



## **SOCIAL NAVIGATORS**

### **PROGRAM DESCRIPTION (AGES 13-19) GROUPED APPROPRIATELY BY AGE:**

A teen program focused on understanding how to navigate the social world, taking personal responsibility for executing daily tasks and for self-managing emotions. In small group sessions, participants learn successful strategies that develop social-emotional awareness, social observation skills and executive functioning. Using Social Thinking™ and related curriculum, Program Facilitators teach participants how to use tools such as Social Behavior Mapping©, Zones of Regulation© and the 'Get Ready, Do Done' model, in order to engage with others socially and to increase independence. During interactive learning activities and follow up conversations, participants learn to visualize, organize, and build social competencies such as emotional maturity, heightened perspective taking and social problem solving.

### **PROGRAM SCHEDULE:**

Every Wednesday evening (4:30 PM to 6:00 PM) or (6:30 PM to 8:00 PM)

### **PROGRAM FEES:**

\$175 per module (4 weeks per module)

### **START DATE:**

September 7, 2021

### **CURRICULAR RESOURCES:**

Michelle Garcia Winner and Pamela Crooke - *Social Fortune or Social Fate: A Social Thinking Graphic Novel Map for Social Quest Seekers*© 2011 Think Social Publishing Inc. [www.Socialthinking.com](http://www.Socialthinking.com)

Sarah Ward – *Get Ready Do, Done, 360 Thinking™ Cognitive Connections, LLP* | [www.efpractice.com](http://www.efpractice.com) © Copyright, Kristen Jacobsen, M.S., CCC/SLP & Sarah Ward, M.S., CCC/SLP.

Leah Kuypers - *The Zones of Regulation®: A Curriculum Designed to Foster Self-Regulation and Emotional Control* (2011, Social Thinking Publishing) is a curriculum comprised of lessons and activities designed by Leah Kuypers, M.A. Ed., OTR/L

Disclaimer: Social Thinking® is a term coined by Michelle Garcia Winner, CCC-SLP and represents a flexible, systems-based teaching methodology consisting of curricula, vocabulary, teaching tools, and strategies for individuals aged preschool through adulthood. This program, including its teacher or leader, is not affiliated with, nor has it been reviewed, approved, or endorsed by Michelle Garcia Winner and Think Social Publishing, Inc."

Learn more at [www.socialthinking.com](http://www.socialthinking.com)

**See Modules on Page 2**

MODULE	THEMES	ACTIVITIES
<b>Module 1</b> Social Fortune or Social Fate	<ul style="list-style-type: none"> <li>• Social Thinking Vocabulary</li> <li>• Understanding Hidden Rules</li> <li>• 4 Steps of Communication</li> <li>• 4 Steps of Perspective Taking</li> </ul>	<ul style="list-style-type: none"> <li>• Social Behavior Mapping©</li> <li>• Emotional Meters</li> <li>• Size of Problem</li> </ul>
<b>Module 2</b> Get Ready, Do, Done	<ul style="list-style-type: none"> <li>• What is Executive Functioning?</li> <li>• Why is it important for you? For others?</li> <li>• GRDD Model – at home, at work, with friends</li> </ul>	<ul style="list-style-type: none"> <li>• Visualizing/Mime It</li> <li>• Picture Collages on Phones</li> <li>• Take Home Binder</li> </ul>
<b>Module 3</b> Get into the Zone	<ul style="list-style-type: none"> <li>• Emotional Regulation Strategies for Home, School and Social situations</li> <li>• Owning your Emotions</li> <li>• Tracking Systems</li> </ul>	<ul style="list-style-type: none"> <li>• Zones of Regulation© for Teens</li> <li>• 5-Point Scale</li> <li>• Apps and Digital Self Control Options for Support</li> </ul>
<b>Module 4</b> Social Quest Seekers	<ul style="list-style-type: none"> <li>• Understanding Social Communication</li> <li>• Friends vs. Enemies 101</li> <li>• Spirals of Success and Failure</li> </ul>	<ul style="list-style-type: none"> <li>• Social Thinking® Thinksheets</li> <li>• Friendship Peer-a-Mid</li> <li>• Peer Problem Solving</li> <li>• Inner Coach or Critic</li> </ul>
<b>Module 5 - Curriculum Review and Learning Reflection Project</b>		

\*Please note, Module content and/or order of delivery date is subject to change based on curricular revisions to accommodate student profiles and continuity of learning trends. Please check your monthly program news for updates.