

# 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**