



# Eye Contact

## Autism & ABA Therapy Social Skills

For more interactive activity, games and resources visit <https://www.autistichub.com/>

### Activity Title:

"Eyes on the Prize: A Fun Eye Contact Game"

### Objective:

To help the child understand the importance of eye contact and practice it in a fun, relaxed setting.

### Materials Needed:

- A colorful object or toy (something that can easily capture the child's attention)
- A timer (optional)
- A few small rewards or prizes (stickers, favorite snacks, etc.)

### Activity Setup:

Choose a Comfortable Environment:

- Select a quiet and comfortable space where the child feels at ease.
- Minimize distractions in the environment.

### Activity Steps:

#### Introduction to Eye Contact:

- Begin by explaining to the child in simple terms what eye contact is and why it's important. For example, "Looking at someone's eyes when we talk helps us understand each other better."

#### 'Eyes on the Prize' Game:

- Hold the colorful object near your eyes.
- Ask the child to look at the object as you move it slowly closer to your eyes, encouraging them to make eye contact.
- Use phrases like, "Can you see the color of my eyes?" or "Let's see how long we can look at each other's eyes."

#### Timed Eye Contact (Optional):

- Introduce a timer and challenge the child to maintain eye contact for a short, manageable duration (e.g., 5 seconds).
- Gradually increase the time as the child becomes more comfortable.

#### Reward System:

- Offer a small reward or praise each time the child successfully makes eye contact.
- This positive reinforcement can motivate the child to continue practicing.

#### Incorporate into Daily Routine:

- Encourage eye contact during daily activities and conversations, not just during the game.
- Provide gentle reminders and praise when the child remembers to make eye contact.

### **Skills Targeted:**

- Developing eye contact skills
- Enhancing social interaction and communication
- Building concentration and focus