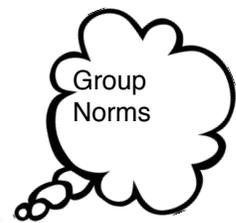




# SOCIAL THINKING VOCABULARY



**Social Thinking-** what we 'do' when we share space with others. In life we are surrounded by people so we learn to self regulate and think about others knowing that what we do also impacts those around us. People are aware of each other & have thoughts and emotions about each other when we are in groups. We count on each other to follow the group & social norms to feel safe. Many people with social difficulties struggle sharing space with each other and benefit from direct teaching & practice of social thinking ( what) and self awareness/regulation ( how) skills.

**Red/Green and Yellow Thoughts-** People have thoughts about us and how we behave in a group. Red is a negative or 'weird' thought , Green is positive & Yellow is confused.

**Think it or Say it?-** our social filter helps us determine whether what we say ( blurt out) gives others red or green thoughts. Is it kind, helpful or needed at that moment.

**Social Detective-** We use our senses to gather clues & notice others to better be able to predict or understand what is going on around us.

**People Files-** We keep what we know (a file) about another person in our brains.

**Just Me** - When we only think or talk about our own needs/wants etc.

**Unexpected/Expected** - Unexpected behaviors make us and others uncomfortable & produce red thoughts. While expected behaviors helps us and others feel safe and have green thoughts. These behaviors also vary with context ( where) and the group of people.

**BIG vs Little Problem** - On a scale from 1-10 we rank our problems and our reactions to them. Not all problems get the same emotional reaction. BIG problems often require help & can have big emotions but small problems( mosquito) we can solve independently with milder or neutral emotions.

**Brain & Body in Group-** Our brain & body is in the group showing that we are listening and are interested.

**Smart vs Wacky Guess** - We use our strategies and clues to make a smart guess about the situation and what is going on around us. A Wacky guess is when we make a random guess without pausing to reflect or think first.

**Unthinkables-**A team of comic characters who represent specific challenges like Topic Twister (going off topic), Glassman ( BIG reactions to small problems), Rockbrain ( stuck on ideas/topics), Brain Eater ( distracted) and Superflex ( flexible problem solver).

**Flexible Thinking** - The ability to see different points of view, solve problems, non literal thinking etc. This is the opposite of fixed / rigid thinking ( rule oriented).