Social Skills Resources for Children

**Websites:**
The Incredible Years:  [http://www.incredibleyears.com/](http://www.incredibleyears.com/)
“The Incredible Years are research-based, proven effective programs for reducing children’s aggression and behavior problems and increasing social competence at home and at school.”

Video modeling tools for children with autism, developmental delays, and language delays.

Social Thinking:  [www.socialthinking.com](http://www.socialthinking.com)
Michelle Garcia Winner’s workshops, books, and products around cognitive, social, and emotional development.

“Social Skill Builder’s series of innovative software programs use interactive videos to teach key social thinking, language and behavior that are critical to everyday living.”

“Model Me Kids® videos demonstrate social skills by modeling peer behavior at school, on a playdate, at a birthday party, on the playground, at a library, at the dentist, restaurant, and more. Real children model and narrate each skill. DVDs for ages 2-17.”

Teaching Social Skills to Children with Autism:
Short article with steps to teaching social skills

**Books/Manuals for Parents/Teachers:**
Children’s Social Competence: Theory and Intervention (Children's Issues, Laws and Programs) by Melissa L. Greene, Jo R. Hariton, Andrew L. Robins, Barbara L. Flye
Description from Amazon: “This book discusses peer relationships and social skills in school-age children. The historical and current understanding of the importance of peer relationships and effective social skills for development and well-being are discussed herein. In addition, this book reviews and discusses the concepts of social skills and social competence, as well as current understanding of the social difficulties of children with ADHD, autistic spectrum disorders, and Social Anxiety Disorder. Recent research on the effectiveness of social skills training are presented and four commonly utilized training programs are discussed in order to assist children with peer relationships.”
Skillstreaming the Elementary School Child: New Strategies and Perspectives for Teaching Prosocial Skills by Ellen McGinnis & Arnold P. Goldstein
Description from Amazon: “This book shows how to teach 60 prosocial skills such as asking for help, saying thank you, accepting consequences, using self-control, and dealing with group pressure. Skill areas are divided into five groups: Classroom Survival Skills, Friendship-Making Skills, Dealing with Feelings, alternatives to Aggression, and Dealing with Stress.”
[Accompanying Skill Cards and Student Manual are also available]

Description from Amazon: “This hands-on manual provides instruction on how to build a social skills program and presents effective methods for teaching specific goals. Based on the author’s years of experience teaching social skills, this book addresses issues and skills that are often overlooked in other manuals. There is a comprehensive checklist to be used as an assessment of skills and as a method of creating goals for individual students. There are concrete strategies broken down into simple steps for using visuals, video modeling, peer play and natural occurring situations to facilitate social skills learning. Reproducible worksheets to reinforce these skills are also included for easy implementation. This great new resource will help parents and professionals get started teaching social skills right away!”

Practical Social Skills for Autism Spectrum Disorders by Kathleen Koenig
Description from Amazon: “Based on her work at the Yale Child Study Center, Kathleen Koenig presents an autism treatment manual tailored to a child’s personality and strengths. Taking a holistic approach, she shows how kids can integrate new social skills into day-to-day situations, from the classroom to the lunchroom to the dinner table at home.”

The Hidden Curriculum: Practical Solutions for Understanding Unstated Rules in Social Situations by Brenda Smith Myles, Melissa L. Trautman, & Ronda L. Schelvan
Description from Amazon: “This book offers practical suggestions and advice for how to teach and learn those subtle messages that most people seem to pick up almost automatically but that have to be directly taught to individuals with social-cognitive challenges. Given the serious consequences that can befall a person who violates a social rule, the strategies and detailed lists of curriculum items make The Hidden Curriculum a much-needed resource.”

Improving Social Behaviors in the Classroom by Stephanny Freeman Ph.D., Gazi Begum M.A., Kristen Hayashida M. Ed., & Tanya Paparella Ph.D.
Description from Amazon: “When it comes to teaching social skills to young learners, instructors are always looking for a defined curriculum that presents the precise skills to address and how to teach them. A group of highly skilled professionals at the UCLA Early Childhood Partial Hospitalization Program has created a curriculum that provides detailed day-by-day lessons to be incorporated into the regular school day. The intent is to provide teachers with a developmentally
appropriate sequence of basic social skills by breaking each skill into its component parts. Each skill is introduced and then built upon throughout the weeks. This is a highly structured, sequenced curriculum that enhances specific social goals that are the stepping stones of building appropriate social behaviors.”

The New Social Story Book, Revised and Expanded 10th Anniversary Edition: Over 150 Social Stories that Teach Everyday Social Skills to Children with Autism or Asperger's Syndrome, and their Peers by Carol Gray

Description from Amazon: “Social Stories provide REAL social understanding! Carol Gray developed the Social Story in 1991 to promote social understanding in children with autism spectrum disorders (ASD). Now, nearly twenty years after their inception, Social Stories have become a standard approach for teachers and parents all over the globe, and the stories are more effective than ever!

Winner of an Outstanding Literary Work of the Year Award by the Autism Society of America, this 10th Anniversary Edition of The New Social Story Book offers over 150 of the most requested Social Stories, each one professionally written by Carol Gray. But it doesn’t end there Carol also teaches you how to write Social Stories yourself! Years of experience and trial-and-error have led to updated Story guidelines. Carol explains her fine-tuned process in the included ten-step learning module The Social StoryTM 10.1 Tutorials perfect for parents and teachers!”

Playing it Right! Social Skills Activities for Parents and Teachers of Young Children with Autism Spectrum Disorders, Including Asperger Syndrome and Autism by Rachael Bareket

Description from Amazon: “The social world is very complex, and children with a developmental delay in this area need basic tools to help them succeed in their friendships and to communicate effectively in the world. The book is a series of activities designed to help children on the autism spectrum develop basic social skills by focusing on elements of social interaction in a variety of settings home, preschool, kindergarten and elementary school. The book is intended for use by parents, teachers and others working with young children of varying ages. The appendix includes materials such as reward cards, schedules, choice boards, and worksheet templates.”

Navigating the Social World: A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism and Related Disorders by Jeanette McAfee M.D.

Description from Amazon: “Pediatrician Jeanie McAfee originally created this user-friendly social curriculum for her daughter Rachel, who was diagnosed with Asperger's at age ten. Since then, it has become a staple for parents and educators. It addresses the most urgent problems facing those with Asperger’s Syndrome, high-functioning autism, and related disorders.”

You are a Social Detective: Explaining Social Thinking to Kids by Michelle Garcia Winner & Pamela Crooke
Thinking About You, Thinking About Me by Michelle Garcia Winner

Description from Amazon: “Students with social cognitive learning deficits face enormous challenges not only in their day-to-day relations with the world around them, but also in the fact that few professionals, educational or medical, understand the core of these student’s deficits. One fundamental deficit relates to perspective taking - the ability of one person to consider the point of view and motives of another. Although this sounds like a simple process, it is in fact a hugely complex task that is crucial to successful interpersonal relations, and is a skill that anyone with a social cognition disability will struggle with. This book addresses the different ways this problem can present itself, the current thinking on how to approach the problem and a wealth of exercises and activities that can immediately be applied to the student. Illustrated with clear diagrams and tables, and with photocopiable handouts, this accessible text will be invaluable for anyone assessing, living with or teaching children and adults with this most abstract of all learning disabilities.”

Think Social! (Book and CD) by Michelle Garcia Winner

Description from Amazon: “This book builds on the basic philosophy offered in THINKING ABOUT YOU THINKING ABOUT ME. Created at the request of educators, therapists and parents to learn more about how to teach students with weak social cognition and related social skills (Asperger’s Syndrome, PDD-NOS, High Functioning Autism, ADHD, NLD, Hyperlexia) and those with murky social abilities. Many of the lessons Michelle weaves into her workshops are written in detail in this book, and there are many more the audiences have never heard! This comprehensive curriculum, breaks detailed lessons into eight chapters demonstrating how lessons evolve from working as a member of a group and observing others, through behavioral self-monitoring, interpreting and producing non-verbal/verbal responses and cues, while also providing hands on strategies for learning about many other areas of social complexity. Each practical lesson builds on the next, across the months and years. IEP goals, tied to Educational Standards, follow each chapter to help parents and professionals connect social goals relate to core academic success. The Curriculum also encourages student self-monitoring with the use of video feedback. The focus of each chapter is to teach a set of “social thinking vocabulary” to be carried out of the therapy room and used across the student’s entire day; both at the school and home. A handout defining these social thinking concepts is provided for parents and professionals working with these students to encourage the carry over of these key concepts. This curriculum is helpful to any parent or professional trying to understand the depth and complexity of teaching social thinking and related
social skills to children who are weak in developing these areas. The publication certainly teaches all of us that we cannot take social development for granted.”

**Worksheets for Teaching Social Thinking and Related Skills** by Michelle Garcia Winner
Description from Amazon: “This book consists of 250 worksheets specifically designed to offer more lessons in teaching social thinking that dovetail both off the lessons discussed in all of Michelle G. Winner’s other books: Inside Out: What Makes the Person With Social Cognitive Deficits Tick? Thinking About You Thinking About Me, and the Think Social! A Social Thinking Curriculum for School Age Students. These lessons are in addition to most of the information in these other three books. The worksheets help to create a lesson plan, defining how to break down concepts for students to explore and they can used directly with students. The worksheets can be copied and sent to parents and other professionals to give an idea of what the student is learning and how to carry the concept over in their own environments. There are some worksheets for children Kindergarten through 2nd grade, the majority of the worksheets are for students in 3rd grade and higher, many of the worksheets are for middle and high school students; the ideas can be used with adults as well. Each worksheet page is coded for the recommended age group it targets.”

**Social Skills Training for Children with Asperger Syndrome and High-Functioning Autism (Practitioner Guides in Child Psychotherapy)** by Susan Williams White, PhD
Description from Amazon: “This practical, research-based guide provides a wealth of tools and strategies for implementing social skills training in school or clinical settings. Numerous case examples illustrate common social difficulties experienced by children with Asperger syndrome and high-functioning autism; the impact on peer relationships, school performance, and behavior; and how social skills training can help. Chapters delve into the nuts and bolts of teaching and reinforcing core skills in classroom, small-group, or individual contexts, emphasizing ways to tailor interventions to each individual’s needs. Reproducible forms and worksheets can also be downloaded and printed in a convenient 8 1/2” x 11” size.”

**Books for Children:**
**The Social Skills Picture Book: Teaching Play, Emotion, and Communication to Children with Autism** by Jed Baker
Description from Amazon: “Winner of an iParenting Media Award, this book uses photographs of students engaging in a variety of real-life social situations. The realistic format plays to the visual strengths of children with ASD to teach appropriate social behaviors. Color photographs illustrate the "right way" and "wrong way" to approach each situation and the positive/negative consequences of each. A facilitator (parent, teacher, etc.) is initially needed to explain each situation, and ask questions such as "What is happening in this picture?" Children role-play skills until confident enough to practice them in real-life interactions.”

**My Social Stories Book** by Abbie Leigh White & Carol Gray
Description from Amazon: “Carol Gray’s social stories have been used all over the world to teach social and life skills to children on the autism spectrum. Taking the form of short narratives, the stories in My Social Stories Book take children step-by-step through basic activities such as brushing your teeth, taking a bath and wearing a safety belt in the car. These stories are written for preschoolers aged 2-6 and form a useful primer for non-autistic as well as autistic children. My Social Stories Book contains almost 200 stories, arranged in sets, and is illustrated throughout with line drawings by Sean McAndrew.”

Knowing Yourself, Knowing Others: A Workbook for Children with Asperger’s Disorder, Nonverbal Learning Disorder, and Other Social-Skill Problems by Barbara Cooper, MPS & Nancy Widdows, MS
Description from Amazon: “Asperger's disorder is a common neuropsychiatric condition that affects children’s abilities to understand and become involved in social interaction. When a child in your life struggles with Asperger's or Nonverbal Learning Disorder (NLD), developing social skills will be a particular challenge for him or her. This illustrated workbook-written by the founders of SuperKids, an innovative program that treats hundreds of children with Asperger's disorder each year-offers simple exercises you can use to facilitate this important process.”

Let’s Be Friends: A Workbook to Help Kids Learn Social Skills and Make Great Friends by Lawrence Shapiro Ph.D.
Description from Amazon: “Building positive friendships is a critical part of a child’s development. When adults look back on their childhoods, they rate their friendships as one of the most important factors in their happiness. But researchers report that half of children have difficulty making and keeping friends. These problems predispose them to lifelong relationship challenges. What’s more, parents report that they rarely know what to do to help their children make friends. Social problems in childhood may lead to more serious problems in adolescence and adulthood, so it’s wise to help your child with these skills now. The activities in this book offer you effective tools for helping your child become a better friend-maker. The activities in Let’s Be Friends teach kids a wide variety of social skills including the making and keeping of new friends, finding friends with common interests, ways of coping with rejection, and tips for developing give and take in relationships. With practice, the skills in this book can help youngsters locate support during transitions, build self-esteem, and develop into healthy, resilient adults.”

Other Tools:
Understanding Emotions: Flashcards for Visual Learners by Natural Learning Concepts
Description from Amazon:
- “A high quality photograph on the front of each card teaches a child to label emotions.”
- “The back of each card teaches a child how these emotions feel and when they could occur.”
- “Emotions in the set include happy, sad, angry, frustrated, excited and many more.”
- “The 30 cards come on a ring and measure 3” x 3.5”.”