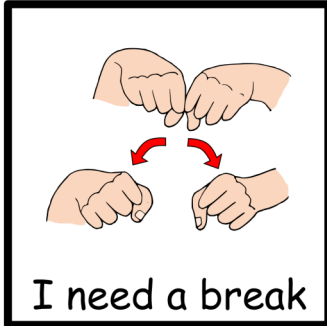


# THE TCEC AUTISM SUPPORT NEWSLETTER



## In this issue:

- Social Thinking
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- Autism Extravaganza



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## Social Thinking Evidence Based Practice (EBP)

Social Thinking is an EBP focused on how we interpret thoughts, beliefs, intentions, emotions, knowledge, and actions of another person. We look at the perspective of others around us and the context of a situation to determine how best to respond. Social Thinking strategies help people develop social competencies, flexible thinking, and social problem solving skills.

On the Social Thinking website you will find online training, products, articles, and free downloadable tools such as “ask for help card.” To explore Social Thinking evidence based tools, visit the link below:

<https://www.socialthinking.com/perspective-taking-thoughts-feelings-behaviors>

An Alternative to “ask for help card” is a Break Card to assist with self-regulation.

**Break Card** is a visual cue that can be helpful when working with a child that may become frustrated or anxious during a task; however the child may have difficulty asking for a break. Allowing a child to take a break, during a difficult or non-preferred task, may help them focus and remain calm.

A break card can be used to help a child develop the executive functioning skill of taking a break, which helps with regulating emotions and focusing attention. For instance you might say, “I noticed you are rubbing your forehead and making groaning sounds. Your body may be telling you it is time for a brain break.”

Child can point to break card, hand card to adult, verbally request and/or sign “I need a break.”

### How to Use Break Card:

- Before starting a task, show your child “Break Card.” Explain that when they feel frustrated they can request a break.
- Give Break immediately following request (this establishes trust and positively reinforces the request).
- Explain any limits ahead of time and pair with a timer. For example: You may use 2 break cards for 5 minutes each, during math homework.

<https://www.youtube.com/watch?v=3VMG3Gaxets>

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Region 14 ESC's 19th Annual



ABILENE  
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UNIVERSITY

# Autism

# Extravaganza

March 1, 2023

Guest speaker:

Sucheta Kamath



Free TSHA CEs for SLPs!



HSU  
HARDIN-SIMMONS  
UNIVERSITY

8:30am - 4:00pm



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