

Social Skills in the Day of Social Distancing

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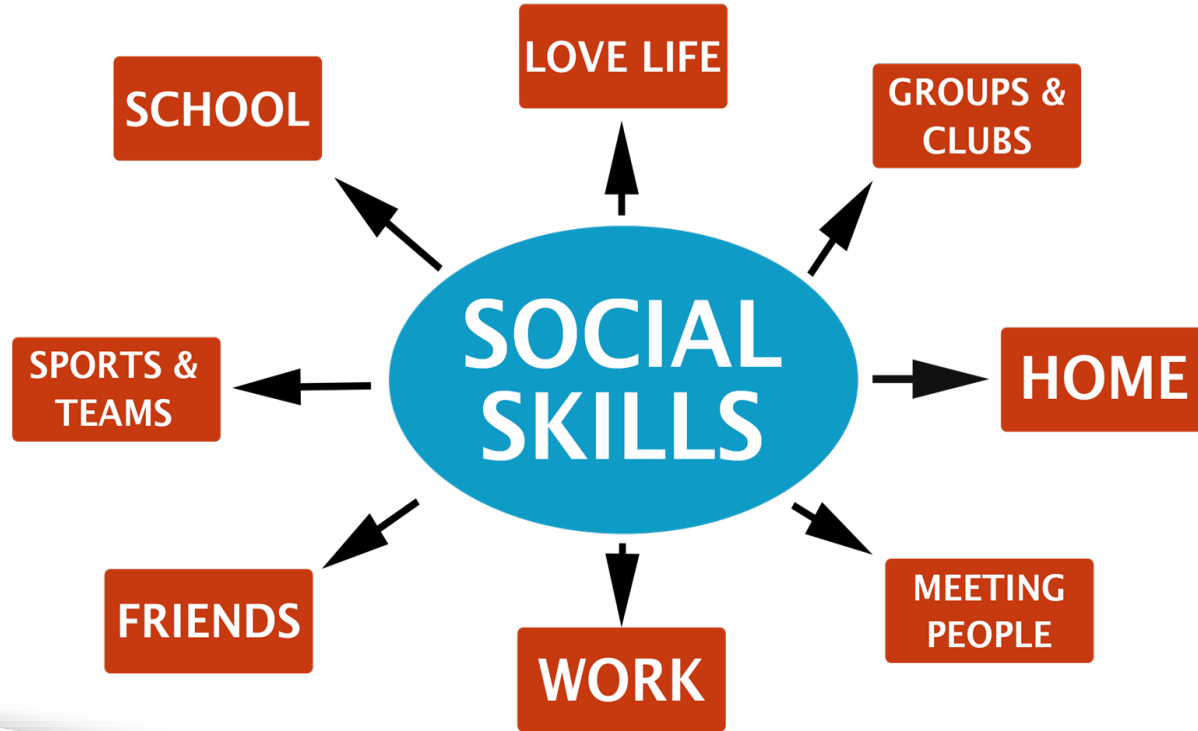
Housekeeping

- 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

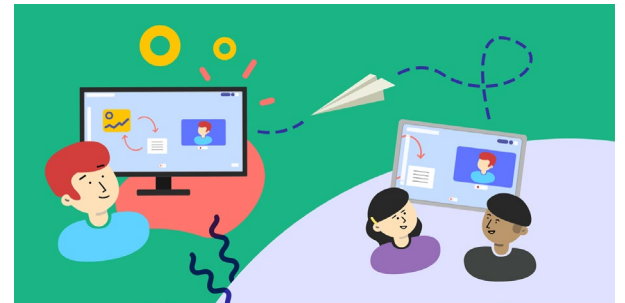


SOCIAL SKILLS AFFECT NEARLY EVERY ASPECT OF YOUR LIFE



Skills to Teach

- How to be appropriate in virtual learning environments
- New social routines (greetings, turn taking, virtual savvy)
- 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








Zoom Etiquette



Unless you are fidgeting, or need to go to the bathroom, etc.

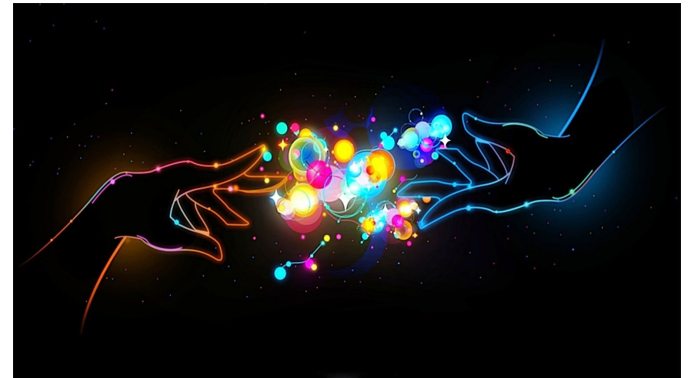
Mute yourself! 	Be on time! 	Turn on video! 
Come prepared! 	Sit still! 	Be respectful! 
Find a quiet place! 	Raise your hand to talk! 	No eating! 

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

Encourage Connection

Encourage regular connections with others by:

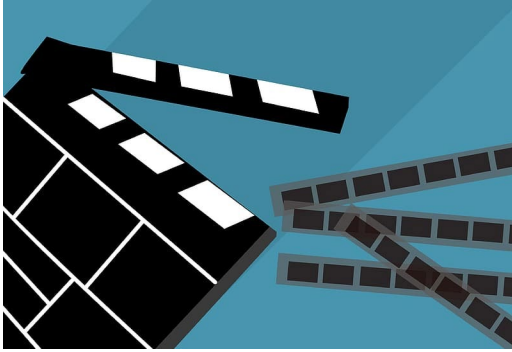
- Video Chat (s) with peers/family
- Texting
- Online games
- Virtual playdates, birthday parties, study groups
- Virtual Social Hour



- 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 etiquette
- Make it fun!

LiveChat



VIRGINIA DEPARTMENT OF
EDUCATION





Upcoming Topics

Date	Topic	Presenter
8/27/2020	When the puzzle starts to fall apart, picking up the pieces during a pandemic.	Staci Young

For questions or more information

Please visit:

www.vcuautismcenter.org

Or

e-mail: autismcenter@vcu.edu