

Social Skills Worksheet for Autism

Patient Information

Name:

Age:

Date:

Goal of the Session

Activity 1: Understanding Facial Expressions

Instructions:

Facial Expression Identification

1. Look at the images below and identify the emotions expressed.
2. Write down the emotion next to each face.

Emotions

- Happy
- Sad
- Angry
- Confused

Notes:

Role-Play

1. Choose one emotion and practice expressing it in front of a mirror.
2. Discuss how different emotions are expressed through facial expressions.

Notes:

Activity 2: Conversational Skills

Instructions

Topic Discussion

1. Choose a topic from the list or suggest your own.
2. Practice initiating and maintaining a conversation on that topic.

Topics

- Favorite Hobbies
- School/Work Experiences
- Recent Activities

Notes:

Turn-Taking Exercise

1. Engage in a conversation with your partner.
2. Practice taking turns speaking, allowing each person to express themselves.

Notes:

Activity 3: Body Language Awareness

Instructions

Body Language Analysis

1. Watch a short video clip or observe people in a public setting.
2. Note different body language cues and gestures.
3. Discuss the possible meanings behind these cues.

Notes:

Role-Play

1. Practice positive body language in a simulated social scenario.
2. Pay attention to posture, eye contact, and gestures.

Notes:

Reflection

Challenges Faced:

Strategies for Improvement:

Positive Moments:

Homework Assignment

Daily Journal:

Additional Reading/Resource:

Next Session Plan