# Social Skills Worksheet for Autism

## PATIENT INFORMATION

Name: _____ Age: _____

Date: _____ dd / mm / yyyy

Goal of the Session

## ACTIVITY 1: UNDERSTANDING FACIAL EXPRESSIONS

Instructions: Facial Expression Identification - Look at the images below and identify the emotions expressed. Write down the emotion next to each face.

Emotions

- [ ] Happy
- [ ] Sad
- [ ] Angry
- [ ] Confused

Notes:

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

Notes:

## ACTIVITY 2: CONVERSATIONAL SKILLS

Instructions - Topic Discussion - Choose a topic from the list or suggest your own. Practice initiating and maintaining a conversation on that topic.

Topics

- [ ] Favorite Hobbies
- [ ] School/Work Experiences
- [ ] Recent Activities

Notes:

Turn-Taking Exercise - Engage in a conversation with your partner. Practice taking turns speaking, allowing each person to express themselves.

Notes:

## ACTIVITY 3: BODY LANGUAGE AWARENESS

Instructions - Body Language Analysis - Watch a short video clip or observe people in a public setting. Note different body language cues and gestures. Discuss the possible meanings behind these cues.

Notes:

Role-Play - Practice positive body language in a simulated social scenario. 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

### Next Session Plan