



SOCIAL THINKING

Part 4 - Session 10

Theme: Perspective Taking


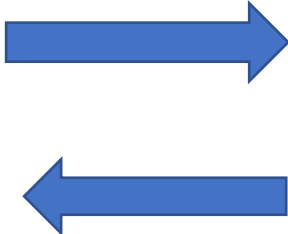

I Can Change How You Feel!


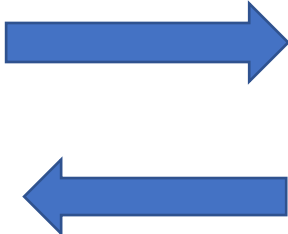

Aims:


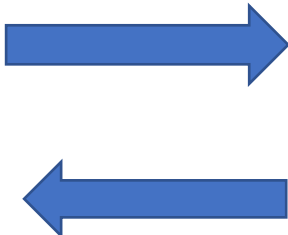

- For students to be able to make smart guesses to infer an emotion from a behaviour.
- For the students to understand the different behaviours that impact upon the feelings of others.
- For students to understand that their own behaviour can change the feelings of others. (Teacher prompt – "You helped to change how I feel.")

Activity	Procedure	Equipment
Revise 'Smart Guesses' & information used Introduce the idea that an individual can change other people's emotions	Revise 'smart guesses' – think about the different information we use to make inferences about how others feel – what they say, body language, facial expression, eye contact, their intention and the context. Highlight how others are also thinking about you and what your intention might be. "You can change how I feel." (Introduce prompt card)	Smart Guess prompt "I can change how you feel." (Prompt card)
How could you change someone's feelings?	Choose a Social Scenario picture. Imagine you are one of the characters. Think about how you and the other person/people are feeling. What could you do to change how the other person/people feel? What did you do to make the other person/people feel different? Think about the information you use to make a smart guess – remind the students that people are making smart guesses about you too!	Social Scenarios cards (this could be any scene – from a TV programme, You Tube, the internet, a photo) Questions Smart Guess prompt

Teacher Notes – I have provided a completed example with a social scenario. You may want to choose other social scenarios from the internet. Use the set questions to answer questions about the social situation.

I can change how you feel.		
		

I can change how you feel.		
		

I can change how you feel.		
		

EXAMPLE FOR TEACHING STAFF – Mum & son – boy has scribbled on wall.

Pretend to be one of the characters. What are you feeling?

Boy that has scribbled on the wall. Sorry for my actions.

What is the other person/people feeling?

Mum - Angry and disappointed.

What could you do to change how the other person/people feel?

Son - Say sorry and offer to wash my scribble off the wall.

How does the other person feel after you have carried out the above behaviour?

Mum feels less angry as her son is taking responsibility for his actions.

Think about the information you use to make a smart guess –remember people are making smart guesses about you too!

Pretend to be one of the characters. What are you feeling?

What is the other person/people feeling?

What could you do to change how the other person/people feel?

How does the other person feel after you have carried out the above behaviour?

Think about the information you use to make a smart guess –remember people are making smart guesses about you too!