What is Social Thinking®?

Social Thinking® is a framework and teaching process that focuses on specific skills related to social self-awareness, perspective taking, self-regulation, executive functioning, and social-emotional understanding (www.socialthinking.com). Social Thinking® has developed different curricula, vocabulary, and concepts that can be used to support Social Thinking® skill development in children and adults of all ages.

What does it mean to be a Social Thinker?

Being a Social Thinker is based off of the concept of, "I have a thought, you have a thought." When a person is interacting with others, all of the people in the situation are having thoughts about themselves and thoughts about each other. Some thoughts are neutral, some thoughts are positive, and some thoughts are negative. Neutral and positive thoughts are the results of expected behaviors. Negative thoughts are the result of unexpected behaviors. When a group of people experience neutral or positive thoughts, then there are positive social outcomes. Social Thinkers work to engage in expected behaviors, so that others have neutral or positive thoughts in the shared situation, and so that positive social outcomes can be experienced.

How can Social Thinking® be taught?

Social Thinking® works to help students develop skills and strategies to engage in expected behaviors throughout the day. Some examples of tools that help students engage in expected behaviors include using flexible thinking, thinking about the thoughts and feelings of others, and filtering unexpected thoughts. Some Social Thinking® curricula and concepts that help teach these skills include: Superflex®: A Superhero Social Thinking Curriculum; Social Thinking® and Me Thinksheets; and Social Behavior Mapping.