



Social Skills Curriculum for Individuals on the Autism Spectrum

*Updated by Amy Moore Gaffney, M.A., CCC-SLP
August 2017*

Individuals on the Autism Spectrum characteristically have deficits in social communication and social interaction skills. Teaching social skills requires educators and families to determine the needs of each student. Social skills are foundational to success in school and in life. The use of technology has also added a new dimension to teaching social skills. It is important to carefully choose curriculum and programs that are successful and research based whenever possible.

Below is a listing of some examples of curriculum and programs that can be used to teach social skills to individuals on the autism spectrum. In addition to these programs, please be aware that there are many other supplemental programs, books, strategies, and resources that are not included but are available. Many of these resources can be accessed by Indiana residents via the [Library at Indiana Institute on Disability and Community](#). Inclusion on this list does not imply endorsement of any one program.

Resource	Description	Vendor/Company
Act It Out	Grades: 7 th to 12 th One year of Social Skill Lessons, utilizing scripts, skits, and guided practice.	AAPC Publishing http://aapcpublishing.net/
Autism, What Does it Mean to Me?	Grades: 3 to 12+ A workbook, explaining self-awareness and life lessons, using structured teaching strategies.	Future Horizons, Inc. Catherine Faherty http://fhautism.com
Building Social Relationships	Grades: K to 12+ This resource provides a comprehensive, five-step model of how to address social skills for children and adolescents through designing effective social programming. Can be used to guide curriculum.	AAPC Publishing Scott Bellini http://www.aapcpublishing.net/
Destination Friendship	Grades: K to 12+ Easy-to-use, research-based strategies and activities that support the development of friendship skills in children with ASD. Theme-based sessions include social activities and situations to practice friendship skills. Includes The Friendship Skills Checklist.	AAPC Publishing http://aapcpublishing.net/
Do-Watch-Listen-Say	Grades: K to 12+ Research-based techniques and an assessment tool are included in this intervention guide. Activities included can be easily adapted to develop a curriculum. Practical and user-friendly.	Brookes Publishing Company http://www.brookespublishing.com/ http://autisminstitute.net/

Resource	Description	Vendor/Company
Enhance: Social Skills	<p>Grades: 6 to 12+</p> <p>Curriculum focusing on social skills development of 50 important skills. Provides students with step-by-step instruction via video modeling, photo-based directions, and role playing.</p>	<p>Attainment Company http://www.attainmentcompany.com</p>
Hidden Curriculum	<p>Grades: 1 to 12+</p> <p>Books written to provide a “hidden curriculum” of social rules to help children and adolescents with social skills, particularly peer relationships and everyday activities.</p> <p><i>The Hidden Curriculum and Other Everyday Challenges for Elementary-Age Children with High-Functioning Autism</i></p> <p><i>The Hidden Curriculum of Getting and Keeping a Job: Navigating the Social Landscape of Employment: A Guide for Individuals With Autism Spectrum and Other Social-Cognitive Challenges</i></p>	<p>AAPC Publishing Brenda Smith-Myles, Ph.D. http://www.aapcpublishing.net/</p>
The Incredible-5 Point Scale	<p>Grades: Pre-K to 12+</p> <p>The Incredible 5-Point Scale is a visual tool that can be combined with other resources, such as <i>A 5 is Against the Law</i> or <i>When My Worries Get Too Big</i>, to teach self-awareness and management.</p>	<p>AAPC Publishing Kari Dunn Buron, MS www.5pointscale.com http://www.aapcpublishing.net/</p>
Language for Theory of Mind® Software	<p>Grades: 3 to 12</p> <p>This software program helps students learn verbs of perception and intention needed to understand what others can or cannot perceive.</p>	<p>Attainment Company http://www.attainmentcompany.com</p>

Resource	Description	Vendor/Company
Linguisticsystems®	<p>Grades: Pre-K to 12+</p> <p>Offers a variety of products to address social skills, including:</p> <p style="text-align: center;">Autism & PDD Adolescent Social Skills Lesson Books Autism & PDD Picture Stories Series Early Social Behavior Books Social Language Development Spotlight for Figurative Language Spotlight on Social Skills TheraLink Social Language</p> <p style="text-align: center;">For more resources, visit vendor online.</p>	<p>Pro-Ed, Inc. http://www.proedinc.com</p>
<p>Model Me Kids®</p> <p>Videos for Modeling Social Skills</p>	<p>Grades: K to 12+</p> <p>Curriculum includes teaching manuals, lesson plans, worksheets, activities, DVDs, progress monitoring, reinforcement charts, and home-school communication.</p> <p style="text-align: center;">Model Me Organization & Motivation™ Model Me Tips & Tricks™ Model Me Confidence & Bullying Prevention™ Time for School™ Model Me Conversation Cues® Model Me Friendship™</p>	<p>Model Me Kids® http://www.modelmekids.com</p>
Navigating the Social World	<p>Grades: 4 to 12+</p> <p>Curriculum that teaches communication skills, coping strategies, self-awareness of stress or anxiety, and abstract thinking.</p>	<p>Future Horizons, Inc. http://fhautism.com</p>

Resource	Description	Vendor/Company
No More Victims: Protecting Those with Autism from Cyber Bullying, Internet Predators, and Scams	Grades: 6 to 12 Due to difficulty with perspective taking, isolation, increased time online, and difficulty with assertive communication, this manual focuses on three areas of concern: cyber bullying, online sexual predators, and Internet scams.	Future Horizons, Inc. http://fhautism.com http://www.jedbaker.com/books.htm
PECS™	Grades: Pre-K to 12+ An evidence-based practice for communication that is designed to teach individuals to communicate in a social context. Teaches individuals to physically exchange visuals, expand spontaneous interactions, discriminate pictures, build language and sentence structure, and communicate responses.	PECS™ http://www.pecsusa.com/
Preparing for Life-The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger's Syndrome	Grades: K to 12+ Resource that addresses perspective taking, non-verbal communication, conversational skills, goal setting, and stress management.	Future Horizons, Inc. http://fhautism.com http://www.jedbaker.com/books.htm

Resource	Description	Vendor/Company
<p data-bbox="191 212 453 251">Quest Programs</p> <p data-bbox="191 293 453 513">Quest Program I Social Skills Curriculum for Elementary School Students with Autism</p> <p data-bbox="191 555 453 821">Quest Program II Social Skills Curriculum for Middle School Students with Autism</p>	<p data-bbox="453 212 1394 251">Grades: 1 to 5</p> <p data-bbox="453 285 1394 394">Quest Program I Helps students acquire social and pragmatic skills by combining written instruction with games, stories, and role playing.</p> <p data-bbox="453 505 1394 544">Grades: 6 to 8</p> <p data-bbox="453 578 1394 721">Quest Program II This 6-unit program will help students to acquire social and pragmatic skills by combining written instruction with games, activities, and social interaction.</p>	<p data-bbox="1394 212 1906 251">Future Horizons, Inc</p> <p data-bbox="1394 251 1906 290">http://fhautism.com</p>
<p data-bbox="191 821 453 860">Skillstreaming</p>	<p data-bbox="453 821 1394 860">Grades: Pre-K to 12+</p> <p data-bbox="453 894 1394 1003">A four-part training approach that includes modeling, role-playing, performance feedback, and generalization. Includes books, CDs, and printable materials. Available in different levels.</p>	<p data-bbox="1394 821 1906 860">Skillstreaming</p> <p data-bbox="1394 860 1906 899">http://www.skillstreaming.com</p>

Resource	Description	Vendor/Company
<p>Social Engagement & the Steps to Being Social: A Practical Guide for Teaching Social Skills to Individuals with Autism Spectrum Disorder</p>	<p>Grades: Preschool to 12+</p> <p>A model to guide assessment and intervention across severity levels and age groups for individuals with Autism Spectrum Disorder (ASD). Breaks down social skills into a series of steps with sub-skills. Includes an assessment.</p>	<p>Future Horizons http://fhautism.com/</p>
<p>The PEERS® Curriculum for School-Based Professionals</p>	<p>Grades: 7 to 12</p> <p>A sixteen-week program including lesson plans that contain concrete rules and steps, corresponding homework assignments, and more</p>	<p>Routledge https://www.routledge.com/</p>
<p>The Science of Making Friends: Helping Socially Challenged Teens and Young Adults</p>	<p>Grades: 7 to 12+</p> <p>Includes concrete rules and steps of social etiquette, to assist in improving conversational skills, expand social opportunities, and develop strategies for handling peer rejection.</p>	<p>Wile: Jossey-Bass http://www.wiley.com/</p>
<p>The Social Compass Curriculum</p>	<p>Grades: 4 to 8</p> <p>A story-based intervention package that includes 24 lessons for use in the classroom. Includes use of social narratives, visuals, role-play, and take-home worksheets.</p>	<p>Brookes Publishing http://www.brookespublishing.com/</p>

Resource	Description	Vendor/Company
<p>The Social Express</p>	<p>Grades: Pre-K to 12</p> <p>Based on animated interactive webisodes that encourage students to practice real-life social interactions. Works on eight target skills: Self-Management, Conflict Resolution, Coping Strategies, Group Participation, Attentive Listening, Relationship Management, Non-verbal Communication, and Conversations. Offers on-line and offline activities.</p>	<p>The Social Express http://thesocialexpress.com/what-is-the-social-express/social-express-pro/</p>
<p>Social Skills Picture Book</p>	<p>Grades: K to 12+</p> <p>Two books designed for individuals with social challenges. Photos of a variety of social situations demonstrate the correct and incorrect ways to interact in different circumstances and illustrate the positive and negative consequences of both ways of interacting.</p> <p><i>Social Skills Picture Book and Social Skills Picture Book for High School and Beyond</i></p>	<p>Future Horizons, Inc. http://fhautism.com</p> <p>http://www.jedbaker.com/books.htm</p>

Resource	Description	Vendor/Company
Social Thinking® Resources We Thinkers! Vol I Social Explorers (Formerly known as The Incredible Flexible You™) We Thinkers! Vol II Problem Solvers	Grades: Pre-K+ We Thinkers! Vol I The We Thinkers curriculum is designed to help young learners develop the skills they need to be flexible social thinkers and social problem solvers. Grades: Pre K+ We Thinkers! Vol II Continues to present and teach core concepts needed to be flexible and social thinkers	Social Thinking® Michelle Garcia Winner, MA, CCC-SLP https://www.socialthinking.com

Resource	Description	Vendor/Company
Social Thinking® Resources Thinking About YOU Thinking About ME	<p>Grades: K to 12</p> <p>Thinking About YOU Thinking About ME Provides core concepts of Social Thinking® and a foundation for other curriculum, like Superflex®</p>	<p>Social Thinking® Michelle Garcia Winner, MA, CCC-SLP https://www.socialthinking.com</p>
Think Social	<p>Grades: K to 12</p> <p>Think Social Provides step-by-step methods for teaching the core concepts of Social Thinking®</p>	
You are a Social Detective	<p>Grades: K to 5</p> <p>You are a Social Detective Visual book curriculum that teaches the concepts and vocabulary related to Social Thinking®. Available in French and Spanish.</p>	
Social Thinking® & Me	<p>Grades: 5 to 8</p> <p>Social Thinking® & Me Presents and teaches core Social Thinking® vocabulary and concepts.</p>	
The Zones of Regulation®	<p>Grades: Pre K to 12+</p> <p>The Zones of Regulation® This curriculum teaches students how to regulate their action and increase self-control and problem solving abilities.</p>	
<p>Indiana Resource Center for Autism ♦♦ Indiana Institute on Disability and Community ♦♦ Indiana University, Bloomington 1905 N. Range Road ♦♦ Bloomington, IN 47408-9801 ♦♦ 812-855-6508 ♦♦ Fax 812-855-9630 ♦♦ https://www.iidc.indiana.edu/irca</p>		

Resource	Description	Vendor/Company
Social Skills Training	<p>Grades: 5 to 12+</p> <p>This curriculum presents social skills with printable handouts and activity sheets to demonstrate, practice, and reinforce skills in the classroom and at home. Peer acceptance and sensitivity training programs are also included.</p>	<p>Future Horizons, Inc. http://fhautism.com</p> <p>http://www.jedbaker.com/books.htm</p>
S.O.S. Social Skills in Our Schools	<p>Grades: 5 to 12+</p> <p>Social skills curriculum that helps students with autism learn correct social skills and cultivates understanding and acceptance with typical peers and school staff.</p>	<p>AAPC Publishing http://www.aapcpublishing.net/</p>
The Social Times Curriculum	<p>Grades: 3-8</p> <p>Uses a magazine format to teach social cognition and emotional regulation skills.</p>	<p>AAPC Publishing http://aapcpublishing.net/</p>
STAR® Autism Support FACTER® Links®	<p>Grades: K to 12+.</p> <p>Programs that are designed specifically for individuals with ASD and developmental delays. Uses ABA (applied behavior analysis) instructional methods of discrete trial training and pivotal response to teach functional routines and social skills. Includes detailed lesson plans, teaching materials, data systems, and a curriculum-based assessment.</p> <p>FACTER® and Links® Grades: 5 to 12+</p> <p>Teach everyday routines and skills for daily living. Promote independence in natural environment.</p>	<p>STAR® Autism Support http://starautismsupport.com</p>

Resource	Description	Vendor/Company
Teach Me Language	<p style="text-align: center;">Grades: 1 to 12+</p> <p>Program is designed to be used by parents or therapists as part of a therapy program to teach social language skills. Requires visual learning skills and the ability to follow simple directions</p>	<p style="text-align: center;">Different Learning</p> <p>http://www.difflearn.com/product/Teach Me Language/teaching language conv_ersation</p>
TeachTown®	<p style="text-align: center;">Grades: Pre-K to 3</p> <p>Designed for children ages 2 to 7. Uses research and evidence-based practices, such as ABA (applied behavior analysis), to teach a wide range of meaningful skills, including literacy. Additional social skills activities are available.</p>	<p style="text-align: center;">TeachTown®</p> <p>http://web.teachtown.com</p>
The Walker Social Skills Curriculum: Access	<p style="text-align: center;">Grades: 6 to 12</p> <p>Designed for individuals with developmental delays. The program teaches peer-to-peer skills, skills for relating to adults, and self-management skills. The ACCESS curriculum, which is designed for use by both regular and special education teachers, may be taught in one-to-one, small-group, or large-group instruction formats.</p>	<p style="text-align: center;">Pro-Ed, Inc.</p> <p>http://www.proedinc.com/customer/productView.aspx?ID=615</p>