

## Social Imagination

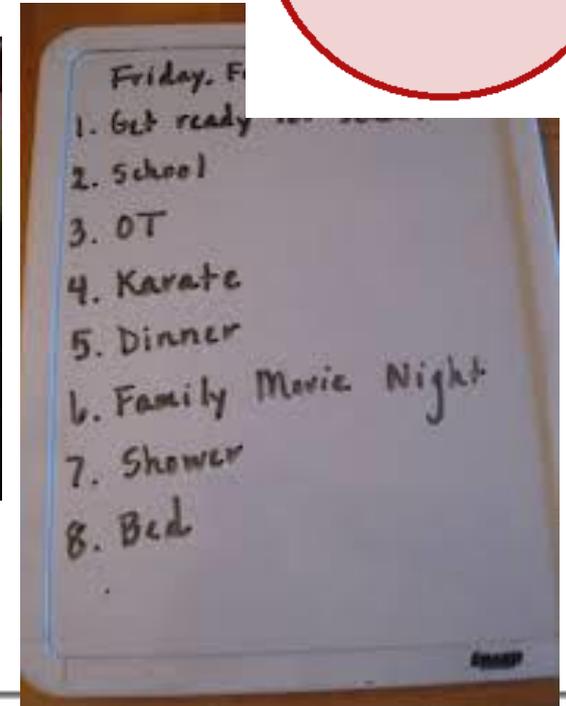
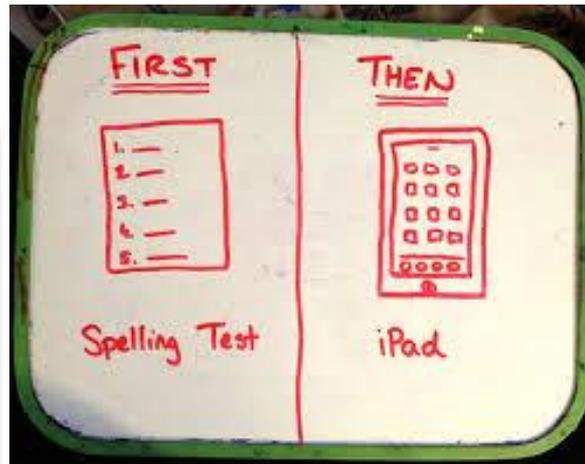
- Makes it hard to organise themselves and think about what's going to happen
- Reduces their ability to transition
- Can make it hard for them understand and cope with change
- Difficulty understanding others
- Hard to make choices
- Focus on the details rather than the big picture



**Social Imagination**

**Transitioning**

TASK	COMPLETE
	
	
	
	
	





## Brush teeth

wet toothbrush



toothpaste



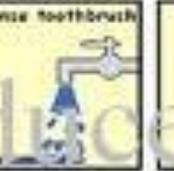
brush teeth



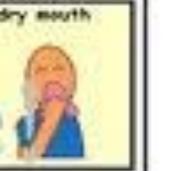
rinse mouth



rinse toothbrush



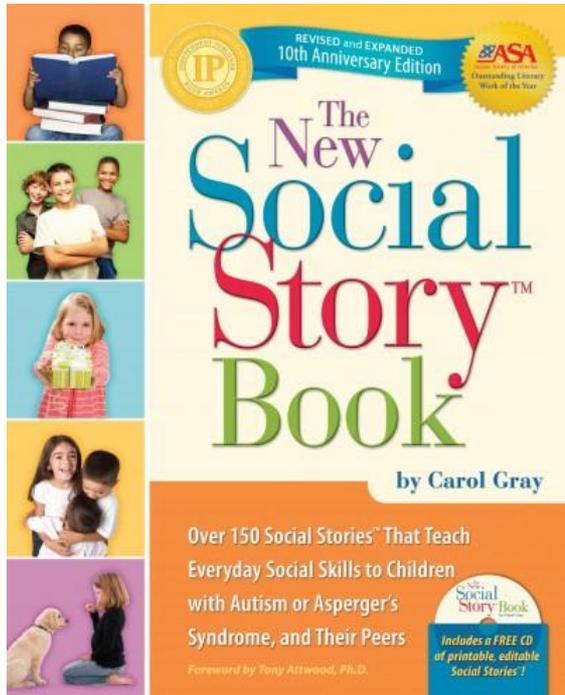
dry mouth



Coping with change



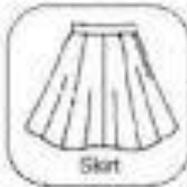
Social Imagination



# Social Imagination

Organisation

## I Can Dress Myself



**School Bag Checklist** **What do you need today?**

- Water bottle?
- Reading book?
- Snack?
- Homework?
- Coat?
- Lunchbox?

**Other things you might need:**

- Book bag
- Umbrella
- PE kit
- Gloves

### Homework checklist

I have homework for:	<u>Subject</u>	<u>Details</u>	<u>Finished?</u>
			<input type="checkbox"/>
I need to remember:			



Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

- Good language skills don't always mean good understanding
- Echolalia
- May need time to process information and instructions
- Poor shared attention
- Visual learners and communicators
- May need help making choices
- Difficulty expressing their own needs and feelings.



**Social  
Communication**

Processing time



Social Communication

Making choices

I want

 Spirited Away	 The Great Mouse Detective
 Winnie the Pooh	 Elmo Palooza
 The Rescuers	 The Fox and the Hound



You can choose:

Cars Playdough  
Train      Book  
Lego      Bubbles

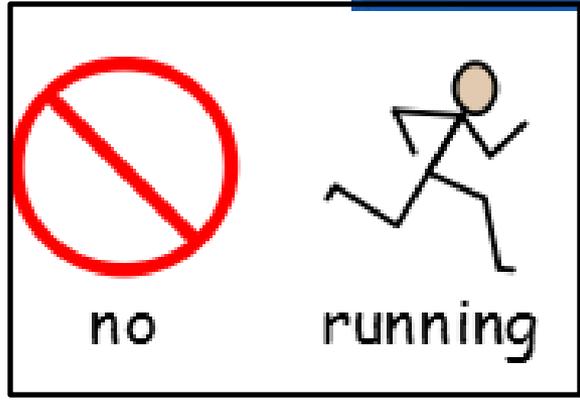
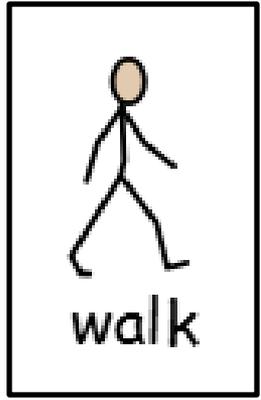
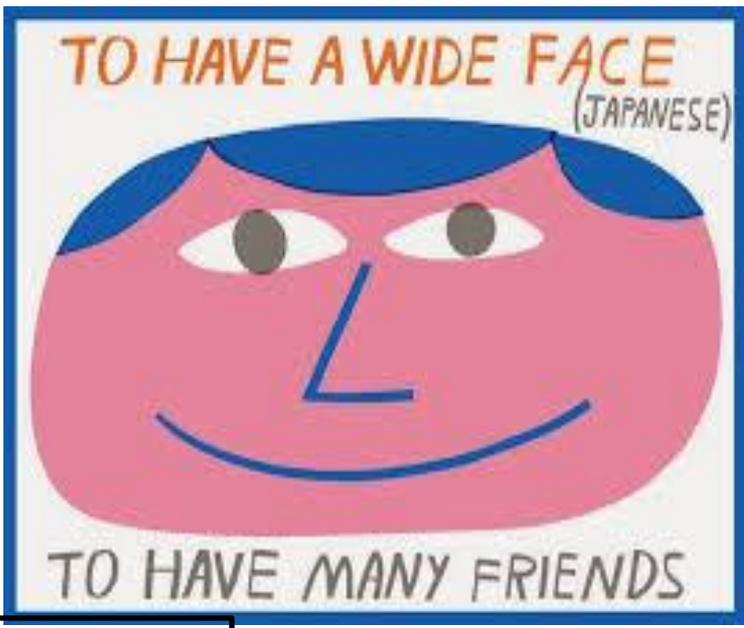


Social  
Communication

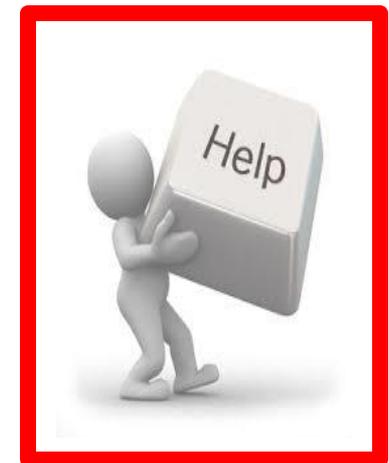
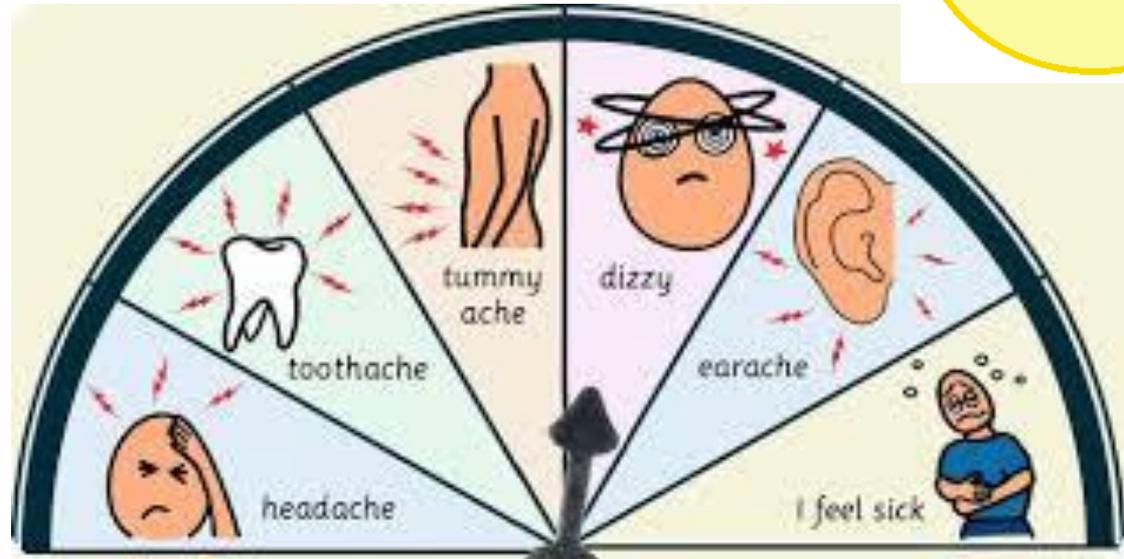


Language

Rory



# Visuals



# Social interaction

- Interaction can cause anxiety
- Not receptive to new people, places or situations
- Turn taking
- Difficulty with emotions and empathy
- Not responding when addressed in a group
- Underlying anxiety and coping mechanisms
- [Theory of mind](#)





**Social Interaction**

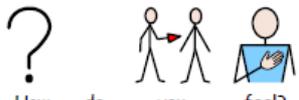
**Emotions**



 exp	 outburst	
 cross	 over excited	
 wor	 excited	
 exc	 happy	
 calm	 calm	 relaxed

**CHECK IN**

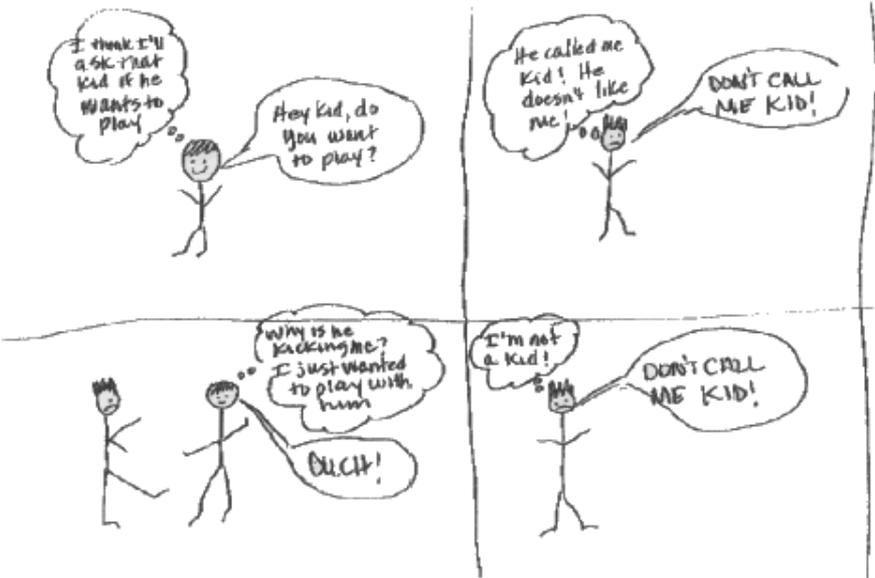
5	
4	
3	
2	
1	

 I feel	
 Happy	 Sad
 Angry	 Upset
 Tired	 Excited
 Confused	 Frustrated
 How do you feel?	

Social Interaction

Social Stories and Comic Strip Conversations

Comic Strip Conversation: Example



Tom called me kid because he didn't know my name, but wanted to play with me. The next time Tom or someone calls me "kid," I'll tell them my name and that I don't like to be called "kid." I'll apologize to Tom and tell him my name is A.S. I will also tell him I don't like being called "kid," and please don't call me that again.



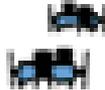
It is Christmas time. Christmas time is fun



for most people. There are lots of Christmas



decorations everywhere: at school, at the stores,



at the restaurants and \_\_\_\_\_

Many



people feel excited because at Christmas there are

Social Interaction

Basic communication



Social Interaction

# Basic communication



( \_\_\_\_\_ ) question board Insert child photo

( \_\_\_\_\_ ) will answer my question three times.

1	2	3
---	---	---

Now I need to think of a new question.

I earn stickers when I:

1. Clean up my toys
2. Ask for things using nice words
3. Play with my dog using gentle hands

20 stickers = I get to play Angry Birds for 10 minutes!

MamaOT.com

# The Sensory System

**Visual**  
(sight)



**Olfactory**  
(smell)



**Gustatory**  
(taste)



**Vestibular**  
(balance)



**Auditory**  
(hearing)



**Tactile**  
(touch)



**Proprioception**  
(body awareness)



# The Vestibular Sense

Sensory



# The Proprioceptive Sense

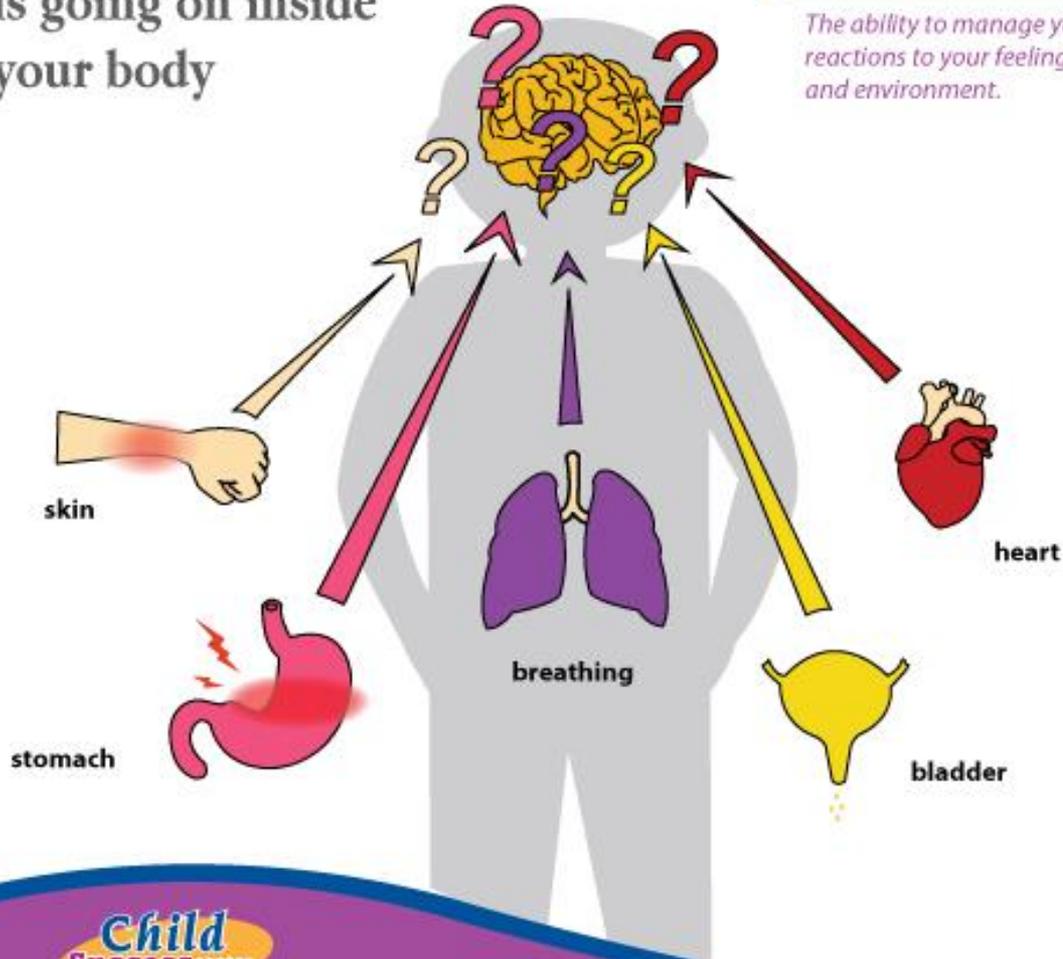
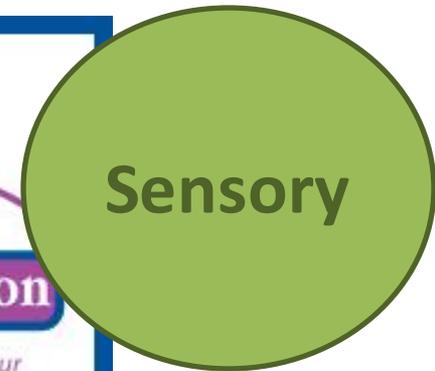


# INTEROCEPTION

*the 8th SENSE* that helps you *feel* what is going on inside your body

# Self-regulation

*The ability to manage your reactions to your feelings and environment.*



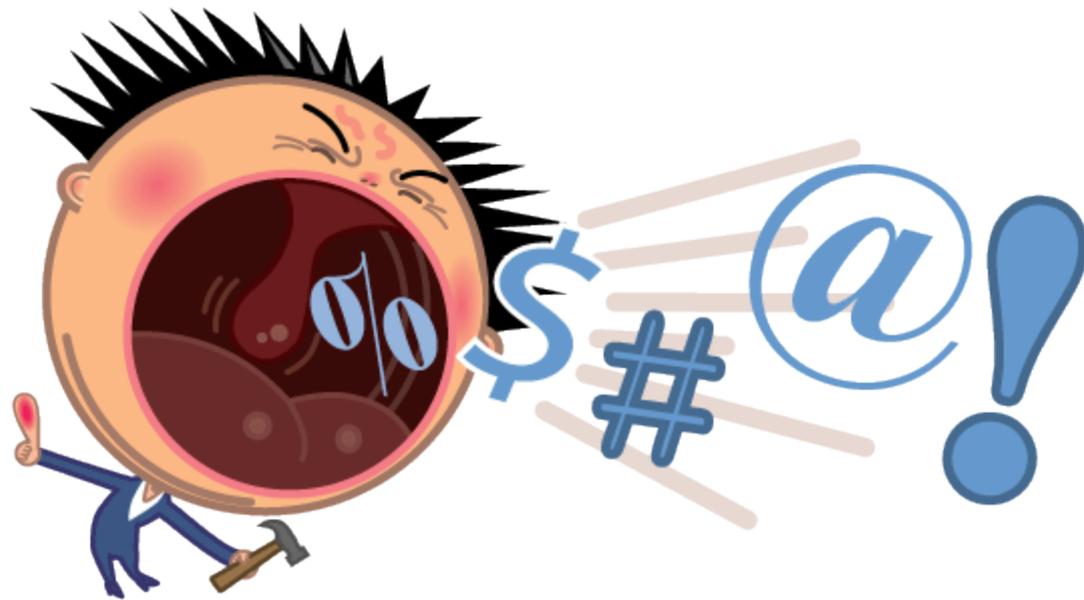
# Anxiety

Behaviour spirals

The crisis curve



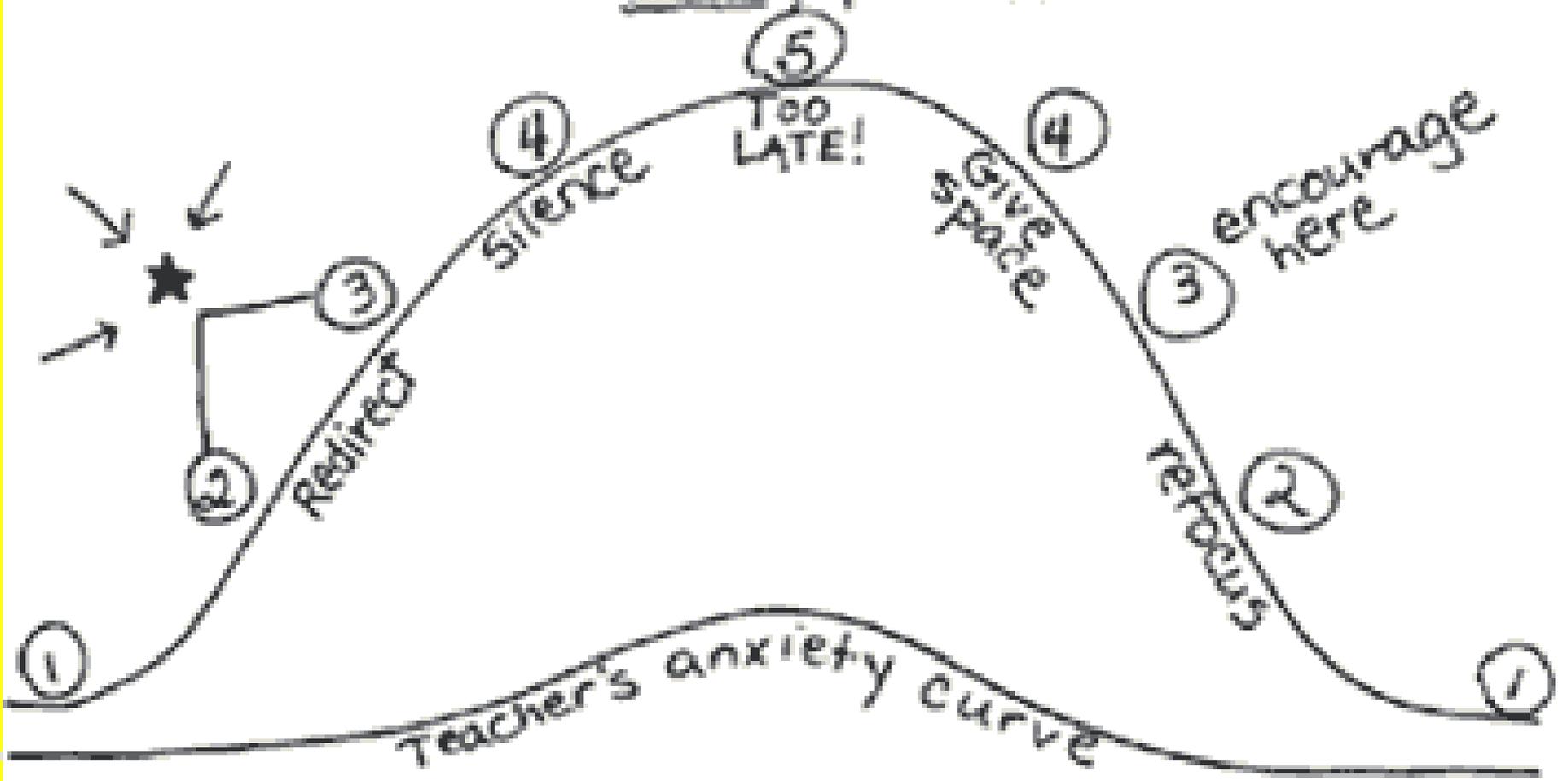
Challenging behaviour in children with Autism is almost always functional rather than deliberately malicious.



**Behaviour is communication**



Bite, hit, explode  
silently protect



Buron + Curtis  
Anxiety Curve Model

# Avoiding a downwards spiral

Refusal can  
become routine

Adult fear of a  
bad outcome  
leads to less  
challenge



Negative  
behaviour from  
your child leads  
to a negative  
response from  
you



# Planning for an upward spiral

Break negative routines

Use interests and strengths to build confidence

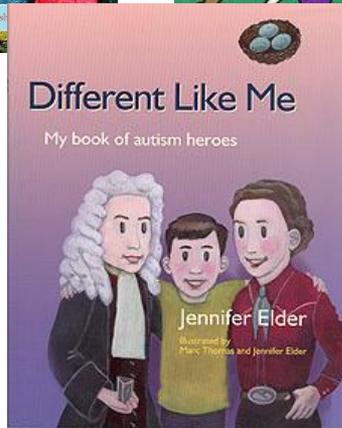
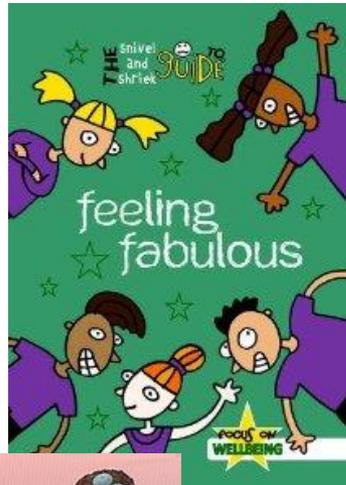
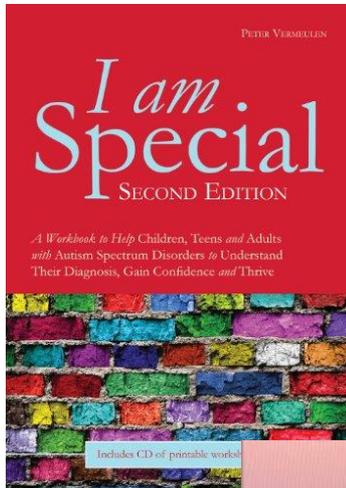


Find reasons to be positive

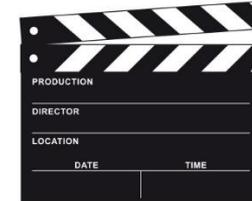


Be positive: use humour and encouragement if appropriate

# Learning about life with autism



Autism is  
awesome



Online resource from the  
Autism Education Trust

There are lots of resources  
available from Jessica Kingsley  
Publishers

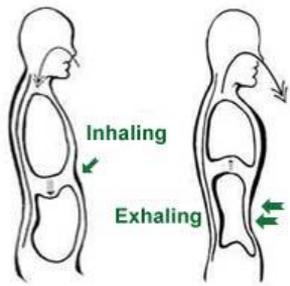
# Teach relaxation



Meditation



Yoga



Breathing exercises



Mindfulness



Aromatherapy