

Junior/Senior High Resource Packet: List of Skills for Junior/Senior High Students with Autism Spectrum Disorders

This is an outline of several topics, which may need to be taught in social skills groups for students with ASD. Each topic area contains specific skills. This list of general topics and specific skills was generated by reviewing the IEPs of several students with ASD in the secondary schools of one school district. The list of topics and skills reflects the individual needs of specific students and does not reflect the needs of all students with ASD. *This is not a comprehensive list of recommended skills for programming for all students with ASD.* However, it does contain many of the general skills that may be areas of deficit for students with ASD.

Listed after each skill are books that contain activities or information about teaching the skills. The books and resources contain a variety of methods such as lesson plans, tips for teaching, role play ideas, activities to practice skills, etc. The Bibliography contains the names of the books and materials listed in the Resource Packet as well as author and year published.

Topics:

Communication Skills, p.66

- Conversation skills
- Nonverbal cues
- Taking the perspective of others
- Following verbal directions
- Being a good listener

Social Skills, p.69

- How to handle being teased / bullied
- How to avoid being a bully
- Recognize emotions of others
- Develop and maintain friendships
- Apologizing and accepting apologies

Social Skills (cont'd)

- Working with others in a small group
- Self-advocacy
- Asking for help
- Express emotions and opinions
- Handling changes
- Accepting "no" and accepting consequences

Problem solving/conflict resolution, p.75

- Relaxation/calming skills
- Problem solving/conflict resolution
- Handle frustration/self control
- Anger management

Communication Skills	
Skills	Resources
Conversation Skills	
	<i>How Rude! The Teenagers Guide to Good Manner, Proper Behavior, and Not Grossing People Out</i>
Art Of Conversation	p. 325
Start, Listen, Corrections, Politeness, Ending, Honesty	p. 345 - 370
	<i>Comic Strip Conversations</i>
Visual Strategies for Conversation Skills	p. 1 through Appendix C
	<i>Asperger Syndrome- Practical Strategies for the Classroom</i>
Interrupting	p. 14
Obsessive Topics	p. 25
	<i>Inside Out: What Makes a Person With Social Cognitive Deficits Tick?</i>
Abstract Language, Making Inferences, Conversations	p. 57 – 83
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Revealing Yourself To Others For Conversation	p. 65 - 74
Developing A Good Reputation, Misjudging Others	p. 117 - 124
Becoming A Good Conversationalist	p. 239
	<i>Thinking About YOU, Thinking About ME</i>
Skills For Getting To Know Another Person	p. 72
Examples Of Questions To Engage In Interaction	p. 99
	<i>Growing Good Kids</i>
Getting To Know Others	p. 42 - 47
	<i>Social Skills Lessons & Activities Grades 7 – 12</i>
Starting A Conversation	p. 9 – 15
	<i>What Do You Stand For? A Kid's Guide to Building Character</i>
Conversation, Public Speaking, Writing	p. 50 – 60
	<i>Navigating the Social World</i>
Basic Conversational Responses	p. 64 – 70
Greetings and Good-byes	p. 87 – 93
Initiating Conversations	p. 94 – 101
Conversational Manners	p. 116 – 137
Student Handouts For Above Skills	p. 274 – 280

Communication Skills	
Skills	Resources
Non-Verbal Cues	
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Nonverbal Communication	p. 18 - 25
Facial Expressions, Tone Of Voice, Body Language	p. 41 - 50
	<i>Navigating the Social World</i>
Recognizing / Interpreting Nonverbal Clues	p. 71 - 86
Recognizing And Using Tone Of Voice Clues	p. 109 – 115
	<i>How Rude! The Teenagers Guide To Good Manners, Proper Behavior, and Not Grossing People Out</i>
Expression and Tone Of Voice	p. 354 - 356
	<i>Life Skills Activities for Secondary Students with Special Needs</i>
Body Language	p. 83
	<i>Problem Solving for Teens</i>
People Watching	p. 25 - 26
Watch For Signals	p. 148
	<i>Life Centered Career Education: Competency Units for Personal-Social Skills, Volume 2</i>
Recognize and Respond To Nonverbal Communication	p. 621- 625
Listening, Attention	p.50 - 56
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Listening	p. 2 - 9
	<i>Social Skills Lessons & Activities Grades 7 – 12</i>
Being A Good Listener	p. 1 – 8
	<i>Life Centered Career Education: Competency Units for Personal – Social Skills, Volume 2</i>
Listening, Responding, Nonverbals	p. 609 – 648
Taking the Perspective of Others	
	<i>Life Skill Activities for Secondary Students with Special Needs</i>
Being Sensitive To Others	p. 25 - 26
Situational Considerations	p. 85 - 87
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Points Of View, Changing Your Opinion, Disagreement	p. 10 - 17
Assessing Situations Differently, Appropriate Reactions	p. 33 - 40

Communication Skills	
Skills	Resources
Making A Good Impression	p. 51 - 57
	<i>Inside Out: What Makes a Person With Social Cognitive Deficits Tick?</i>
Making Impressions, Perspectives	p. 84 – 127
	<i>Thinking About YOU, Thinking About ME</i>
Enhancing Interactive Perspective Taking	p. 21- 70
	<i>Life Centered Career Education: Competency Units for Personal – Social Skills, Volume 2</i>
Listening, Responding, Nonverbals	p. 609 – 648
	<i>Life Centered Career Education: Competency Units for Personal – Social Skills, Volume 1</i>
Reactions Of Others, How Others See You	p. 247 – 276
Following Verbal Directions	
	<i>Putting on the Brakes: Young People’s Guide to Understanding Attention Deficit Hyperactivity Disorder (ADHD)</i>
Following Directions	p. 48 - 49
	<i>Asperger Syndrome- Practical Strategies for the Classroom</i>
Not Responding To Directions, Understanding Language	p. 17- 19
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Following Directions On The Job	p. 207
	<i>Social Skills Lessons & Activities Grades 1 – 3</i>
Following Verbal Directions, Following Instructions For Safety	p. 41 – 45
Being A Good Listener	
	<i>Life Skill Activities for Secondary Students with Special Needs</i>
Being a Careful Listener	p. 76 – 77
	<i>Inside Out: What Makes a Person With Social Cognitive Deficits Tick?</i>
Listening, Attention	p.50 - 56
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
	p. 2 - 9
	<i>Social Skills Lessons & Activities Grades 7 – 12</i>
Being a Good Listener	p. 1 – 8
	<i>Life Centered Career Education: Competency Units for Personal – Social Skills, Vol. 2</i>
Listening, Responding, Non-verbals	p. 609 – 648

Social Skills	
Skills	Resources
How to Handle Being Teased/Bullied	
	<i>Positively Learning To Manage Negative Emotions</i>
Hey Guys – Look At Me!	p. 49 – 59
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Social Skills At School	p. 188
Intimidation From Other Students	Worksheet 23
Feeling Like A Misfit	Worksheet 24
Social Skills Applied With Peers	p. 229 – 230
Feeling Outcast	Worksheet 52
Dealing With Hatred, Prejudice, Belittlement	Worksheet 53
	<i>What Do You Stand For? A Kids' Guide to Building Character</i>
Bravery, Boldness, Daring, Confidence, Resolve	p. 71 – 78
Respect	p. 216 – 224
How to Avoid Being A Bully	
	<i>How Rude! The Teenager's Guide To Good Manners, Proper Behavior, and Not Grossing People Out</i>
Bullies, Bigotry, And Bad Behavior	p. 204 – 213
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Social Skills Applied With Peers	p. 222 – 223
Respecting Others As Individuals	Worksheet 46
	<i>What Do You Stand For? A Kids' Guide to Building Character</i>
Empathy	p.79 – 83
Recognize Emotions of Others	
	<i>Helping the Child Who Doesn't Fit In</i>
The Four Stages Of Re-mediation	p. 149 – 152
	<i>Positively Learning to Manage Emotions</i>
Feelings	p. 1 – 5
	<i>Social Skills Lessons & Activities Grades 1 – 3</i>
Understanding Each Person's Uniqueness	p. 206 – 210
	<i>Social Skills Lessons & Activities Grades 1 – 3</i>
Recognizing Individual Differences	p. 211 – 214

Social Skills	
Skills	Resources
	<i>Life Centered Career Education: Competency Units for Personal – Social Skills, Volume 1</i>
Identify Common Emotions: Fear, Love, Hate, Sadness	p. 99 – 102
	<i>Life Skill Activities for Secondary Students with Special Needs</i>
Body Language	p. 83 – 84
Develop and Maintain Friendships	
	<i>How Rude! A Teenagers Guide to Good Manners, Proper Behavior and not Grossing People Out</i>
Etiquette Of Friends	p. 223 – 226
The Etiquette Of Friends, Making New Friends	p. 242 – 259
	<i>Life Skills Activities for Secondary Students with Special Needs</i>
Spotlight On Others	p. 9 – 10
Encouraging Words	p. 11 – 12
Acts Of Kindness	p. 13 – 15
Working In A Group	p. 16 – 17
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Serving Others	p. 22 – 24
Being Sensitive To Others	p. 25 – 26
Being Friendly	p. 27 – 29
Helping Others	p. 30 – 32
My Peer Group	p. 33 – 34
Making Friends	p. 37 – 38
Qualities Of A Good Friend	p. 39 – 40
Changing Friendships	p. 41 – 43
Social Situations	p. 44 – 45
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Understanding Others Point Of View	p. 10 – 17
Making A Good Impression	p. 51 – 57
Revealing Yourself To Others	p. 65 – 74
Making Others Feel Comfortable	p. 82 – 88
Making And Keeping Friends	p. 89 – 95
Respecting Others And As Individuals	p. 224
Recognizing The Value Of Friendship	p. 225

Social Skills	
Skills	Resources
Developing Healthy Relationships With The Opposite Sex	p. 226
Taking Advantage Of Social Opportunities	p. 227
Influence	p. 228
Sense Of Humor, Easing Tension	p. 103 – 109
	<i>Aspergers Syndrome- Practical Strategies for the Classroom</i>
Joining And Making Friends, Coping With Groups	p. 9 – 11
Making Sense Of People	p. 12
When Friendships Fail	p. 13
Interrupting And Appearing Rude	p. 14 – 15
	<i>Life Centered Career Education: Competency Units for Personal Social Skills, Volume 2</i>
Qualities of Friends, What Is A Friend	p. 699 – 730
Apologizing and Accepting Apologies	
	<i>Life Skills Activities for Secondary Students with Special Needs</i>
Taking Responsibility	p. 459 – 461
	<i>Problem Solving for Teens</i>
Apologizing	p. 166 – 169
Working with Others in a Small Group	
	<i>Life Skills Activities for Secondary Students with Special Needs</i>
Working In A Group	p. 16 – 18
Working Toward A Common Goal	p. 19 – 21
Helping Others	p. 30 – 32
Being A Careful Listener	p. 76 – 77
	<i>Teaching Values – Reaching Kids</i>
Cooperation	p. 69 – 98
	<i>Growing Good Kids</i>
Working and Thinking Cooperatively to Design a Game	p. 144 – 150
	<i>Life Centered Career Education: Competency Units for Personal Social Skills, Vol. 2</i>
Listening, Taking Turns, Conversation Manners	p. 615 – 663
Self-Advocacy	
	<i>How Rude! The Teenager’s Guide to Good Manners, Proper Behavior, and Not Grossing People Out</i>
The Thirty Commandments Of Classroom Etiquette	p.192 – 193

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Skills	Resources
School Can Be Cruel	p. 200 – 204
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Advocacy	p. 326
	<i>Asperger Syndrome – Practical Strategies for the Classroom</i>
Disability Awareness	p. 39
Asking for Help	
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Asking For Help	p. 181, Worksheet 20
	<i>How Rude! The Teenager's Guide to Good Manners, Proper Behavior, and Not Grossing People Out</i>
Classroom and Teachers Situations	p. 194 – 200
	<i>Navigating the Social World</i>
Asking For Help	p. 169 – 172
Expressing Emotions and Opinions	
	<i>Social Skills Lessons and Activities Grades 7-12</i>
Expressing Your Feelings	p. 42 – 45
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Understanding Opinions, Expressing Your Opinions	p. 10 -17
Negotiating	p. 26 – 32
Standing Up For Your Beliefs	p. 96 – 102
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Expressing Emotions	p. 16 – 22
	<i>Helping The Child Who Doesn't Fit In</i>
Communicating Through Facial Expressions	p. 91 – 93
	<i>How Rude! The Teenagers Guide To Good Manners, Proper Behavior, and Not Grossing People Out</i>
Corrections And Contradictions	p. 352 – 353
	<i>Social Skills Lessons & Activities Grades 1 – 3</i>
Expressing Anger Appropriately	p. 109 – 111
Exploring Feelings	p. 143 – 147
	<i>Problem Solving for Teens</i>
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	<i>The Equip Implementation Guide</i>

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Expressing Care And Appreciation	p. 97 – 98
Dealing With Accusations	p. 99 – 100
	<i>Go For It!</i>
Positive Affirmations	p. 139 – 154
	<i>The Teenage Book of Manners... Please!</i>
Effective Introductions	p. 16 – 24
	<i>Social Skills Lessons & Activities Grades 1 – 3</i>
Giving Compliments	p. 187 – 195
	<i>Thinking About YOU, Thinking About ME</i>
Verbal and Nonverbal Behaviors	p. 112
	<i>Inside Out: What Makes A Person With Social Cognitive Deficits Tick?</i>
Understanding Perspective, Making Impressions	p. 91 – 98
Thinking About Friends	p. 113
	<i>Life Centered Career Education: Competency Units for Personal – Social Skills, Volume 2</i>
Praise or Flattery	p. 303 – 307
Analyzing And Solving A Problem	p. 158 – 161
Making A Good Decision	p. 186 – 189
	<i>Social Skills Lessons and Activities Grades 1-3</i>
Solving A Problem By Sharing	p. 94 – 96
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Applying Problem Solving Techniques	p. 103 – 105
Handling Changes	
	<i>Life Skills Activities for Secondary Students with Special Needs</i>
Coping With Surprises	p. 453 – 455
Adjusting To Change	p. 456 – 458
	<i>Social Skills Activities for Secondary Students with Special Needs</i>
Making Realistic Changes	p. 144 – 151
Handling Changes, Changing Your Mind, New Things	p. 152 – 160
	<i>Aspergers Syndrome – Practical Strategies for the Classroom</i>
Obsessive Topics, Insisting On Rules, Changes	p. 25 – 29

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	<i>Social Skills Lessons and Activities Grades 1-3</i>
Understanding The Need To Accept Change	p. 149 – 151
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	<i>Life Skills Activities for Secondary Students with Special Needs</i>
Getting Along With Authority	p. 193 – 195
	<i>Social Skills Lessons and Activities Grades 1-3</i>
Accepting and Recognizing Need for Disciplinary Actions	p. 1 – 8
Accepting Consequences	p. 75 – 84
Accepting Consequences for Accidents	p. 88 – 89
	<i>Life Centered Career Education: Competency Units for Personal-Social Skills, Volume 2</i>
Authority Figures	p. 477 – 484
Follow Directions, When To Disregard Directions	p. 485 – 500
	<i>The Equip Implementation Guide</i>
Consequences	p. 61 – 72

Problem Solving / Conflict Resolution	
Skills	Resources
Relaxation/Calming Skills	
	<i>Solving Behavior Problems in Autism</i>
Calming Techniques	p. 224 - 229
	<i>Navigating the Social World</i>
Self Monitoring Stress Levels, Relaxation Strategies, Stress Thermometer	p. 33 - 47
	<i>Stress Can Really Get On Your Nerves</i>
Relax in 10 Easy Steps	p. 76 - 77
	<i>Stress Can Really Get On Your Nerves</i>
Daily Ways to Keep Stress at Bay	p. 86 - 90
	<i>Life Centered Career Education: Competency Units for Personal – Social Skills, Volume 1</i>
Relieving Tension, Coping with Emotion	p. 127 - 129
	<i>The Incredible 5 Point Scale</i>
Understanding Levels of Stress / Anxiety / Fear	p. 40 – 47, 55 - 58
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	<i>Social Skills Lessons and Activities Grades 7 –12</i>
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Handle Frustration/Self-Control	
	<i>Autism- PDD: Creative Ideas During the School Years</i>
Setting Up the Classroom	p. 4
	<i>Go For It!</i>
C.P.S.T.: Creative Problem Solving Technique	p. 73 - 81
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Avoiding A Wrong Choice	p. 229 - 231
	<i>Inside Out: What Makes A Person With Social Cognitive Deficits Tick?</i>
Personal Problem Solving (The I LAUGH Approach)	p. 9 - 26
	<i>Thinking About YOU, Thinking About ME</i>
Social Behavior Mapping	p. 139 - 140
	<i>Inside Out: What Makes A Person With Social Cognitive Deficits Tick?</i>
Solving Problems: The "I LAUGH" Approach	p. 12 - 16
	<i>Life Skills Activities for Secondary Students with Special Needs</i>
Good Behavior	p. 190 - 192
Anger Management	
	<i>131 Creative Strategies for Reaching Children with Anger Problems</i>
Anger Management	Entire book
	<i>The Equip Implementation Guide</i>
Anger Management	p. 45 - 76
	<i>The Incredible 5 Point Scale</i>
Understanding and Controlling Anger	p. 48 – 54, 26 - 33