

## SOCIAL THINKING

### Part 10 - Session 40

**Theme: Perspective Taking**

The Boring Moment 5

**Aims:**

- For students to understand the term, 'The Boring Moment'.
- For students to know that 'The Boring Moment' is part of everyone's day, every day!
- For students to be able to recognise when they are experiencing 'The Boring Moment'.
- For students to be able to recognise what they do (their behaviour) during 'The Boring Moment'.
- For students to know what they should (ideally) do during 'The Boring Moment' (be a good 'Social Fake').
- For students to be able to take on the role of the 'Social Fake' during 'The Boring Moment'.

Activity	Procedure	Equipment
A 'Boring Moment' – Are you a good 'Social Fake'?	<p>Return to the idea of the 'Social Fake'. Explain to the students that you are going to talk about something for 5 minutes. The students must try to get through this 'Boring Moment' and present as the best 'Social Fake' that they can (as in a previous ST session).</p> <p>Remind them of behaviours that they can use to show that they are interested such as looking your way, smiling, nodding, maybe even asking questions.</p> <p>Afterwards pick out the best 'Social Fake' and say why they were so good at looking interested.</p> <p>Say how it made you feel and what you thought about them. Ask them to say how they felt inside.</p> <p>Emphasise how what we feel on the inside can be different to what we show in the outside.</p> <p>Ask the students to reflect on one thing that they can practice in school/at home when experiencing 'Boring Moments'. Possibly refer to their completed 'Boring Moments' worksheets to support this process.</p>	Completed 'Boring Moments' sheets.