CONTENTS

Introductionvii	The Spirals of Failure and Success	
	The Spiral of Social Failure	
	The Spiral of Social Success	
Asking for Help (AH)1	Blank card	20
l Need Help2		
I Need Clarification	Organization, Writing,	
I Need Help		0.1
I'm Stuck	and Homework (0)	
I Need a Brain Break	Line-Thought: Strategy for Brainstorming	22
I Will Ask for Help By	Get Started By	22
Help Me Strategies	Getting School Stuff Ready to Take Home	23
Remembering to Thank People Who Help	Getting Started on Homework Once Home	23
Blank card	Getting My Mind Organized to Start	
Didtik Gala	to Do Homework	24
	Starting to Do Homework	24
Frankisms and Ducklams Oaking (FDO)	Homework Time Is Set—Free Time and Upset Time	
Emotions and Problem Solving (EPS)7	Are Flexible	25
My System Is Shutting Down8	Breaking Down My Homework Assignments	25
Smooth Sailing8	Breaking Down My Homework Assignments	26
My Move It Strategy!9	Why We Predict Time	26
Calm Down Reminders10	Make a Game of Predicting Time	27
Calming Down Strategies10	Turning Homework In	27
l Need a Break11	Why Turn Homework In?	28
Learning about My Calm and Stress: 5-Point Scale 11	Who Feels Good When My Homework Is Done?	28
The Size of My Problem12	My Work and Break Card	29
Emotional Expression Compression	Blank card	29
Emotional Expression Compression		
Making My Own Problem/Emotion Index 13		
The Size of My Problem14	Group Work (GW)	31
Solving Problems before They Become Big Problems . 14		
Becoming Successful: Working toward a Goal 15	Working in a Group and Being with People	
Making My Own Success: Step by Step	Starters for Working in a Group	
I Need a Break	Pointless Work	
Emotion Summary	Thinking about Social Behavior Mapping	
Emotions	Boring Moment Expectations	34
Emotions Are Contagious	Doing What Is Unexpected when I Am Having	
We All Have Emotions, But in the Classroom 18	a Boring Moment	
	Blank card	35

300	cial Thinking (ST)	37
	Being Social	38
	From Friendly to Friendship	
	Levels of Friendship39 -	
	When Do We Use Social Skills?	40
	The 4 Steps of Social Thinking/Perspective Taking	41
	Perspective Taking, Step 1	41
	Perspective Taking, Step 2	42
	Perspective Taking, Step 3	42
	Perspective Taking, Step 4	43
	Social Emotional Memory	43
	Feelings Count	44
	Calling People Even If You Have Phone Anxiety	44
	The 4 Steps of Communication	45
	Communication, Step 1	45
	Communication, Step 2	46
	Communication, Step 3	46
	Communication, Step 4	47
	Blank card	47
ar	mily Time—Home Strategies (FT)	49
	Family Dinner Time: Answering Questions	50
	Family Dinner Time: Asking Questions	
	Family Dinner Time: Adding Your Own Thoughts	
	After Dinner Is Done: Help Out	
	Sharing the TV	
	Sharing the TV	
	Ending an Activity when Asked	
	Getting Ready for Bed	
	People Think about How You Smell	
	Getting Up in the Morning	
	Morning Routine	
	Parents Are People Too	
	Analogica	

Social Memories of Parents	56
Taking My Medications	57
Life Is Not Fair	57
Doing Chores	58
Making My Chores Routine	58
Blank card	59