Social Skills in the Day of Social Distancing

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Housekeeping

- For educational and quality control, we will be recording this zoom session.
- By participating, you are consenting to being recorded.
- Before this session is shared, we will edit to remove identifying information to protect your privacy.
- The Q&A section will be removed and only be shared as an anonymous transcript.
- To ask a question, please type it in the chat box.
when you're social distancing but live with humans

@inspiredvegan_
SOCIAL SKILLS AFFECT NEARLY EVERY ASPECT OF YOUR LIFE

- SCHOOL
- LOVE LIFE
- GROUPS & CLUBS
- SPORTS & TEAMS
- HOME
- FRIENDS
- WORK
- MEETING PEOPLE
Skills to Teach

- How to be appropriate in virtual learning environments
- New social routines (greetings, turn-taking, virtual savay)
- Communicating with peers and classmates at a distance
- Navigating relationships with loved ones (family, gf/bf)
- Job skills, interviews, internships at a distance
- Communicating thoughts and feelings to others during this time
Unless you are fidgeting, or need to go to the bathroom, etc.

Unless you need a movement break -- ask your teacher first! Locate your sensory box!
Encourage Connection

Encourage regular connections with others by:

● Video Chat (s) with peers/family
● Texting
● Online games
● Virtual playdates, birthday parties, study groups
● Virtual Social Hour
● Modeling/Video Modeling
● Movies
● Connections through special interests
● “Real Time” Examples/Discussions
● Discussion groups with peers
Perspective Taking
Relationships
Knowing the different expectations
Takeaways

• Social interaction shouldn’t stop- it’s just going to look different
• Practice using real-time examples
• The eyes can tell more than the mouth
• Remember virtual ettiquite
• Make it fun!
## Upcoming Topics

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<tr>
<th>Date</th>
<th>Topic</th>
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<td>8/27/2020</td>
<td>When the puzzle starts to fall apart, picking up the pieces during a pandemic.</td>
<td>Staci Young</td>
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For questions or more information

Please visit:

www.vcuautismcenter.org

Or

e-mail: autismcenter@vcu.edu