

What is SOCIAL THINKING?

Dear Parents,

As an ongoing focus of making our school a place of acceptance and learning, we continue to strive to teach all students how to work well with others and to treat others with respect. One way for children to do both is to understand the impact of social skills in all aspects of our lives.



This school year your child will participate in learning that will help them understand how to become a better "Social Thinker." Thinking about how our actions affect others and knowing that we can change what others think about us by changing our behavior, is a powerful tool for children. Today we introduced the vocabulary below and will use these terms throughout the year. We want to share them with you, so you can reinforce these skills on a regular basis at home.

When all students learn to use the concepts introduced, they will increase their ability to work and play in a group setting at school. However, these skills apply to all people in any type of group, so they are skills students can use with their families and well into adulthood.

If you have any questions on how to use these concepts at home, or would like more information, please feel free to contact me.

Thanks for all you do to help your students succeed at school!

Sincerely,
Mrs. Wells
School Counselor
mmwells02@bluevalleyk12.org

KEY TERMS

BLUE THOUGHTS	Thoughts we have about others that make us feel happy, calm, and comfortable
RED THOUGHTS	Thoughts we have about others that make us feel anxious, angry, sad, or uncomfortable

Doing what is EXPECTED	Following the rules for any given situation; people have BLUE thoughts about us when we do what is expected
Doing what is UNEXPECTED	Not following the rules for any given situation; people have RED thoughts about us when we do things that are unexpected
WHOLE BODY LISTENING	Listening with your brain, eyes, ears, heart...every part of your body
KEEPING YOUR BODY IN THE GROUP	We face our bodies (eyes, faces, arms, legs) toward the group to show we are a part of that group
KEEPING YOUR BRAIN IN THE GROUP	We keep our thoughts on what is going on in our group to show we are a part of the group