

Contents

Acknowledgements 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 Regular Education Classroom for Students in Early Adolescence	10
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 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 1.....	38
Magnetic Communication 2	39
The Whole Body Communicates!.....	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
Observing Others	47
Do Video Game Characters Have to Be Social Thinkers?	48

Chapter 3: Problem Solving

Hidden Rules	50
Hidden Rules at School	52
Hidden Rules in the Classroom	54
Hidden Rules for Middle School.....	56
What Is Blurting?.....	58
Blurting	59
Body Messages! Are You Confusing Others?	60
Correcting Other Students When You're a Black-and-White Thinker	62
What to Do When a Teacher Makes a Mistake	63
When Is It Okay to Correct Other Kids?.....	64
Steps to Solving a Problem	65
Emotion and Behavior Thermometer	67
Problem Solving Scale	68
OOPS...I Messed Up and Now I Better Think About It!	69
The Winner	70
Survival Guide to Middle School!	71
Social Thinking in and around the Classroom	72

Chapter 4: Lessons on Emotions

How Do You Feel and How Does It Change My Feelings?.....	76
Positive or Negative: Which Do You Want to Be?.....	78
Optimist or Pessimist: Which One Are You?	79
Big Packages or Small Packages?	80
Sending a Message	81
Small Messages.....	83
Ignoring: Sending a Small but Powerful Message.....	84
Persistence and Embarrassment	86
Persist Through Challenges	87
Persistence Pays Off.....	88
I Don't Want to, But I Will Anyhow.	89
Emotions Can Be Contagious!	90
Calmly Explaining How I Feel	91
Controlling the Size of Our Emotions So Others Want to Be Around Us!	92
Anger Control Strategies	93

Five Points of Showing Anger	94
Reacting and Overreacting!	96
If I Am Mad!	98
Things That Trigger My Anger	99
Being Angry Is Okay: What I Do and Say Is Important Even When I'm Angry!	100
Emotion Detective	101
When I Am Angry.....	103
Double-Dip Feelings.....	104
Emotional Opposites	105
Matching Experiences with Facial Expressions to Show Our Emotions	106

Chapter 5: Different Perspectives

Thinking and Saying Are Two Different Things!	108
Brain Filters	109
Let's Practice Using Our Brain Filter!.....	110
Turning On Your Brain Filter	111
People Are Always Thinking About Us, and We Are Always Thinking About Them	112
How We Think About Each Other!.....	113
Rating Your Own Impression	115
Anxiety, Social Thoughts, and What You Can Do to Help Yourself Be Included.....	116
The Art of Eating with Others	118
What's Cool at School	119
Impressions—Think About It at Home Before You Go to School!	120
Know the Boundaries of Other People's Minds!	122
To Speak or Not to Speak—That Is the Question	123
Being Sensitive to World Cultures and Religions.....	125
Joking About Others' Religion and/or Culture: The Hidden Rules.....	127
What It Means to Be Respectful.....	128

Chapter 6: Being Bossy and Jerky

Don't Wake Up Your Inner Jerk!	130
Jerks: Them, Us, and the Kingdom of Jerkdom!	131
Could I Be a Bully?	133
Targets Come in Different Sizes!	134
Do You Wear a Medium or Large Size Target?.....	136
How to Stick Up for Yourself with Your Words	137
Bodies Colliding: Bumps or Bullies?.....	138
Friendly Teasing and Mean Teasing.....	140

Chapter 7: Lessons on Friendship

Know the Difference Between: Friends, Friendly Acquaintances, Others, and Mean People..... 142
 Progression of Levels of Friendship 144
 From Friendly to Friendship: A Friendship Peer-a-Mid 147
 If There Is But One Lesson 148
 Friendly Is Not a Friendship, Yet 149
 Friend or Dneirf? 151
 Being a Guest..... 152
 What Can You Expect? 154

Chapter 8: The Social Fake and Other Tricks

I'm Not Interested in What You're Saying..... 156
 Social Fake 157
 The Steps of the Social Fake 158
 The Social Fake When You Receive a Gift That Doesn't Thrill You 159
 Figurative Language = Figure-It-Out Language 160
 Indirect Language: What Does It Really Mean? 161
 Are Your Intentions Honorable? 163
 Exploring Lying 165
 Honesty 167
 Truth or Not the Truth? 168

Chapter 9: Participating in Groups

Classroom Discussions: Maintain a Topic, Talk Briefly, and Avoid the Tangent!..... 170
 Asking Questions When You're Part of a Classroom Group 172
 When Joining a Group To Hang Out and Talk, Use the Slow Approach! 173
 Hanging Out: Being Perceived as Friendly, Cooperative, and Approachable..... 175
 What to Talk About When Hanging Out with Others: Ideas for Conversation Starters..... 176
 Rules for Life..... 177
 Fitting In: Developing an Awareness of the Impressions We Have of Each Other 178
 Staying Connected to the Group 180
 Working Effectively with Others 181
 Keeping the Group Together 183
 Getting Organized as a Group: Boss(y) versus Leader 184
 Giving and Receiving—Working in a Group on a Project..... 185
 Group Plan versus My Plan 187
 Am I Following the Group's Plan or My Plan? 188
 Group Project: Making a Commercial 189

Bibliography 190