



STRATEGIES TO SUPPORT SOCIAL ENGAGEMENT



EMOTIONAL PROCESSING

**A SET OF SKILLS
THAT HELP CHILDREN
RECOGNIZE,
EXPRESS, AND
REGULATE THEIR
EMOTIONS, AS WELL
AS SHOW EMPATHY
FOR OTHERS’
EXPERIENCES.**



Emotional skills allow children to recognize how different situations make them feel and act on those feelings in prosocial ways. Autistic students often benefit from additional teaching and coaching about emotion skills, which can support building and maintaining healthy relationships with peers and adults.

The 3 emotional skills that are related to important outcomes for all students, including autistic students, include:

1

Emotion Knowledge & Expression

2

Emotion & Behavior Regulation

3

Empathy and Perspective-taking.

EMOTIONAL KNOWLEDGE

Ability to recognize, understand, and label emotions in self and others and express one's emotions in appropriate ways

EMOTIONAL REGULATION

Ability to use strategies to manage emotions and behaviors in socially appropriate ways.

EMPATHY & PERSPECTIVE

Ability to understand and respond to another person's emotions. This includes naming, validating, and acting based on others' experiences, feelings, or viewpoints.

examples

Isabel raises her hand and calmly tells her teacher that she feels frustrated after several unsuccessful attempts to log onto her computer.

Fatima begins "belly breathing" to calm herself down before she transitions to 4th period.

When hearing that a classmate's dog was sick, Daniel tells his classmate, "I bet you feel sad," and offers to sit with him to look at pictures of the dog.



strategies



MODEL LABELING YOUR OWN EMOTIONS THROUGHOUT THE DAY.

INTRODUCE MINDFUL MOMENTS TO YOUR CLASS.

PRACTICE PARAPHRASING WITH A PARTNER TO ESTABLISH GOOD ACTIVE LISTENING SKILLS.