



**Asperger's syndrome**  
F O U N D A T I O N

## **INFORMATION SHEET**

### **Age Group: Children**

### **Sheet Title: Strategies for Social Behaviour**

o Learn how to:

- Start, maintain and end social play
- Be flexible, co-operative and share
- Maintain solitude without offending others

o Explain what the child should have done

o Encourage a friend to play with the child at home

o Enrol the child in clubs and societies

o Teach the child to observe other children to indicate what to do

o Encourage co-operative and competitive games

o Model how to relate to the child

o Explain alternative means of seeking assistance

o Encourage prospective friendships

o Provide enjoyment at break times

o Be aware of two characters

o Obtain teacher aide time

o Use Social Stories to understand the cues and actions for specific social situations

o Run social skills groups for adolescents to:

- Rehearse more appropriate options
- Demonstrate inappropriate social behaviour
- Use poetry and autobiographies to encourage self-disclosure and empathy
- Provide guidance and practice in body-language



**Asperger's syndrome**  
F O U N D A T I O N

- o Do projects and activities illustrating the qualities of a good friend
- o To help understand emotions:
  - Explore one emotion at a time as a project
  - Teach how to read and respond to the cues that indicate several different levels of emotion
  - Learn safety phrases when confused
- o To help express emotions:
  - Use a "gauge" as a visual guide
  - Use videoing and role play to provide more subtle or precise expression
  - Use leading questions or a diary to encourage self-disclosure