

BASIC SOCIAL SKILLS GROUP CURRICULUM
FOR HIGH SCHOOL STUDENTS ON THE AUTISM SPECTRUM
 By: Holland Adinoff and Kelly Pucko

Adapted from:
Navigating the Social World: A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism, and Related Disorders
 By: Jeanette McAfee

Purpose: By engaging in group and individual activities, students will learn about social skills and build relationships with group members.

GROUP	GOAL	ACTIVITIES
1	SWBAT: understand and follow group norms and build relationships with group members	Introduction Group Norms 2 Truths and a Lie
2	SWBAT: follow group norms and build relationships with group members	Recap group norms Can you guess who?
3	SWBAT: ask other group members about themselves and build relationships with group members	Find someone who... Bingo
4	SWBAT: make a healthy snack and build relationships with other group members	Make healthy trail mix

Permission Slip



Quincy Public Schools

Where excellence is the tradition

Dr. Richard DeCristofaro, **Superintendent**

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9/26/13

Dear parent/guardian,

_____ has been invited to participate in a group offered through the Guidance Department. We will be discussing such issues as academic success, peer relations, and stress reduction. The meeting times will rotate so that students do not miss much class time.

If your child is interested in participating in this group please sign below to indicate your consent and have your child sign as well and return the bottom portion to Mr. Joseph or Mrs. Buckley by October 4th. Feel free to call with questions or concerns.

Sincerely,

Helena Skinner and Kelly Pucko

617-984-8985 617-376-1545

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I, the Parent/Guardian of _____, give my permission for him to participate in the group at NQHS. I understand that the group will be led by school counselors and/or school counseling interns.

Parent/Guardian Signature

Student Signature

The Quincy Public Schools does not discriminate on the basis of race, color, sex, sexual orientation, religion, national origin, or handicap, in its educational activities or employment practices.

Group 1

I. Introduction to Group and Facilitators

II. Opening Relaxation Activity

- a. Walking Meditation (10 min)

III. Group Norms

- a. There are rules posted at the back of the room- go over these with group and reiterate that those rules apply while we are running group as well
- b. Write rules on the board that are not listed in back of room (confidentiality and harm to self or others)

IV. Ice Breakers

- a. 2 truths and a lie

V. How am I feeling today?

VI. Closing Relaxation Activity

- a. Mindful Check-in (3 min)

Group 2

VII. Opening Relaxation Activity

- a. Sitting Meditation (15 min)

VIII. Ice Breaker

- a. Can you guess who? (write 5 things about yourself & group will guess)

IX. Closing Relaxation Activity

- a. Mindful Breathing (5 min)

Group 3

X. Opening Relaxation Activity

- a. Mindful Breathing (5 min)

XI. Activity

- a. Find Someone Who... Bingo
 - i. Facilitators “model” how to ask another student about the facts on the sheet

XII. Closing Relaxation Activity

- a. Group Leader Facilitated Deep Breathing (5 min)
- b. Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- c. Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- d. Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- e. Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.
- f. If you find it difficult breathing from your abdomen while sitting up, try lying on the floor. Put a small book on your stomach, and try to breathe so that the book rises as you inhale and falls as you exhale.

Find Someone Who...

Find someone who Has seen the Pacific Ocean (West Coast)	Find someone who Knows how to use deep breathing to relax	Find someone who Can speak another language besides English	Find someone who Plays an instrument
Find someone who Knows how to do laundry	Find someone who Knows how to count money and pay for things	Find someone who Has camped outside in a tent	Find someone who Knows how to brush their teeth
Find someone who Knows how to safely cross the street	Find someone who Knows how to tie their shoes	Find someone who Makes their bed every morning	Find someone who Can make their own school lunch

Group 4

XIII. Opening Relaxation Activity

- a. Deep Breath

XIV. Activity

- a. Making our own snack: Trail Mix
- b. Step by step directions for making the snack
 - i. Set up tables?
 - ii. Wash your hands
 - iii. Get a Ziploc bag
 - iv. Take a small amount of each type of food
 1. Raisins
 2. Chocolate chips
 3. Chex
 4. Cheerios
 5. M&Ms
 6. Pretzels
 - v. Zip your bag, shake, & enjoy!

XV. Closing Relaxation Activity