

# Autism & PDD<sup>TM</sup>

## Expanding Social Options

Pam Britton Reese  
Nena C. Challenner

Skill Area: social skills  
Ages: 6 thru 18  
Grades: 1 thru 12



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# About the Authors

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# Introduction

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When we wrote our series of books: *Autism & PDD: Social Skills Lessons* (Primary, Intermediate, and Adolescent), we often thought that we needed to give more than one (or two) options for how to do something socially. Too often, a child with autism will learn a response to a social situation and use only that response every time. This leaves the child with autism with a limited social repertoire which severely restricts his or her social interactions.

In *Exiting Nirvana: A Daughter's Life with Autism* (2001), Clara Claiborne Park discusses the social contract she would make with her daughter, Jessy. "Jessy had no idea what I meant when I included such items as 'Saying Something Interesting' or 'Doing Something to Help'" (p. 162). She described how she would work with Jessy to come up with six specific behaviors for each social situation. Over time, Clara observed Jessy using the social behaviors appropriately in different settings and at times adding examples of her own.

Choices are important in the lives of people with autism. In the *Autism & PDD: Social Skills Lessons* books (Intermediate and Adolescent), we used Choice Sheets (e.g., *Anger* and *When People Bother Me*). These Choice Sheets were effective with the students and we saw a way to build in all the social options we had wanted to use while teaching children about social situations. *Autism & PDD: Expanding Social Options* is the next step after social skills lessons for students to learn about social situations. Social skills lessons help students understand the "why" of what they need to do. Social options give them multiple forms of "how" to do it.

*Autism & PDD: Expanding Social Options* contains social situations that many children face. For each situation, we have listed five or six options. The social situations teach social communication (e.g., "Here are some ways I can greet people.") and social self control (e.g., "Here are some things I can do when it is too noisy").

Introduce the social situations one at a time. Choose the situations that are most relevant for each child. Practicing the situations with role play is also helpful. The tracking forms on pages 65-69 can be used for documentation. The tracking form for individuals can be used to take notes on how a particular child does on the lessons. The tracking form for groups can be used to keep track of group participation.

We think that social options offer flexibility in many social situations and in addition, provide a scaffold to organize social information. We have only suggested a few options for each social category, but certainly, more could be added. Like Jessy, children with autism may learn to observe and discover other options after practicing and becoming familiar with the options presented in this book.

Pam and Nena

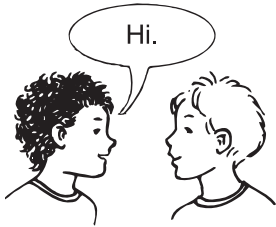


# Here are some ways I can greet people:

---



Wave one hand.



Say, "Hi."



Say, "Hello."



Say, "Hi \_\_\_\_\_." (person's name)



Say, "How are you?"



Say, "It's good to see you."

# Here are some ways I can ask for help:

---



Touch someone's arm and say, "Help."



Say, "Help."



Say, "Will you help me?"



Say, "Please help me."



Say, "I need help."



Say how I need help: \_\_\_\_\_



# Here are some ways I can say "Good-bye":

---



Wave one hand.



Say, "Good-bye."



Say, "Bye."



Say, "See you later."



Say, "So long!"



Say, "Gotta go now!"

# Here are some ways I can get someone's attention:

---



Touch someone's arm.



Touch someone's shoulder.



Look in someone's eyes.



Say, "Excuse me."



Raise my hand.



Wave my hand.

# Here are some ways I can say "I'm sorry":

---



Say, "I'm sorry."



Say, "Sorry."



Say, "I didn't mean to."



Say, "I won't do it again."



Give a hug.

# Here are some ways I can meet a new person:

---



Say, "Hi, what's your name?"



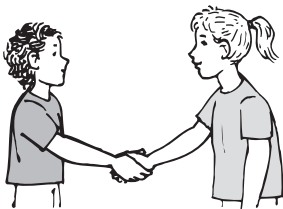
Say, "My name is \_\_\_\_\_."



Say, "I'm \_\_\_\_\_."  
(name)



Say, "It's nice to meet you."



Shake hands.

# Here are some things I can do if someone says something nice to me:

---



Say, "Thank you."



Look at the person and smile.



Say, "That's nice!"



Say, "That makes me happy!"



Say, "You're very nice."

# Here are some nice things I can say to people:

---



Say, "You look nice today."



Say, "I like your \_\_\_\_\_."



Say, "You're nice."



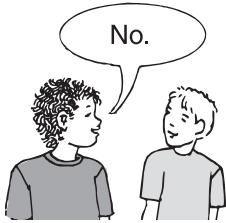
Say, "You are good at \_\_\_\_\_."



Say, "I like you."

# Here are some ways I can say "No":

---



Say, "No."



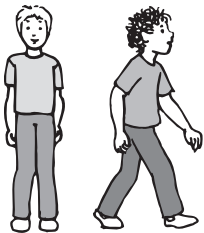
Shake my head.



Say, "I don't want to \_\_\_\_\_."



Say, "I can't."



Walk away.

# Here are some ways I can thank people:

---



Say, "Thank you."



Say, "Thanks a lot!"



Smile.



Say, "I appreciate that."



Give a hug.

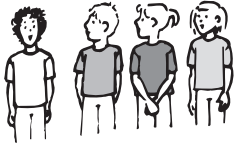


Write a thank-you note.

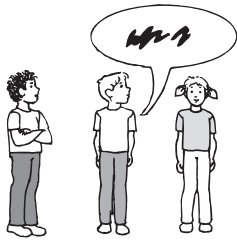


# Here are some ways I can join a group of people talking:

---



Stand close to the people.



Look at the people talking.



Touch a person one time on the elbow or shoulder.



Say, "Hi!"



Say, "Guess what?"



Say, "\_\_\_\_\_."

# Here are some ways I can stop talking with people:

---



Say, "I need to go now."



Say, "See you later."



Say, "Nice to talk with you."



Wave one hand.



Take one step backward.



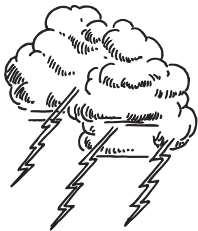
Leave.

# Here are some things I can talk to people about:

---



school



the weather



a recent holiday



my family



something in the news



something personal

(Examples: new baby, new pet, haircut)

# Here are some ways I can help at home:

---



Take out the garbage.



Load the dishwasher.



Set the table.



Sweep the floor.



Vacuum the rug.



Dust the furniture.

# Here are some ways I can help a friend:

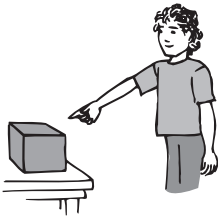
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Carry something.



Hold the door open.



Look for something lost.



Share things.



Pick up something a friend dropped.



Listen to a friend.

# Here are some ways to say "I don't know":

---



Say, "I don't know."



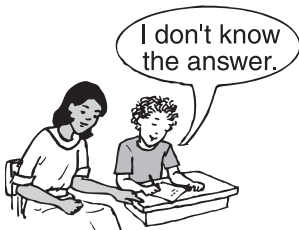
Say, "I'm not sure."



Say, "I need help."



Say, "I can't remember."



Say, "I don't know the answer."

# Here are some ways I can ask a friend to play:

---



Say, "Want to play?"



Say, "Let's \_\_\_\_\_."   
 (game/activity)



Say, "Want to do something?"



Say, "Come on, let's play."



Say, "Let's go outside."

# Here are some ways I can show love to people:

---



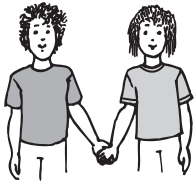
Give a hug.



Give a kiss on the cheek.



Pat the person's back.



Hold a hand.



Give a present.



Make a card.



# Here are some ways I can be nice to a friend:

---



Call my friend on the phone.



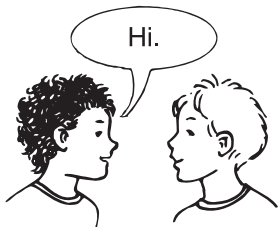
Smile.



Ask my friend to play.



Give my friend a present.



Say, "Hi" when I see my friend.



Sit together on the bus or in the lunchroom.

# Here are some ways I can volunteer to help:

---



Raise my hand.



Say, "I can help."



Say, "Let me."



Say, "I know how to do that."



Say, "I will."

# Here are some things I can say when I don't understand:

---



Say, "I don't understand."



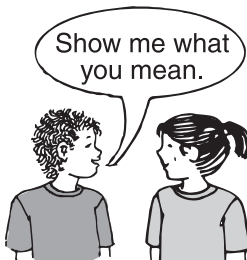
Say, "Will you repeat that?"



Say, "I don't get it."



Say, "Will you explain that?"



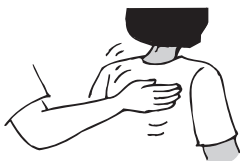
Say, "Show me what you mean."

# Here are some things I can do when someone is crying:

---



Give the person a tissue.



Pat the person on the back.



Give the person a hug.



Say, "Are you okay?"



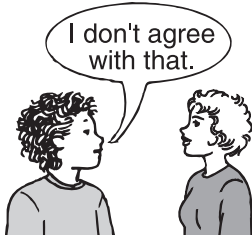
Sit next to the person.



Try to make the person laugh.

# Here are some ways I can disagree:

---



Say, "I don't agree with that."



Say, "I don't believe so."



Say, "I don't think that is right."



Shake my head "No."



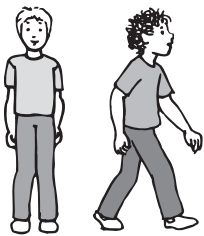
Say, "No."

# Here are some things I can do when someone breaks a rule:

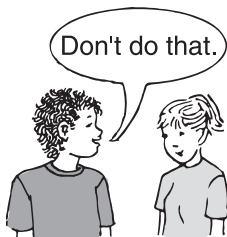
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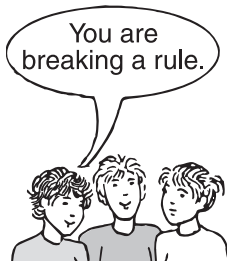
Tell the person the rule.



Walk away.



Say, "Don't do that."



Say, "You are breaking a rule."



Tell an adult.

# Here are some ways I can interrupt a person:

---



Say, "Excuse me."



Tap the person on the shoulder one time.



Say, "May I interrupt?"



Say, "I'm sorry to interrupt."



Say, "Pardon me."



Stand by the person and look at him or her.

# Here are some things I can do when I am bored:

---



Look at a book.



Take a walk.



Watch TV.



Listen to music.



Draw.



Write.



# Here are some things I can do when I am lonely:

---



Look at a photo album.



Talk to someone.



Write a letter.



Call someone.



Play with a pet.

# Here are some things I can do when I am tired:

---



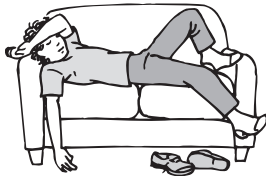
Say, "Can I take a break?"



Put my head down.



Close my eyes and count to ten.



Lie on the couch.



Take a nap.



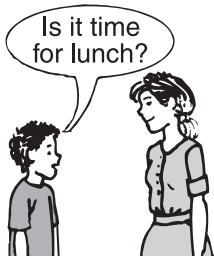
Listen to music.

# Here are some things I can do when I am hungry:

---



Have something to drink.



Say, "Is it time for lunch?"



Ask for a snack.



Eat a few crackers.



Make something to eat.

# Here are some things I can do in the car:

---



Look out the window.



Listen to the radio.



Look at a book.



Sing a song.



Sleep.



Talk to other people in the car.

# Here are some things I can do when I get home from school:

---



Eat a snack.



Do my homework.



Play outside.



Play with toys.



Do a chore.



Watch TV.

# Here are some things I can do with a dog:

---



Feed the dog.



Give the dog water.



Pet the dog.



Take the dog for a walk.



Brush the dog.



Play with the dog.

# Here are some things I can do with a cat:

---



Feed the cat.



Give the cat water.



Pet the cat.



Hold the cat.



Listen to the cat purr.



Play with the cat.

# Here are some things I can do with my brother/sister:

---



Play a board game.



Watch TV.



Look at a book.



Work a puzzle.



Play outside.



Play with toys.



# Here are some things I can do at the doctor's office:

---



Look at a magazine.



Read my book.



Talk to Mom or Dad.



Draw.



Play with toys.



Wait quietly.

# Here are some things I can do at a library:

---



Choose a book.



Listen to a story.



Look at a magazine.



Use the computer.



Sit and read a book.

# Here are some things I can do at a grocery store:

---



Help push the cart.



Read the shopping list.



Help find the food.



Put food in the cart.



Cross things off the shopping list.

# Here are some things I can do at a playground:

---



Go on the slide.



Swing.



Climb.



Run.



Dig in the sand.



Watch the other people.

# Here are some things I can say when I don't want food:

---



Say, "No, thanks."



Say, "I'm not hungry."



Say, "Thanks, I don't want any."



Say, "I don't like that."



Say, "I don't care for any."

# Here are some things I can say when I get a present:

---



Say, "What a surprise!"



Say, "Can I open it now?"



Say, "This is great!"



Say, "Thank you!"



Say "That was nice of you."

# Here are some things I can do when someone corrects me:

---



Stop and listen.



Say, "Okay."



Say, "I didn't know."



Say, "Thank you for telling me."



Say, "Is this right?"

# Here are some things I can do while I wait:

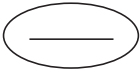
---



Look at a book.



Look out the window.



Think about \_\_\_\_\_.



Play with my \_\_\_\_\_.



Cross my arms.



# Here are some things to say when I am upset:

---



Say, "I'm mad."



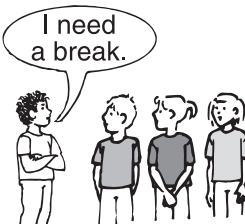
Say, "I'm worried about \_\_\_\_\_."



Say, "Please stop."



Say, "I don't want to talk right now."



Say, "I need a break."

# Here are some things I can do if something is bothering me:

---



Tell an adult.



Walk away.



Say, "Please stop."



Say, "Leave me alone."



Say, "Don't do that!"

# Here are some things I can do to relax:

---



Listen to music.



Look at a book.



Close my eyes.



Squeeze a pillow.



Take a bath or shower.



Watch TV.

# Here are some things I can do when it is too noisy:

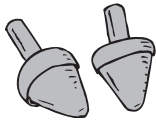
---



Leave the room.



Say, "That's too loud."



Wear earplugs.



Wear headphones.



Say, "Please be quiet."



Cover my ears.

# Here are some things I can do if I feel sick:

---



Tell an adult.



Lie down.



Go to the clinic at school.



Get a drink of water.



Say, "My \_\_\_\_\_ hurts."

# Here are some things I can do if I want to be alone:

---



Say, "I don't want to talk right now."



Go to my room.



Say, "I want to be alone."



Say, "Can we talk later?"



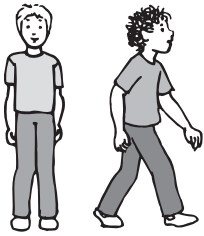
Read a book.



Go outside.

# Here are some things I can do when someone is mean to me:

---



Walk away.



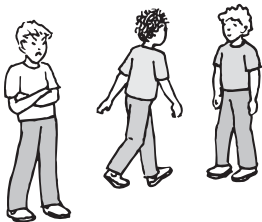
Tell an adult.



Say, "Stop it."



Say, "I don't like that."



Find another friend.

# Here are some things I can do when I feel angry:

---



Say, "I'm mad."



Take a walk.



Go to a quiet area.



Listen to music.



Take deep breaths.



# Here are some things I can do when I feel sad:

---



Say, "I'm sad."



Talk to a friend.



Go to a quiet place.



Cry a little.



Listen to music.

# Here are some things I can do when I feel afraid:

---



Say, "I'm afraid."



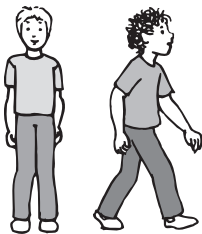
Tell an adult.



Say, "That scares me."



Ask for a hug.



Walk away.

# Here are some things I can do when I feel happy:

---



Smile.



Laugh.



Clap my hands.



Give a hug.



Say, "I'm happy."



Sing.

# Here are some things I can do when I feel disappointed:

---



Say, "I'm disappointed."



Say, "Maybe next time."



Say, "I'll try again."



Say, "That's okay."



Talk to a friend.

# Here are some things I can do when I feel excited:

---



Clap my hands.



Laugh.



Give a high five.



Say, "I'm excited."



Say, "Yea!"

# Here are some things I can do when I feel frustrated:

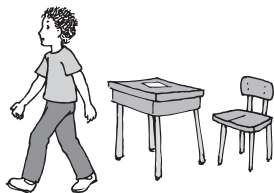
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Say, "I feel frustrated."



Say, "I need help."



Take a break.



Take deep breaths.



Take a walk.

# Here are some things I can do if I am hurt:

---



Find an adult.



Say, "Help."



Say, "Ouch."



Say, "I'm hurt."



Say, "I hurt my \_\_\_\_\_."



Go to the clinic at school.

# Here are some things I can do if someone is bothering my toys:

---



Say, "Stop."



Say, "I want to play with it myself."



Say, "Find another toy."



Say, "Please don't touch my toy."



Say, "You can have it next."



Tell an adult.



# Tracking Form for Lessons—Individual

Name \_\_\_\_\_

## Social Communication

Greet people

Date \_\_\_\_\_

\_\_\_\_\_

Ask for help

Date \_\_\_\_\_

\_\_\_\_\_

Say “Good-bye”

Date \_\_\_\_\_

\_\_\_\_\_

Get someone’s attention

Date \_\_\_\_\_

\_\_\_\_\_

Say “I’m sorry”

Date \_\_\_\_\_

\_\_\_\_\_

Meet a new person

Date \_\_\_\_\_

\_\_\_\_\_

If someone says something nice to me

Date \_\_\_\_\_

\_\_\_\_\_

Nice things to say to people

Date \_\_\_\_\_

\_\_\_\_\_

Say “No”

Date \_\_\_\_\_

\_\_\_\_\_

Thank people

Date \_\_\_\_\_

\_\_\_\_\_

Join a group of people talking

Date \_\_\_\_\_

\_\_\_\_\_

Stop talking with people

Date \_\_\_\_\_

\_\_\_\_\_

Things to talk to people about

Date \_\_\_\_\_

\_\_\_\_\_

Help at home

Date \_\_\_\_\_

\_\_\_\_\_

Help a friend

Date \_\_\_\_\_

\_\_\_\_\_

Say “I don’t know”

Date \_\_\_\_\_

\_\_\_\_\_

Ask a friend to play

Date \_\_\_\_\_

\_\_\_\_\_

Show love to people

Date \_\_\_\_\_

\_\_\_\_\_

Be nice to a friend

Date \_\_\_\_\_

\_\_\_\_\_

Volunteer to help

Date \_\_\_\_\_

\_\_\_\_\_

# Tracking Form for Lessons—Individual

Name \_\_\_\_\_

## **Social Communication**, *continued*

When I don't understand

Date \_\_\_\_\_

\_\_\_\_\_

When someone is crying

Date \_\_\_\_\_

\_\_\_\_\_

Disagree

Date \_\_\_\_\_

\_\_\_\_\_

When someone breaks a rule

Date \_\_\_\_\_

\_\_\_\_\_

Interrupt a person

Date \_\_\_\_\_

\_\_\_\_\_

When I am bored

Date \_\_\_\_\_

\_\_\_\_\_

When I am lonely

Date \_\_\_\_\_

\_\_\_\_\_

When I am tired

Date \_\_\_\_\_

\_\_\_\_\_

When I am hungry

Date \_\_\_\_\_

\_\_\_\_\_

In the car

Date \_\_\_\_\_

\_\_\_\_\_

When I get home from school

Date \_\_\_\_\_

\_\_\_\_\_

With a dog

Date \_\_\_\_\_

\_\_\_\_\_

With a cat

Date \_\_\_\_\_

\_\_\_\_\_

With my brother/sister

Date \_\_\_\_\_

\_\_\_\_\_

At the doctor's office

Date \_\_\_\_\_

\_\_\_\_\_

At a library

Date \_\_\_\_\_

\_\_\_\_\_

At a grocery store

Date \_\_\_\_\_

\_\_\_\_\_

At a playground

Date \_\_\_\_\_

\_\_\_\_\_

When I don't want food

Date \_\_\_\_\_

\_\_\_\_\_

When I get a present

Date \_\_\_\_\_

\_\_\_\_\_

# Tracking Form for Lessons—Individual

Name \_\_\_\_\_

## Self-Control

When someone corrects me

Date \_\_\_\_\_

\_\_\_\_\_

While I wait

Date \_\_\_\_\_

\_\_\_\_\_

When I am upset

Date \_\_\_\_\_

\_\_\_\_\_

If something is bothering me

Date \_\_\_\_\_

\_\_\_\_\_

To relax

Date \_\_\_\_\_

\_\_\_\_\_

When it is too noisy

Date \_\_\_\_\_

\_\_\_\_\_

If I feel sick

Date \_\_\_\_\_

\_\_\_\_\_

If I want to be alone

Date \_\_\_\_\_

\_\_\_\_\_

When someone is mean to me

Date \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When I feel angry

Date \_\_\_\_\_

\_\_\_\_\_

When I feel sad

Date \_\_\_\_\_

\_\_\_\_\_

When I feel afraid

Date \_\_\_\_\_

\_\_\_\_\_

When I feel happy

Date \_\_\_\_\_

\_\_\_\_\_

When I feel disappointed

Date \_\_\_\_\_

\_\_\_\_\_

When I feel excited

Date \_\_\_\_\_

\_\_\_\_\_

When I feel frustrated

Date \_\_\_\_\_

\_\_\_\_\_

If I am hurt

Date \_\_\_\_\_

\_\_\_\_\_

If someone is bothering my toys

Date \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Tracking Form for Lessons—Group

Names:					
<b>Social Communication</b>					
Greet people					
Ask for help					
Say “Good-bye”					
Get someone’s attention					
Say “I’m sorry”					
Meet a new person					
If someone says something nice to me					
Nice things to say to people					
Say “No”					
Thank people					
Join a group of people talking					
Stop talking with people					
Things to talk to people about					
Help at home					
Help a friend					
Say “I don’t know”					
Ask a friend to play					
Show love to people					
Be nice to a friend					
Volunteer to help					
When I don’t understand					
When someone is crying					
Disagree					
When someone breaks a rule					
Interrupt a person					
When I am bored					
When I am lonely					
When I am tired					
When I am hungry					
In the car					
When I get home from school					

# Tracking Form for Lessons—Group

Names:					
<b>Social Communication</b> , <i>continued</i>					
With a dog					
With a cat					
With my brother/sister					
At the doctor's office					
At a library					
At a grocery store					
At a playground					
When I don't want food					
When I get a present					
<b>Self-Control</b>					
When someone corrects me					
While I wait					
When I am upset					
If something is bothering me					
To relax					
When it is too noisy					
If I feel sick					
If I want to be alone					
When someone is mean to me					
When I feel angry					
When I feel sad					
When I feel afraid					
When I feel happy					
When I feel disappointed					
When I feel excited					
When I feel frustrated					
If I am hurt					
If someone is bothering my toys					

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