



Room 15 is Unique
 A Collaborative Team Integrates
 Social Emotional Learning,
 Social Thinking® with
 Mindful Strategies & Techniques
 to help students access the
 academics

Pirate Club
 Direct teaching
 S.E.L. & Social Thinking

**Body Awareness & Mindful
 Techniques**

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2014-2015

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2015-2016

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More than Just Social Skills!
We help students understand....

- * Thinking about others (Social Thinking)
- * Expected/unexpected behaviors
- * Unthinkables ® & Superflex Strategies
- * Teamwork (working in a group)
- * Staying on topic preferred/unpreferred
- * Body awareness/sensory
- * Thoughts - self & others
- * Self regulation strategies
- * Feelings , emotional awareness
- * Smart guesses (Inference)
- * Humor & fun
- * Vocabulary Development- figurative
- * Turn taking, sharing etc.
- * Flexibility- responding not reacting
- * Asking for help/clarification
- * Problem Solving/ Conflict resolution
- * Behavior- responding vs reacting
- * Communication skills
- * Attending skills
- * Participation skills
- * Self calming strategies/techniques

What is Social Thinking ® ?

Social Thinking® is a teaching framework for individuals aged preschool through adult, created by Michelle Garcia Winner, CCC-SLP (www.socialthinking.com). It consists of a Social Thinking Vocabulary & Concepts which establishes a common language to guide and facilitate social skills by using lessons and strategies which break down social concepts into concrete, teachable skills.

Many children struggle daily in school and at home and need explicit direct instruction in social thinking and social emotional skills. They don't learn from being around other children or adults. It has nothing to do with IQ, but is a challenge for children with HF Autism Spectrum Disorders, Aspergers, ADHD etc.



WHAT IS PIRATE CLUB?

Pirate Club is just one of the three integrated classes taught twice a week. The goal of this Social Thinking class is to assist these children develop and practice tools to help them problem solve and understand social situations across the infinite number and ever shifting landscape of social emotional circumstances. This is a lifelong goal and one we believe must be started as early as possible. The social thinking vocabulary, concepts and social emotional behavioral aspects are all addressed. These are not memorized skill sets as you'd see in math, reading for example but rather methods to become more self aware and aware of others. This involves awareness of thoughts, feelings and reactions. We focus on problem solving and developing strategies. This is but one piece to the complex cognitive and emotional landscape our children will face through out their lives. This is a Social Emotional Learning class that needs the other two components for success.

How is Pirate Club Taught & Integrated Through out the Day?



Our areas of focus are explicitly taught twice a week for 60 minutes & practiced in small groups with an adult facilitator using games, roll playing, read alouds, etc. These skills, are reinforced, facilitated & practiced throughout the academic day, on the playground, during lunch, in the classroom etc. There are countless opportunities for practice through out the academic day. A SLP (speech and Language Specialist) comes in twice a week for 60 minutes and we team teach the direct lessons and each facilitate a small group where we play board games and more!



What Curriculum is Used?

We use MG Winner's curriculum (Social Detective, the Unthinkables etc.) and supplemental S.E.L. lessons to provide more depth and practice.



What is Mindfulness?

While we directly teach these Social Thinking ® and S.E.L. skills during Pirate Club, the children often can't utilize them well due to anxiety, poor impulse control, sensory overload, the need for sameness etc. They need additional time to practice HOW to attend, notice their body sensations & feelings, and develop personal self regulatory & calming strategies.

This is where the mindful lessons come in to help. Mindfulness is a particular way of paying attention. It is the mental effort of purposefully bringing awareness to one's experience without judgement of right or wrong. Mindfulness can be applied to sensory experience, thoughts, and emotions by using sustained attention and noticing our experience without reacting. We help the children develop this space or gap through specific lessons and practice which assists the children in their ability to pause before reacting. The gap allows students to respond (pause) with more thought, self awareness and regulation. The daily practice can improve attention, emotional & body regulation & awareness, increase empathy, and conflict resolution. The Emwaves help in this area a great deal by providing visual support, feedback and motivation.

How do we work on Body Awareness ?

Our OT also works with the children weekly to help them develop body awareness skills which compliments the mental and heart work of the Mindfulness Lessons & Emwaves.

