



INCORPORATING DAILY SOCIAL SKILLS FOR LEARNERS WITH ASD

Social Skills are key skills to help learners move past their ASD diagnosis and interact with peers around them. Often, individuals with ASD struggle to display strong social skills and may need additional help to develop these skills.

Social Skills can be incorporated anywhere, any time, with anyone! While we may often target these skills with similar aged peers, it is important to generalize social interactions to multiple ages across different locations.

Make social interactions fun, relaxed and natural!

Take as little as 30 minutes a day to incorporate social learning into a child's day. By addressing these skills daily, children are more likely to maintain these skills for a long period of time.

Utilize the below tips to incorporate social skills into your daily lives!

1 Set Up For Success

- Start Small! Choose goals that will be easily obtained by your child such as a high 5 or waving. You can always build up to bigger goals like having a full conversation.
- Identify Reinforcers: Use items that the child enjoys playing with to help motivate them to interact with you or peers!

2 Praise and Reinforcement

- To increase the likelihood of a behavior, it must be reinforced. During social opportunities, we often use verbal praise to identify appropriate behaviors.
 - Example: When playing with blocks, state phrases such as "I love that you are playing with me", "This is so fun", and "Great job playing!"
 - Provide fun alternatives after play time, such as a song, video, or treat!

3 Facilitate Play

- During social interactions, facilitate play by modeling appropriate social behaviors.
 - Talk through your actions
 - "I am moving my piece"
 - "It is my turn"
 - "I got a four! 1, 2, 3, 4"

4 What can I work on?

- When it comes to social skills, there isn't much that can't be incorporated, however, know that you should be individualizing activities for your child's skill deficits.
 - Example: If your child struggles to tolerate sharing, that would be a good place to start!
- Other Common Social skills:
 - Conversation Skills (back and forth conversations, answering questions, responding to peers, etc.)
 - Sharing (social cues on when to share, tolerating others taking toys, taking turns, etc.)
 - Engaging in play (duration of play, interacting with peers, asking to play with peer's items, etc.)

5 Activities to use

- Common Social Activities to use are:
 - Simple board games and card games
 - Increase toleration by using the child's preferred character or color
 - Hide and Seek
 - Simon Says
 - Great for following directions
 - Play-Doh
 - Rolling a ball back and forth or playing catch
 - Great for Conversation skills
 - Making a craft together
 - Encourage your child to request material
 - Sharing favorite toys