

TherAbilities Friendship Group Objectives

Goal: Understands and uses behaviors that are well within the "Friendship Zone"

Self Regulation Skills

Is aware of self-regulation states (friendship zone, high & low zones)

Recognizes personal signs of self regulation states (feeling states)

Recognizes self-regulation states in peers

Identifies & applies strategies to deal with self-regulation needs (with/out prompts)

Recognizes when to take breaks or alter activities (with/out prompts)

Responds to verbal or visual cues/supports

Relaxes enough to enjoy playing

Communication Skills

Greets peers. Uses names to engage others.

Uses courteous, friendly language

Uses humor that is sensitive to others

Asks questions & repeats requests as needed

Waits appropriately for peer responses/turns

Expresses dissent in peer-friendly ways

Uses language that conveys empathy

Actively listens/perceives communication

Initiates conversation but does not dominate

Communicates self regulation needs

Uses self talk skills

Cooperative Interaction Skills

Jointly attends with others

Offers and accepts assistance & invitations

Rejects assistance & invitations appropriately

Solicits attention in appropriate ways

Shares favored activities with peers

Demonstrates cooperation in games & tasks

Observes others to learn new games & tasks

Demonstrates perspective-taking skills

Can delay personal desires for a peer's

Can relinquish control to others

Demonstrates problem solving skills

Body Language

Uses eye contact during social contacts

Maintains appropriate physical space

Maintains proximity during play

Uses touch in appropriate situations

Tolerates physical contact in play

Comprehends & responds to body language

Uses friendly gestures (i.e. smiles, laughs)

Interprets gestures accurately

Identifies feelings in self

Identifies feelings in others

Recognizes strong emotions

Responds effectively to emotions of others