



PROVINCIAL OUTREACH PROGRAM FOR FETAL ALCOHOL SPECTRUM DISORDER

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Social Skills Resources

*special thanks to Pegg Davidson for gathering the information about these resources

Title	Author	Yr	Description
Exploring Feelings Programs: (book 1) Exploring Feelings: Cognitive Behaviour Therapy To Manage Anger (book 2) Exploring Feelings: Cognitive Behaviour Therapy to Manage Anxiety	Tony Attwood	2004	These two programs are designed to teach cognitive control of emotions; six sequential 2 hour sessions, easily adapted for adolescents; realistic situations discussed, structured to coach, easy to use; student workbook pages are not reproducible but the teaching ideas are very useful
Navigating The Social World: A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism and Related Disorders	Jeannette McAfee	2002	The focus is on: learning to recognize and cope with one's emotions, communication and social skills, abstract thinking and behavioural issues; detailed lesson plans including suggested activities, tracking sheets, handouts, and templates; workshop DVD available; author is paediatrician and a mother of an adult with autism
Building Social Relationships: A Systematic Approach to Teaching Social Interaction Skills	Scott Bellini	2006	This resource outlines a 5 step model for implementation of a quality social skills program; good basic theory for the classroom
Be Cool, Coping with Difficult People. High School Special Needs Edition: Teasing, Anger, Criticism, Bullying	James Stanfield	2006	A video modeling program that teaches 'hot', 'cold' and 'cool' responses to situations when being intimidated or manipulated
Inside Out: What Makes a Person With Social Cognitive Deficits Tick?	Michelle Garcia Winner	2000	Introduction of the ILAUGH model which is a structure for identifying challenges and assessing how they impact school, work, and social interaction
Social Thinking Across the Home and School Day	Michelle Garcia Winner	2003	A 4 hour DVD presentation outlining social thinking and the ILAUGH framework
Thinking About YOU Thinking about ME	Michelle Garcia Winner	2008	This resource outlines social thinking which aids students in more clearly understanding social interaction; includes the new "Think Dynamic Assessment Protocol"
Think Social! A	Michelle	2008	69 detailed "how to" lessons; optional to present lessons

Social Thinking Curriculum for School Age Students	Garcia Winner		sequentially; provides sample goals, measurable objectives, and references to useful video clips with which students will identify
Social Behaviour Mapping: Connecting Behavior, Emotions and Consequences Across the Day	Michelle Garcia Winner	2007	Many examples of behaviour maps are provided; supplement to Think Social and Thinking About You, Thinking About Me
Worksheets for Teaching Social Thinking and Related Skills	Michelle Garcia Winner	2005	Reproducible worksheets used by students to process what social thinking means in individual circumstances; coded by age; skills may be taught in any order
Superflex: A Superhero Social Thinking Curriculum Package	Michelle Garcia Winner	2008	Ready to use lessons; social strategies for students to use; appeals to students who enjoy comics, fantasy and superheroes; a playful way to increase social understanding, prerequisite books to make this tool most effective include Thinking About You Thinking About Me and You Are a Social Detective
You Are a Social Detective	Michelle Garcia Winner & Kelly Knopp	2008	In read-aloud comic book format, lessons assist students to take the mystery out of social behaviours; explains terminology visually; a 'social thinking' book; appropriate for whole class activities
The Incredible 5-Point Scale	Kari Dunn Buron & Mitzi Curtis	2004	This resource provides examples and templates to assist students with understanding social interactions such as voice volume, stress, and anger using a 5 point scale; strategies for controlling responses are included; can be used for the whole class or an individual; examples of social stories included; one of the most frequently used resources on special education staff shelves; companion to <i>A 5 is Against the Law</i> and <i>A 5 Could Make Me Lose Control</i>
A 5 Could Make Me Lose Control	Kari Dunn Buron	2007	This resource includes a hands-on student activity for assessing emotional response to personal stressors; staff assist the student to identify strategies for self regulation; companion to <i>The Incredible 5 Point Scale</i> and <i>A 5 is Against the Law</i>
A 5 Is Against the Law: Social Boundaries Straight Up!	Kari Dunn Buron	2007	Also using a 5 point scale to address physically hurtful, threatening, scary or odd behaviour; the author teaches reasonable behaviour for interacting in informal settings; some good scenarios for high school situations, 'straight up' language used, good resource for teaching about relationships
Social Skills Training for Children and Adolescents with Asperger Syndrome	Jed Baker	2003	A wide range of social skills lessons for working with groups; reproducible activity sheets
The Social Skills Picture Book for High School and Beyond	Jed Baker	2006	This book provides real life pictures of secondary students; teaches the right and wrong way to act; clear language, role plays, and tips for generalizing skills; can be used one to one or with small groups
Comic Strip Conversations	Carol Gray	1994	The comic book style appeals to students; visually represents what people think and how that may differ from what they say; colour chart for different states of mind; useful tool for problem solving and perspective taking; addresses a variety of skill levels, easy to use, no artistic talent needed
Principles of Social Interaction (Board Authority/Authorized)	Adams, Wendy Forsythe, Karen	2008	A BAA course developed in B.C.; addresses communication, social and abstract thinking skills, and strategies for resolving conflict and managing stress; outline includes list of teaching resources; available for download on this site

course)	Fyles, Sue MacDonald, Judy Sewell		
Social Skills Activities for Secondary Students with Special Needs	Darlene Mannix	1998	A list of specific social skills needed to interact with others; 5-7 reproducible practice sheets for each area; heavy focus on worksheet; useful as a supplement when teaching social skills; scenarios are relevant to teens' lives
Relationship Development Intervention with Children, Adolescents and Adults	ven Gutstein & Rachelle Sheely	2003	This volume contains activities to promote social and emotional development using the RDI principles; organized developmentally; questionnaire to determine starting point; progress tracking form; step by step instruction; user friendly resource; index of activities and objectives
Manners For the Real World: Basic Social Skills	Produced by Coulter Video	2008	Video modeling is used to teach social skills; real life vignettes; uses humour; alternate format has subtitles
Talkabout: A Social Communication Skills Package	Alex Kelly	2005	A 6 level framework for social skills development; quick assessment to determine where to begin; covers awareness of self and other, body language, conversation & listening, and assertiveness; assists students to self-assess their skills; photocopiable, ready to implement
Talkabout Activities: Developing Social Communication Skills	Alex Kelly	2004	Companion book to Talkabout: A Social Communication Skills Package; a series of activities that reinforce the skills mentioned above through practice and interaction; some preparation for activities required; photocopiable
Talkabout Relationships: Building Self- Esteem and Relationship Skills Using Drama With Children on the Autism Spectrum	Alex Kelly	2004	Companion book to Talkabout: A Social Communication Skills Package; self assessment checklist for self esteem and relationships; lesson plans include objectives, materials, flexible methods, follow-up worksheets; photocopiable
	Carmel Conn	2007	This resource outlines drama techniques to promote physical expression of face, hands and body, relatedness and playfulness, verbal and nonverbal communication, and many more skills; photocopiable assessment forms; broad application
Seals +Plus: Self Esteem and Life Skills, II, III	Korb- Khalsa, Azol, Leutenberu	1992	These three resources include detailed lesson plans with worksheets that are good for single lessons; each lesson is theme based, print dense, activity based; reproducible student pages
Getting to Know You: A Social Curriculum Grades 6-9	Dennis Hanken & Judith Kennedy	1998	Detailed lessons with reproducible mini posters; curriculum is presented using the strategies of establishing the need, modeling the skills, role playing the skill with feedback, and generalizing the skill through easy-to-teach activities
Seeing Red: An Anger Management and Peacemaking Curriculum for Kids	Jennifer Simmonds	2003	Most suited to student with good expressive language skills; connections made to learning about personal feelings; 12 - 40 minute lessons; well structured, provides ways to respond using "real" language
A Smart Girl's Guide to Friendship Troubles	Patti Kelley Criswell	2003	Part of the <i>American Girl</i> series, addresses girls and relationship aggression in a simple, effective manner; excellent resource for girls who are socially young to connect with each other; easy to read without teacher direction; many <i>A Smart Girl's Guide to ...</i> books on www.americangirlpublishing.com/advice/beyourbest/beyourbest.a spx
It's So Much Work to be your Friend	Richard Lavoie	2005	In this guide, Lavoie stresses communication and patience for parents looking to guide their children through the maze of social

			interactions encountered daily, from arranging successful play dates and navigating the hidden curriculum of school, to language difficulties, social anxieties and family issues. Valuable information for educators as well.
Children's Friendship Training	Fred Frankel and Robert Myatt	2003	This intervention was developed in a clinical setting where the goal was to provide "friendless" children the skills needed to have mutually satisfying friendships. The intervention teaches kids skills but also teaches parents how to support and foster the children's friendships.
Friends for Life	Paula Barrett	2007	The FRIENDS program is a school-based early intervention and prevention program, proven to be effective in building resilience and reducing the risk of anxiety disorders in children. It teaches children how to cope with fears and worries and equips them with tools to help manage difficult situations, now and later in life.

* Most of these resource descriptions were taken from Pegg Davidson's Functional Curriculum Resources Review project that was completed in 2009 for BC CASE.
 To download this resource, visit http://www.bc-case.org/functional_curriculum.shtml