

Autism Spectrum Disorders

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Social Thinking Thinksheets: 10 Key points for teens and adults to consider and discuss.

Almost all people need social validation, which means they need others to recognize and acknowledge their existence.

1. Almost all people want to feel included, meaning they have at least one other person to relate to and/or a small group and/or a community to whom they belong. This community can be a community of family, friends, an event, organization and/or a work situation. Some communities are long-standing and others are transient in nature, but at the time they exist they are important.
2. Most people recognize that others around them are having some type of thought about the persons, events or surroundings, even if no one is talking.
3. Most people don't often say exactly what they mean. They suggest what they mean, but often leave their thoughts open to interpretation. For example,

if you wanted a person standing near you to sit down you might say, "would you like to sit here?" rather than saying "I wish/want you to sit here!"

4. Most people don't really show exactly what they think and feel about others during interactions. People often disguise their more negative (or even very positive) thoughts and feelings about their communicative partners, in order to maintain neutral to fairly positive interactions.
5. Almost all people WILL tell someone else when they are upset by another person's behavior.
6. Most people try to read other people's intentions in order to figure out what they really meant by what they did or said.
7. Almost all people will monitor how they are being perceived and adapt their behavior to try and match the perception they want others to have.

8. Almost all people are more likely to develop better friendships or alliances by "bitching" together (this is actually has a research base).
9. All people have to apologize - at times. It is not uncommon that others misinterpret our actions or words.
10. Why do we care how others think and feel about us? Because it impacts how we think and feel not only about ourselves, but the community where we want to be included.

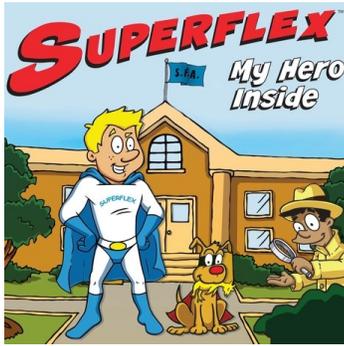
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- **Perspective taking** is "an understanding of other people's mental states" (their thoughts, feelings, desires, motivations, intentions).
- **Social thinking** is what individuals do when interacting with other people: namely, they think about them. Most people take **social thinking** for granted, as it is generally an intuitive process that considers the points of view, emotions, and intentions of others.

Superflex Music



Social Thinking.com

"We're very proud to release this super-fantastic music CD and the 13 songs that support our children's social emotional learning as taught through our Superflex curriculum. Each song is an upbeat combination of music and lyrics that can help kids learn more about the sneaky Unthinkables that may be invading their brain and causing them to do or say things that make others uncomfortable. By calling on our Superflex hero inside and using our superflexible thinking powers, we can learn to better problem solve and self-monitor our social skills to help keep others (and ourselves) feeling comfortable being together. Music and lyrics based on the original Superflex curriculum book created by Stephanie Madrigal and Michelle Garcia Winner "The Superflex music is available now on iTunes, Amazon and Google play. The CD will be available on our website end of October.

Excerpt from "Social Detective" song:

Our Social Detective inside of you
and me
Helps our brains to think and our
eyes to see,
Helps our ears to hear what others
say
And what they mean when they say
it that way.
With our toolbox of tools
We can make a smart guess,
Our eyes, ears, and brain say "Yes,
yes, yes!"
Now we know what to do
Stop, look, and listen,
'Cause you never know what you
might be missing

Children's Theatre Company - Sensory-Friendly Performances

AuSM is partnering with the Children's Theatre Company (CTC) in their offering of sensory-friendly programming to the Minnesota autism community. CTC is committed to increasing access and inclusion for children and families affected by autism and other sensory, social, and cognitive disabilities.

2015-2016 Sensory-Friendly Performances

[The Jungle Book](#) - Nov. 13, 2015 at 7 p.m.

[The Wizard of Oz](#) - Jan. 8, 2015

[The Snowy Day and Other Stories by Ezra Jack Keats](#) - March 18, 2016

[Diary of a Wimpy Kid the Musical](#) - June 2, 2016

In an effort to make sensory friendly performances more accessible for families who may not have the means to attend at the current single ticket rate, CTC offers group rates and the ACT Pass program.

To order tickets, call the CTC box office at 612.874.0400, or order online at www.childrenstheatre.org and select the sensory-friendly performance date of your choice.

CTC is committed to increasing access and inclusion for our community's children and families affected by Autism Spectrum Disorders and other sensory, social, and cognitive disabilities.

To provide a supportive and welcoming environment for children and families, dedicated Sensory Friendly performances include:

- Reduction of loud or jarring sounds
- Reductions in flashing or strobe lights
- Modification of the house lights during the performance

- Accommodated house rules: audience members are free to talk or move during the show
- Extra staff and volunteer support.
- Designated "Quiet Room" and "Take a Break Space"
- Guidance and sensory supports (fidgets, earplugs, noise cancelling ear-muffs) available in the lobby before the show.

Audience members are welcome to bring their own manipulatives, seat cushions, comfort objects, and extra support items to the show. Families may select their own seats, but if special assistance or a buffer seat is needed, please call 612.874.0400.

ASD License Reminders

Those of you who have been approved for eligibility for the ASD license have one more step to do (many of you have already taken care of this). Please fill out the paperwork and pay the fee to the Minnesota Department of Education. They, in turn, will send you the official copy of your license.

Once you have received that license, be sure to get a copy of it to the person in your district who is responsible for keeping track of teacher licenses.



Toys “R” Us is excited to partner with AuSM to host special community shopping events Nov. 8 and 15! The Minnesota autism community will have the opportunity to shop for holiday gifts in a more leisurely manner before store hours, where store employees will give more focused attention and guidance to finding the perfect holiday gifts.

Sunday, Nov. 8, 2015 7-9 a.m.
Sunday, Nov. 15, 2015 7-9 a.m.

The shopping events will include: raffles for “hot toys”; Geoffrey Giraffe appearances with photo opportunities; refreshments; toy demonstrations; stations for the kids to try out the latest sensory toys; a LEGO station for the kids to build and play; and holding of limited hot product for participants.

Shopping events will occur at the following locations: **Blaine** (170 89th Ave. N.E., 763.784.6255); **Burnsville** (14041 Aldrich Ave., 952.890.8697); **Maple Grove** (12750 Elm Creek Blvd. N., 763.494.5747); **Maplewood** (1852 E. County Rd. D, 651.770.2918); and **Rochester** (808 Apache Ln., 507.286.9291).

ASD Cohort



The Goodhue County Education District ASD Cohort will meet 3 more times during the 2015-2016 school year. The

dates are:

December 1, 2015 - February 23, 2016 - and May 3, 2016.

We will gather at River Bluff Education Center. Our meeting time will be from 12 - 3, though the starting time is flexible as teachers have differing times that they can leave their classrooms, as well as some have extended driving times.

Feel free to bring your lunch.

In December, Rene Arendt will come to chat with the group about county services available to families when their child has a medical diagnosis. Katie Bystrom will also come to answer our questions about mandated reporting.

As always, please let me know if there is any way that I can support you.

Lynne Petersen

Upcoming Events



November 5-6 ~ State ASD Community of Practice meeting

January 28 & 29, 2016 ~ Effective Interventions and Strategies for Improving Behavior, Social Skills and Executive Function Skills in Children/ Students who display deficits in this area.

February 8—Solve Your Written Language Instructional Problems—Register on the Region10Projects website.

April 27 – 30, 2016 ~ Autism Society of MN annual conference

June 20—22, 2016 ~ Summer Symposium