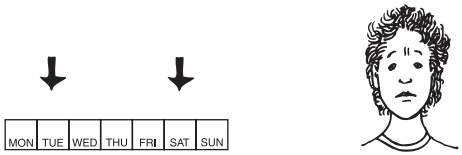


Feeling Upset



Sometimes I feel upset.



I may want to cry or yell or hit something.



I need to calm down.



I will take three deep breaths.



I will ask _____ if I can take a break.
(person)



It is okay. I will stop feeling upset when I calm down.

Feeling Afraid



All people feel afraid sometimes.



They may cry or yell or run away.



_____ makes me feel afraid.
(person/item/event*)



I need to tell someone when I feel afraid.



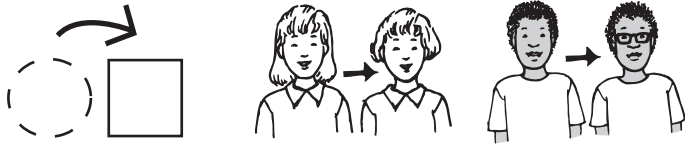
I will try to say "I'm afraid of _____."
(person/item/event*)



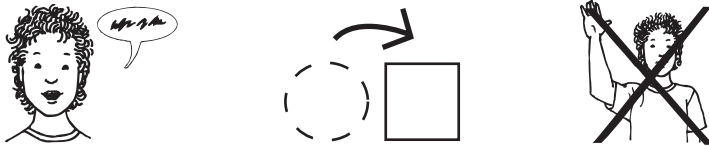
It is okay. Someone will help me.

*Indicate what makes the child afraid such as a neighbor (person), a dog (item), or going to the doctor (event).

Inappropriate Greetings



Sometimes people change the way they look.



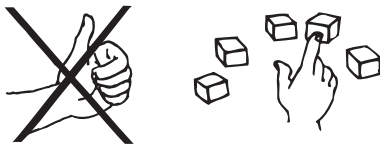
I want to talk about it, but this is not a greeting.



People say "Hi" when they see other people.



They might say "How are you?" or "Good to see you."



It is not a good choice to say _____ .
(inappropriate words)



I will try to say "Hi" or "How are you?" when I see someone.

Obsessing on a Topic



I like to ask people " _____ ?"
 (favorite topic*)



I like to tell people about _____ .
 (favorite topic*)



This is interesting to me.



Everyone is not interested in _____ .
 (favorite topic*)



I can ask one question and tell one thing.



I need to listen to what they want to say.

*Indicate something the child asks about repeatedly to the point of annoyance.

Responding to Unkind Words



Someone may say words that make me feel sad or mad.



It hurts inside when I hear those words.



I can walk away from that person.



I can ignore the words and not answer.



I can say "Don't say that to me. It's not nice."

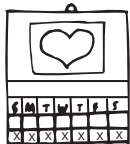


I do not have to listen when someone says unkind words.

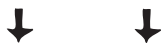
Unfair Situations



I like it when _____ .
(typical situation)



That's what usually happens.



Sometimes _____ doesn't happen.
(typical situation)



Then I say "That's not fair!" I might feel angry.



I can't always have what I want.



It is okay. I will try to calm down.

Saying "No" to a Friend



Sometimes friends tell me to do things.



I will try to stop and think.



"Will it hurt me?" "Does it break a rule?"



If I am not sure, I will say "No."

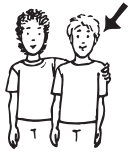


I will tell _____ what my friend said.
(person)

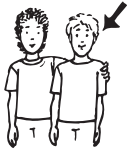


It is okay to say "No" to a friend.

Saying "I'm Sorry"



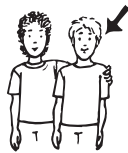
Sometimes I make a friend cry.



My friend is sad.



I feel bad inside.



I do not want my friend to cry.



I will try to say "I'm sorry."



Saying "I'm sorry" will make my friend feel better.

Others Are Upset with Me



Sometimes _____ is upset with me.
(person)



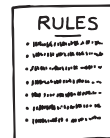
I might go to my room.



I might not get to _____.
(event)



It is okay.



_____ is trying to help me learn the rules.
(person)



_____ loves me.
(person)

Repeating a Question



Sometimes I ask a question too many times.



This bothers people.



I can ask a question. I listen to the answer.



I can ask the question again.



When the _____ are gone, I will stop asking.
(items*)

*Give the child a visual symbol to represent the number of questions that is okay (e.g., clothespins). (Harrington 1999)

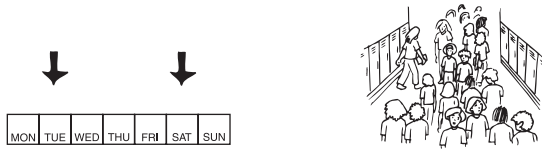
Don't Touch Me



Sometimes people touch me to say hello.



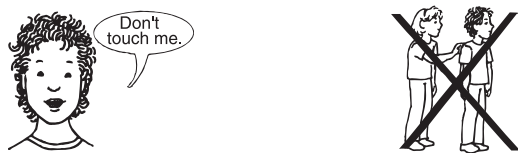
Sometimes people touch me so I will look at them.



Sometimes people touch me accidentally.



I don't like to be touched.



I can say "Please don't touch me."



I will try not to be upset.

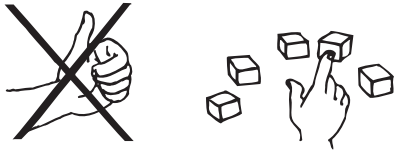
Seeking Attention with Inappropriate Words



I like my friends to look at me.



Sometimes I say _____ to get attention.
(inappropriate words)



This is not a good choice.



It bothers people in class when I say _____.
(inappropriate words)

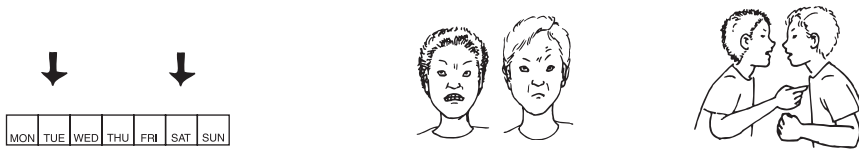


I need to listen to the teacher in class.



I can talk to my friends when class is finished.

When Others Fight



Sometimes when people are angry, they fight.



They might hit, push, or kick each other.



They might yell and their faces might look angry.



Fighting is not a good choice.

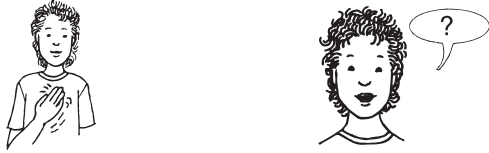


It is okay. They are not mad at me.



I need to move away from the fight.

Hearing "No"



If I want something, I can ask.



If I want to do something, I can ask.



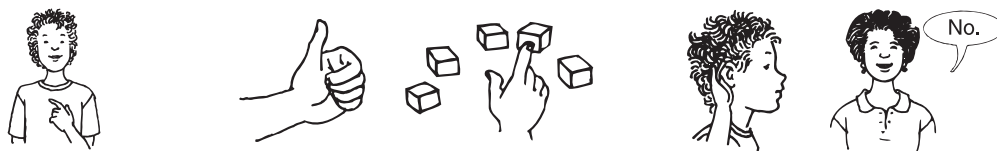
Sometimes the answer is "No."



Hearing "No" makes me feel upset.



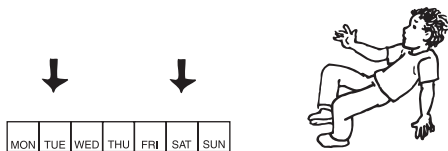
I will try not to be upset when I hear "No."



I need to make a good choice when I hear "No."*

*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

Laughing When Someone Falls



Sometimes people fall down.



They might be hurt.



It is not okay to laugh.



Laughing hurts their feelings.



I can say "Are you okay?" or I can say nothing.



I will try not to laugh when someone falls down.

Self-Talk



Sometimes I talk to myself.



When I talk to myself in class, I bother others.



They can't hear the teacher.



I can't hear the teacher.



I need to be quiet in the classroom.

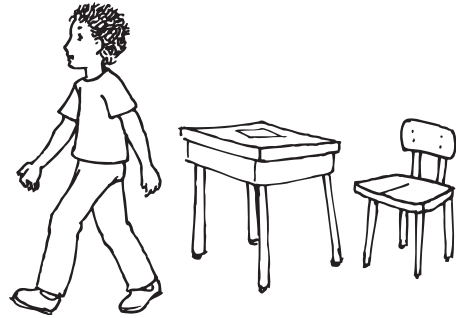


I will try not to talk to myself in the classroom.

Anger Choice Sheet



Say "I'm angry!"



Go to a quiet area.



Listen to music.



Take deep breaths.

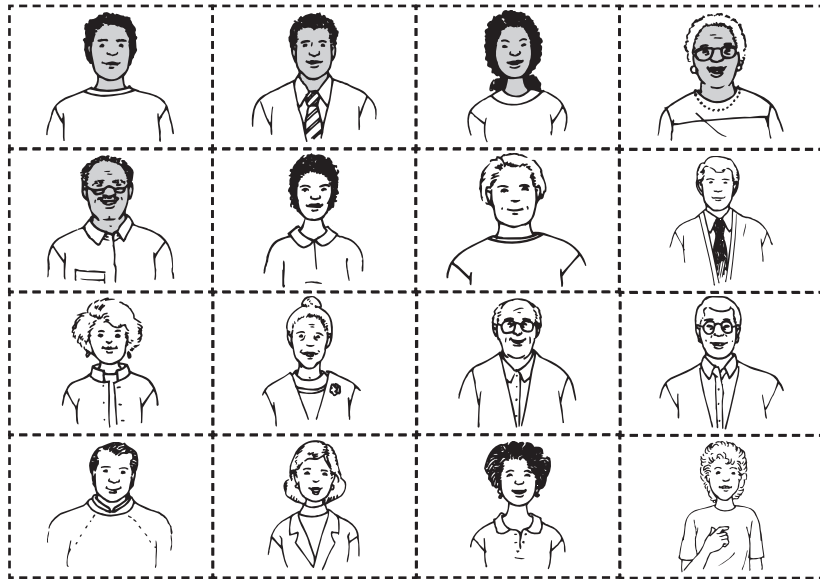


Take a walk.

Use this space for alternate choice.

Picture Index

People



Tracking Multiple Behaviors

Name _____

Date _____

Behavior		Behavior		Behavior		Behavior		Behavior	
Time 1	Location	Time 1	Location	Time 1	Location	Time 1	Location	Time 1	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	
Time 2	Location	Time 2	Location	Time 2	Location	Time 2	Location	Time 2	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	
Time 3	Location	Time 3	Location	Time 3	Location	Time 3	Location	Time 3	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	
Time 4	Location	Time 4	Location	Time 4	Location	Time 4	Location	Time 4	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	

Tracking Multiple Behaviors Example

Name Linda H.

Date 4/12

Behavior		Behavior		Behavior		Behavior		Behavior	
<i>Inappropriate Greeting</i>		<i>Tantruming</i>							
Time 1	Location	Time 1	Location	Time 1	Location	Time 1	Location	Time 1	Location
10:45 AM	classroom	11:45 AM	cafeteria						
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
<i>classmate walks in</i>		<i>wanted ice cream; told "No"</i>							
Consequence		Consequence		Consequence		Consequence		Consequence	
<i>redirected</i>		<i>removed from cafeteria</i>							
Time 2	Location	Time 2	Location	Time 2	Location	Time 2	Location	Time 2	Location
2:00 PM	classroom								
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
<i>classmate walks in</i>									
Consequence		Consequence		Consequence		Consequence		Consequence	
<i>redirected</i>									
Time 3	Location	Time 3	Location	Time 3	Location	Time 3	Location	Time 3	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	
Time 4	Location	Time 4	Location	Time 4	Location	Time 4	Location	Time 4	Location
Antecedent		Antecedent		Antecedent		Antecedent		Antecedent	
Consequence		Consequence		Consequence		Consequence		Consequence	

Initial Behavior Analysis*

Name _____ Date _____

Setting _____ Activity _____

Name of Person Completing Form _____

What happened just before the behavior occurred? _____

Describe the behavior. _____

What was the consequence of the behavior? _____

Date/Time	Location	No. of Occurrences	Consequences

Comments: _____

* This form can be used for observing the same behavior several times in one day or for observation over several days.

Initial Behavior Analysis* Example

Name Linda H. Date 4/14

Setting classroom Activity varied

Name of Person Completing Form _____

What happened just before the behavior occurred? saw classmate with new glasses

Describe the behavior. Linda told classmate "Glasses. You have glasses." repeatedly

throughout the day

What was the consequence of the behavior? teacher modeled appropriate verbal

greeting; gave verbal warnings

Date/Time	Location	No. of Occurrences	Consequences
4/14	classroom	7	modeled 3x, warned 1x, loss of privilege

Comments: Linda seems to be using this comment as a greeting.

* This form can be used for observing the same behavior several times in one day or for observation over several days.

Record of Progress

Name _____

Behavior _____

Social Skill Lesson _____

Date Social Skill Lesson Initiated _____

Intervention Chart

Baseline _____ (average # of occurrences in one day from *Initial Behavior Analysis*)

Lesson Read?

How often does the behavior occur?

	Yes	No											
Day 1													
Day 2													
Day 3													
Day 4													
Day 5													
Day 6													
Day 7													
Day 8													
Day 9													
Day 10													

Comments: _____

Record of Progress Example

Name Linda H.

Behavior inappropriate greeting

Social Skill Lesson Inappropriate Greetings

Date Social Skill Lesson Initiated 4/15

Intervention Chart

Baseline 5x/day (average # of occurrences in one day from *Initial Behavior Analysis*)

	Lesson Read?		How often does the behavior occur?										
	Yes	No											
Day 1	X		✓	✓									
Day 2	X		✓	✓									
Day 3	X		✓										
Day 4	X		0										
Day 5	X		0										
Day 6	X		0										
Day 7		X	0										
Day 8													
Day 9													
Day 10													

Comments: _____

Name _____

Social Interactions

Greeting Others

Date _____

Saying "Hi" to Siblings' Friends

Date _____

Smiling

Date _____

How to Shake Hands

Date _____

When to Shake Hands

Date _____

Joining a Conversation

Date _____

Listening to Others During a Conversation

Date _____

Ending a Conversation

Date _____

Talking to Children

Date _____

Staying on Topic

Date _____

Asking a Friend to Play

Date _____

Taking Turns in a Game

Date _____

Receiving a Compliment

Date _____

When to Hug

Date _____

How to Give a Hug

Date _____

Saying "I Love You"

Date _____

Using the Phone: Saying "Hello" and "Goodbye"

Date _____

Using the Phone: Taking a Message

Date _____

Feelings

Feeling Happy

Date _____

Feeling Sad

Date _____

Feeling Angry

Date _____

Name _____

Feelings, *continued*

Feeling Excited
Date _____

Feeling Disappointed
Date _____

Feeling Tired
Date _____

Feeling Upset
Date _____

Feeling Afraid
Date _____

Social Problems

Inappropriate Greetings
Date _____

Obsessing on a Topic
Date _____

Responding to Unkind Words
Date _____

Unfair Situations
Date _____

Saying “No” to a Friend
Date _____

Saying “I’m Sorry”
Date _____

Others Are Upset with Me
Date _____

Repeating a Question
Date _____

Don’t Touch Me
Date _____

Seeking Attention with Inappropriate Words
Date _____

When Others Fight
Date _____

Hearing “No”
Date _____

Laughing When Someone Falls
Date _____

Self-Talk
Date _____

Tracking Form for Lessons – Group				Communication		
Names:						
Social Interactions						
Greeting Others						
Saying “Hi” to Siblings’ Friends						
Smiling						
How to Shake Hands						
When to Shake Hands						
Joining a Conversation						
Listening to Others During a Conversation						
Ending a Conversation						
Talking to Children						
Staying on Topic						
Asking a Friend to Play						
Taking Turns in a Game						
Receiving a Compliment						
When to Hug						
How to Give a Hug						
Saying “I Love You”						
Using the Phone: Saying “Hello” and “Goodbye”						
Using the Phone: Taking a Message						
Feelings						
Feeling Happy						
Feeling Sad						
Feeling Angry						
Feeling Excited						
Feeling Disappointed						
Feeling Tired						
Feeling Upset						
Feeling Afraid						

Tracking Form for Lessons – Group, <i>continued</i>				Communication		
Names:						
Social Problems						
Inappropriate Greetings						
Obsessing on a Topic						
Responding to Unkind Words						
Unfair Situations						
Saying “No” to a Friend						
Saying “I’m Sorry”						
Others Are Upset with Me						
Repeating a Question						
Don’t Touch Me						
Seeking Attention with Inappropriate Words						
When Others Fight						
Hearing “No”						
Laughing When Someone Falls						
Self-Talk						

Overview of Lessons

Communication

Social Interactions

- Greeting Others
- Saying “Hi” to Siblings’ Friends
- Smiling
- How to Shake Hands
- When to Shake Hands
- Joining a Conversation
- Listening to Others During a Conversation
- Ending a Conversation
- Talking to Children
- Staying on Topic
- Asking a Friend to Play
- Taking Turns in a Game
- Receiving a Compliment
- When to Hug
- How to Give a Hug
- Saying “I Love You”
- Using the Phone: Saying “Hello” and “Goodbye”
- Using the Phone: Taking a Message

Feelings

- Feeling Happy
- Feeling Sad
- Feeling Angry
- Feeling Excited
- Feeling Disappointed
- Feeling Tired
- Feeling Upset
- Feeling Afraid

Social Problems

- Inappropriate Greetings
- Obsessing on a Topic
- Responding to Unkind Words
- Unfair Situations
- Saying “No” to a Friend
- Saying “I’m Sorry”
- Others Are Upset with Me
- Repeating a Question
- Don’t Touch Me
- Seeking Attention with Inappropriate Words
- When Others Fight
- Hearing “No”
- Laughing When Someone Falls
- Self-Talk

Controlling Behavior

Expressing Feelings

- Expressing Anxiety
- Expressing Frustration
- Expressing Anger
- Expressing Sadness
- Expressing Disappointment

Special Problems

- Seeking Attention with Inappropriate Actions
- Inappropriate Drawings
- Inappropriate Laughing
- Running Away
- Stealing
- Taking Shoes Off
- Keeping Clothes On
- Leaving the Bathroom Naked
- Hands in Pants
- Touching Others
- Touching Breasts
- Making Others Repeat
- Obsessive Collecting
- Making Noises
- Whining
- Putting Things in My Mouth
- Licking

Aggressive Behaviors

- Spitting
- Cursing
- Throwing
- Breaking Things
- Tearing
- Throwing Food
- Pinching
- Hitting
- Biting
- Scratching
- Kicking
- Head Butting
- Pushing
- Choking
- Pulling Hair
- Stomping on Feet
- Pulling Out Own Hair
- Biting Self

Healthy Habits

Being Healthy

- The Food Pyramid
- Exercise
- Cramming Food in My Mouth
- Eating Only One Food
- Eating off the Floor
- Overeating
- Drinking from My Own Glass
- Taking Medicine
- Other People’s Medicine
- Scabs
- Blowing with No Tissue
- Chewing on Dirty Tissues
- Inhalants
- Marijuana
- Alcoholic Beverages
- Smoking

Health Care

- Wearing Glasses
- A Cavity
- Getting Braces
- My Retainer
- Immunizations
- The Hospital

Grooming

- Brushing Teeth
- Washing Hair
- Washing Hands
- Using Deodorant
- Wearing Socks

Puberty

- Developing Breasts
- Wearing Bras
- Menstruation
- Sanitary Products
- My Changing Body (Boys)
- Hair on Legs and Underarms (Girls)
- Acne
- What Can I Do About Acne?

Manners

- Picking My Nose
- Biting My Nails
- Passing Gas
- Touching Myself
- Adjusting Underwear

Middle School

Transitions

- Leaving Elementary School
- Leaving for School on Time
- New Bus Driver
- New Bus Route
- New Seating Arrangement
- Schedule Changes
- Leaving and Coming Back to the Classroom
- Bathroom
- Hallway Crowds
- Lockers
- Dress Code
- Emergency Drill
- Substitute Teacher
- Speech Therapy
- Counseling
- Social Skills Buddy

Classroom

- Inclusion
- School Rules
- Class Schedule
- Raising My Hand
- Let the Teacher Talk
- Homework
- I Forgot My Homework
- Taking Notes
- Taking a Test
- Cheating
- Others Are Working
- Inappropriate Talking
- Joining a Work Group
- Teacher's Signal
- I Feel Sick at School

Cafeteria

- I Eat My Own Food
- Lunch
- Vending Machines
- Lunch Choices
- Joining Others at Lunch
- Joining Others at Lunch – Rejection

Gym

- Gym Class
- Changing Clothes in Gym
- Adaptive P.E.

Special Events & Activities

Changes in the Family

- New House
- Getting Ready for a New Baby
- Living with a New Baby
- New Mom
- New Dad
- Grandparent Comes to Stay
- Older Sibling Leaves Home
- Death in the Family
- Parents Divorce
- Shared Custody
- Step-Family
- Boyfriend Moves In
- Girlfriend Moves In
- In-Home Trainer
- Showing Respect to Adults
- Waking Up at Night

Special Events

- Going to a Wedding
- Visiting a Nursing Home
- Daylight Savings Time
- Storms
- Electricity Goes Out
- New Pet
- Pet to Vet
- Pet Dies

Community Events

- Volunteering to Help
- Private Lessons
- Team Sports
- Day Camp
- Going to a Movie
- Camping Out: The Tent
- Camping Out: The Campfire
- Camping Out: Safety Rules
- Table Manners
- Going Out to Eat: Sit-Down Restaurant
- Going Out to Eat: Fast-Food Restaurant
- Going Out to Eat: Cafeteria
- Going Out to Eat: Buffet
- Out of Town Trip: Journey by Car
- Out of Town Trip: The Hotel
- Out of Town Trip: A Different House

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