18

Chapter 2: What Is Social Communication?

Why Do We Have Lessons on Social Thinking?	22
Social Thinking Toolbox.....	24
Four Steps of Face-to-Face Communication to Become a Social Thinker	25
Four Steps to Becoming a Social Thinker	26
Who’s in the Spotlight?	27
Describe It with Language!	28
Goin’ Fishin’	29
Goin’ Fishin’ When Hanging Out with Others.....	30
Goin’ Fishin’: Putting It All Together	31
Choosing Your Words Carefully!	32
Keeping ‘em Hooked	34
Keeping People Reeled In!	35
Keep Fishing While You Hang Out	36
The Power of a Magnet.....	37
Magnetic Communication	38
Magnetic Communication Game	39
Listening with Our Brain and Body!	40
Physical Space?	41
Initiating Communication to Help Yourself!	42
Using Our Eyes.....	44

Being the Social Detective and Figuring Out the Mystery 45
Make the Guess 46
Do Video Game Characters Have to Be Social Thinkers? 47

Chapter 3: Problem Solving

Hidden Expectations 50
Hidden Expectations at School 52
Hidden Expectations in the Classroom 54
Hidden Expectations for Middle School 56
What Is Blurting? 58
Blurting 59
Body Messages! Are You Confusing Others? 60
What to Do When a Teacher Makes a Mistake 62
When Is It Okay to Correct Other Kids? 63
Steps to Solving a Problem 64
Emotion and Behavior Thermometer 66
Problem Solving Scale 67
OOPS...I Messed Up and Now I Better Think About It! 68
Survival Guide to Middle School! 69
Social Thinking in and around the Classroom 70

Chapter 4: Lessons on Emotions

Optimist or Pessimist: Which One Are You? 74
Big Packages or Small Packages? 75
Sending a Message 76
Small Messages 78
Persistence and Embarrassment 79
Persist Through Challenges 80
Persistence Pays Off 81
I Don't Want to, But I Will Anyhow... 82
Emotions Can Be Contagious! 83
Calmly Explaining How I Feel 84
Anger Management Strategies 85
Five Points of Showing Anger 86
Reacting and Overreacting! 88
If I Am Mad! 90
THINGS That TRIGGER My ANGER 91
Being Angry Is Okay: What I Do and Say Is Important Even When I'm Angry! 92
Emotion Detective 93

Double-Dip Feelings..... 95
 Emotional Opposites..... 96
 Matching Experiences with Facial Expressions to Show Our Emotions..... 97

Chapter 5: Different Perspectives

THINKING and SAYING Are TWO DIFFERENT THINGS! 100
 Brain Filters 101
 Let’s Practice Using Our Brain Filter!..... 102
 Turning On Your Brain Filter 103
 We All Notice and Have Thoughts About One Another’s Words and Actions 104
 How We Think About EACH OTHER! 105
 Anxiety, Social Thoughts, and What You Can Do to Help Yourself Be Included 107
 The Art of Eating with Others 109
 Know the Boundaries of Other People’s Minds! 110
 To SPEAK or NOT to SPEAK—That Is the Question..... 111
 What It Means to Be Respectful..... 113

Chapter 6: The Not-So-Nice Side of the Social World

Don’t Wake Up Your Inner _____!..... 116
 Could I Be a Bully? 117
 How to Stick Up for Yourself with Your Words 118
 Bodies Colliding: Bumps or Bullies?..... 119
 Friendly Teasing and Mean Teasing..... 121

Chapter 7: Lessons on Friendship

Know the Difference Between: Friends, Friendly Acquaintances, Others, and Mean People 124
 6 Levels of the Friendship Pyramid 126
 From Friendly to Friendship: A Friendship Pyramid..... 128
 If There Is But One Lesson 129
 Friendly Is Not a Friendship, Yet 130
 FRIEND or DNEIRF?..... 132
 Being a Guest..... 133
 What Can You Expect? 135