

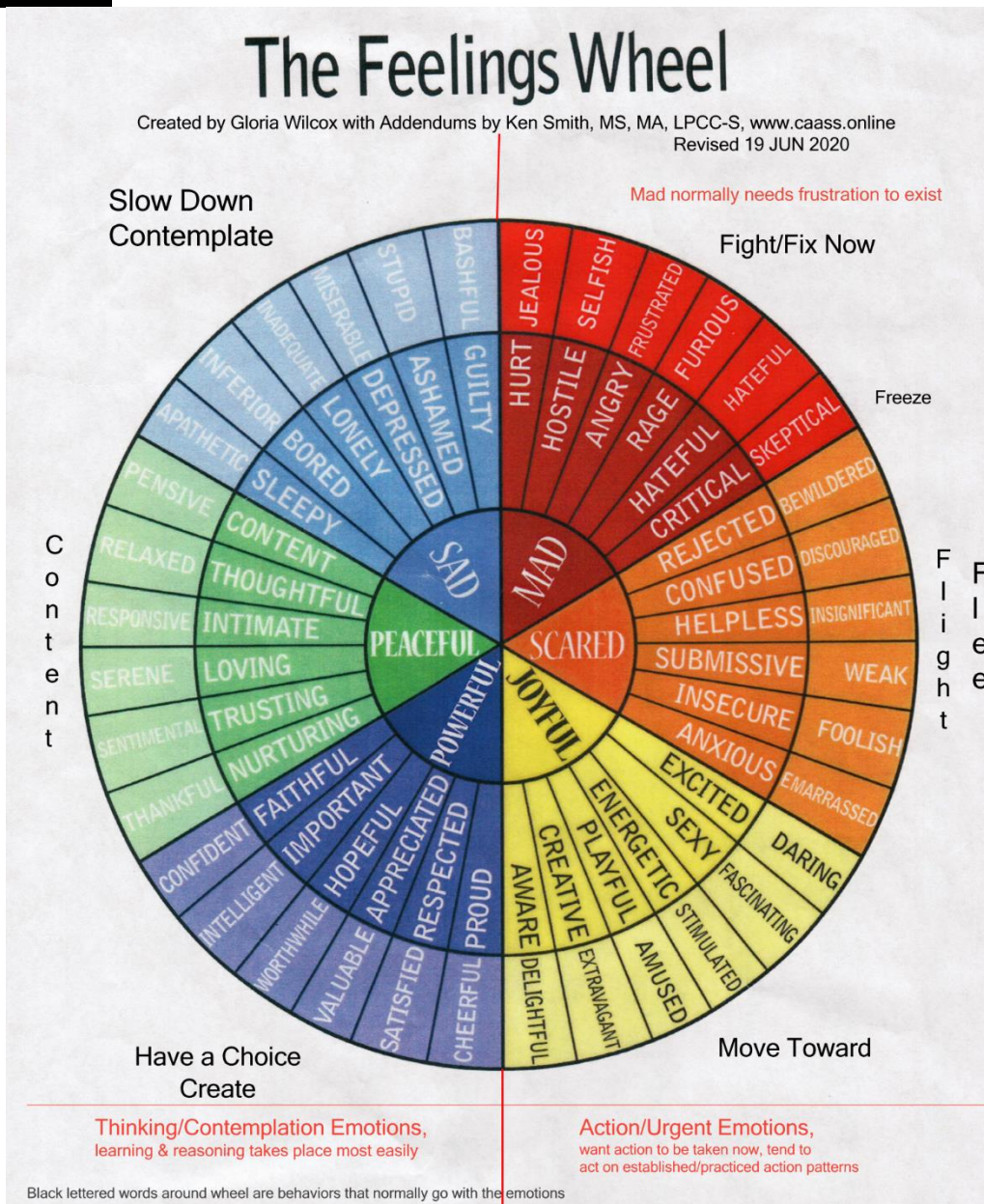
- I. How's it going? Ice breaker if you 'all don't want to talk.
- II. What was helpful about last session? What was not helpful about last time? Any questions?
- III. Reflection's on hurt and the purpose of group.

NON VERBAL COMMUNICATION

- A. 80% of communication in most people is non-verbal
- B. People with ASD features have a hard time with Non-Verbal
- C. The forms of non verbal
 - a. Eyes/Eye Contact
 - b. Eyebrows
 - c. Mouth
 - d. Body Direction
 - e. Hand Movement
 - f. Tone of Voice
- D. Ways to deal with the non verbal
 - a. Just have the other person verbalize everything they do (for people who are close to us)
 - b. Get the general ones down
 - i. Mouth Shape
 - ii. Body Direction
 - iii. Eye Brows
 - iv. Eye Contact (look at forehead)
 - c. Find ways to improve understanding of non verbal communication
 - i. Like DIY at home, YouTube is (probably) your friend, find resources on YouTube to help. Make sure they are from reliable sources.
Some examples of good ones
<https://www.youtube.com/watch?v=4Fhk6feadIM>
<https://www.youtube.com/watch?v=9uT3qz7wWmE>

Social Times Workbook Can be a good basic intro to Social Skills.

FEELINGS IN OTHERS



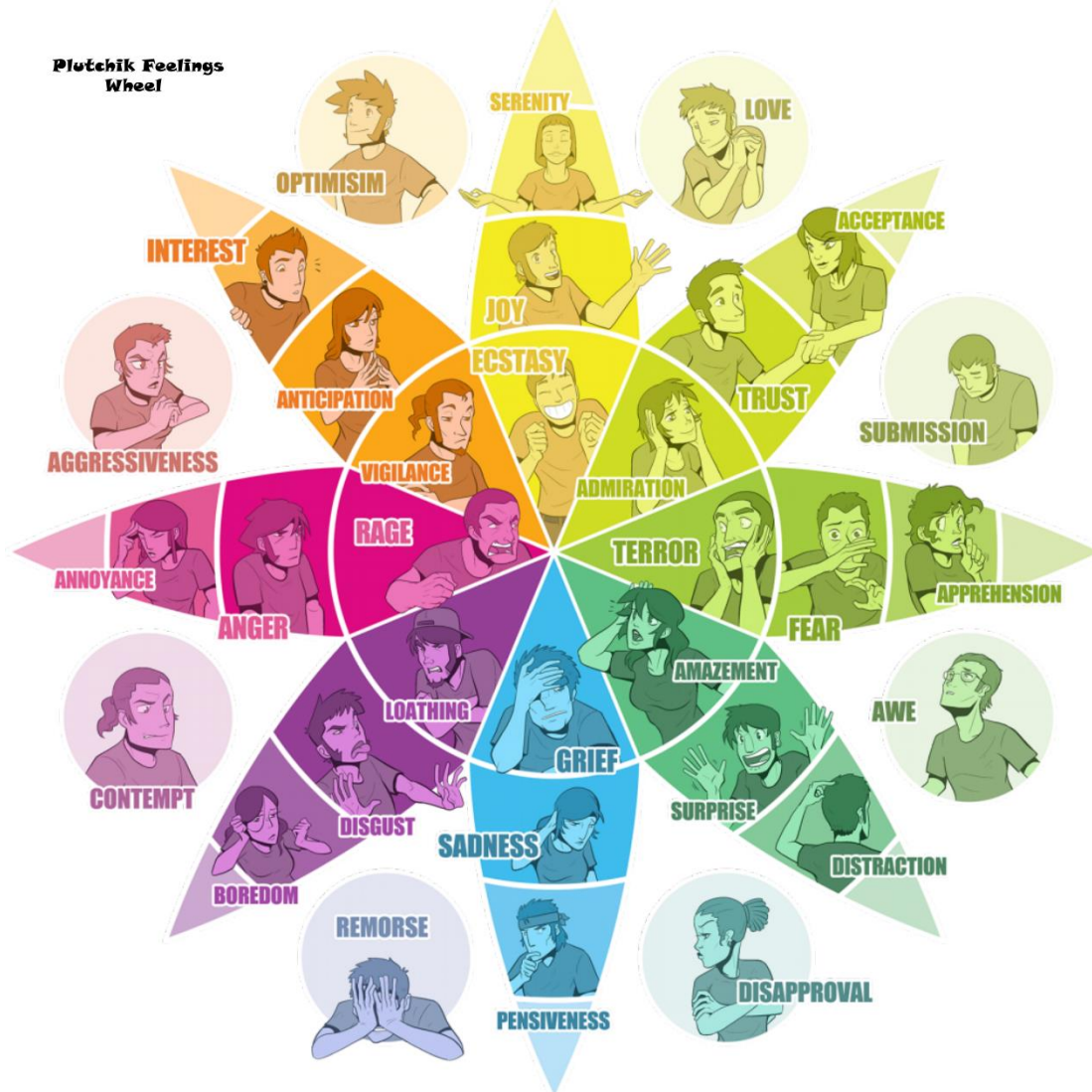
1. Basic Natural Emotions- [Wilcox with Addendums Feelings Wheel](#)
 - a. What emotions are related/what are opposite
 - b. Understanding Emotions

2. What Non Verbal communications go with Feelings Wheel

Examples:

Smiling/Calm Face: May be Joyful, Powerful, Peaceful
Increase Heart Rate/Sweating: Scared/Mad/Joyful

3. Other examples using [Plutchik Feelings Wheel with Anime Faces](#)



MEETING NEW PEOPLE-(Most ideas below are from [Talk With Me by Mataya et al.](#))

1. Saying Hi, state your name, ask their name
2. 90% of meeting new people is to ask questions. Good questions include comments about:
 - a. Where you are
 - b. Who your with
 - c. Work/School
 - d. Where your from
 - e. What you are doing here

- f. Scanning questions (Finding commonality's with others). Ask open relatable questions, say ONE thing about self and then ask a question, eg.
 - i. I do X for fun, what do you do for fun?
 - ii. I do X for work (or want to do), what do you do (or want to do) for work?
 - iii. Man, I hate/love X, what do you think of X?
 - iv. I like/dislike it here, what do you think?

3. Good Rules of Thumb when Meeting New People:

- a. ALWAYS END A STATEMENT WITH A QUESTION
- b. Answers should be no longer than 2-4 sentences
- c. If you will see the person again (unless you really hit it off) talk a short time and move on
- d. Meeting new people is like interviewing them to see if they are worth talking to, don't take it too seriously
- e. Some people are A-holes, don't give up if people blow you off

IV. Questions?

V. Free Discussion

VI. Next week-

The basics of conversation and good starting topics