



# Understanding Social Cues & Norms

## Autism & ABA Therapy Social Skills

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### Activity Title:

"Social Detective: Decoding Social Cues and Norms"

### Objective:

To enhance the child's ability to recognize and understand social cues and norms through observation and discussion.

### Materials Needed:

- Social Scenario Cards: Cards depicting various social situations with different social cues (e.g., a person frowning, someone waving).
- A "Social Norms" guide: A simple chart or list explaining common social norms and behaviors.
- A comfortable, quiet space for discussion.

### Activity Setup:

Prepare Social Scenario Cards:

- Create or select images that show people in various social interactions, clearly displaying different social cues.

Create a Social Norms Guide:

- Develop a simple guide that lists common social norms (e.g., maintaining personal space, appropriate greetings).

Choose a Distraction-Free Environment:

- Select a calm area where the child can focus on the discussion.

## **Activity Steps with Example:**

Introducing Social Cues and Norms:

- Explain social cues and norms in simple terms: “Social cues are little hints people give to show how they feel or what they expect, like a smile or a wave. Social norms are rules we follow when we are with others, like waiting our turn to speak.”

Exploring Social Scenario Cards:

- Show a Social Scenario Card.
- Example Scenario: A picture of a person standing with arms crossed and frowning.
- Discuss what social cue is being displayed: “What do you think this person is feeling?”

Discussing Social Norms:

- Refer to the Social Norms guide.
- Example Norm: “When someone looks like this, they might need some space. It’s good to ask if they are okay or if they need help.”

Role-Playing Responses:

- Act out how to respond appropriately to the social cue.
- Example Role-Play: Practice asking in a gentle voice, “Are you okay? Can I help with something?”

Feedback and Reinforcement:

- Provide feedback on the child’s understanding and responses.
- Reinforce the learning with praise: “You did a great job noticing how the person felt and asking kindly if they needed help.”

## **Skills Targeted:**

- Recognizing Social Cues: Identifying facial expressions, body language, and other non-verbal signals.
- Understanding Social Norms: Learning common rules and expectations in social interactions.
- Empathy and Appropriate Response: Developing empathetic responses to others’ emotions and behaviors.

- Verbal and Non-Verbal Communication Skills: Using language and body language effectively in social situations.