

USING YOUR SOCIAL FILTER

Deciding What is OK to Say or Not to Say in
Social Situations

Think it or Say it?

- Everybody has an invisible filter in the front part of our brain. It can be called a brain filter or a social filter. This helps us determine what thoughts are ok to say and what we should leave as thoughts.
- Sometimes children have difficulty regulating their emotions or taking the perspective of another and end up making statements that hurt another's feelings.
- Teaching children about a social filter can help them determine if the thought is a **think it or say it, an inside thought or an outside thought, a thinking bubble or a talking bubble.**

Who Would Benefit from learning about your Social Filter?

The simple answer is: WE ALL WOULD!! It's true that we all say things that we wish we wouldn't have. It is in those times that we should have used our social filter.

Children who would most benefit from instruction related to social filter include those with Autism Spectrum Disorders, impulsivity, or difficulty with emotional regulation.

Perspective Taking

- Taking the perspective of others is an important skill. What we say and do has an effect on the people around us. It is important to think about how what we say will make another person feel before we say it.
- “When you use your social filter, you THINK about how your words and actions affect other people. Your social filter works by keeping your unkind thoughts to yourself and sharing your kind thoughts with the people around you.
- Learning and integrating this information will help to enhance relationships, improve interactions, help build friendships.

Getting Started

Provide models and examples for perspective taking and using your social filter. Encourage your child to “think before talking.”

For example:

“ I told grandma that I liked her haircut and that made her feel good.”

“ I don’t really like the color of Mrs. Fox’s new car. I decided to keep that thought in my “thinking bubble” because if I told her she might feel upset.”

“ Instead of telling my classmate he has bad breath, I will just keep it to myself.”

Videos

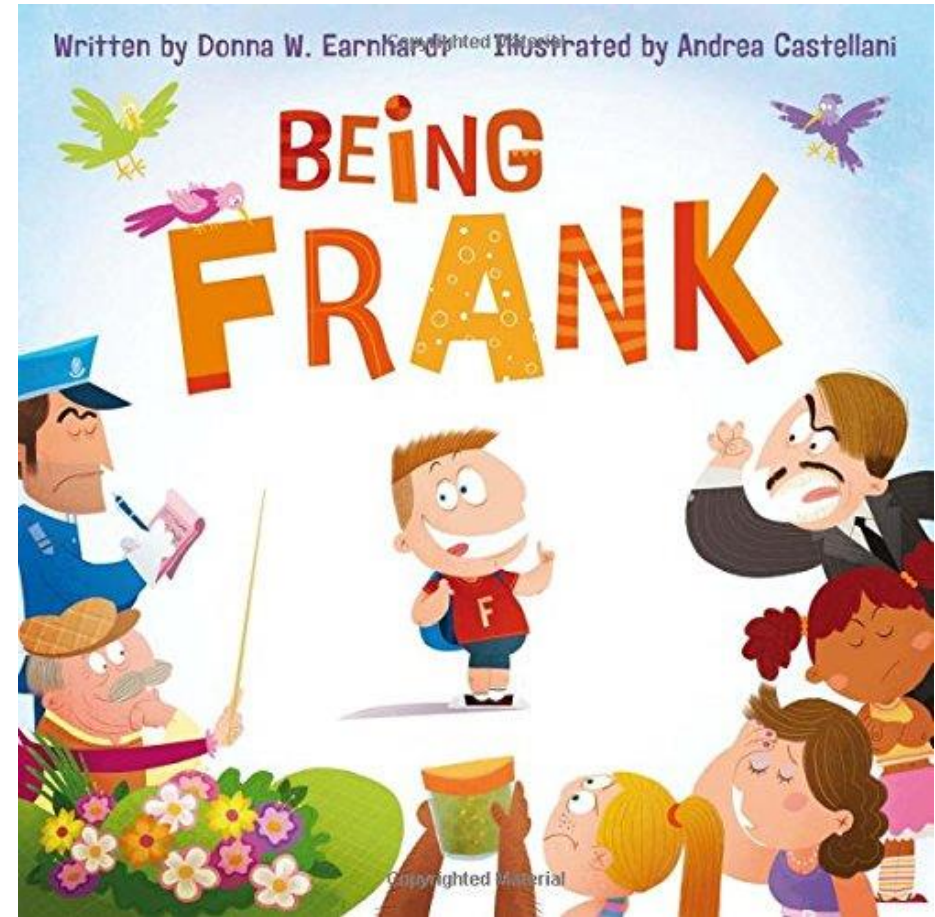
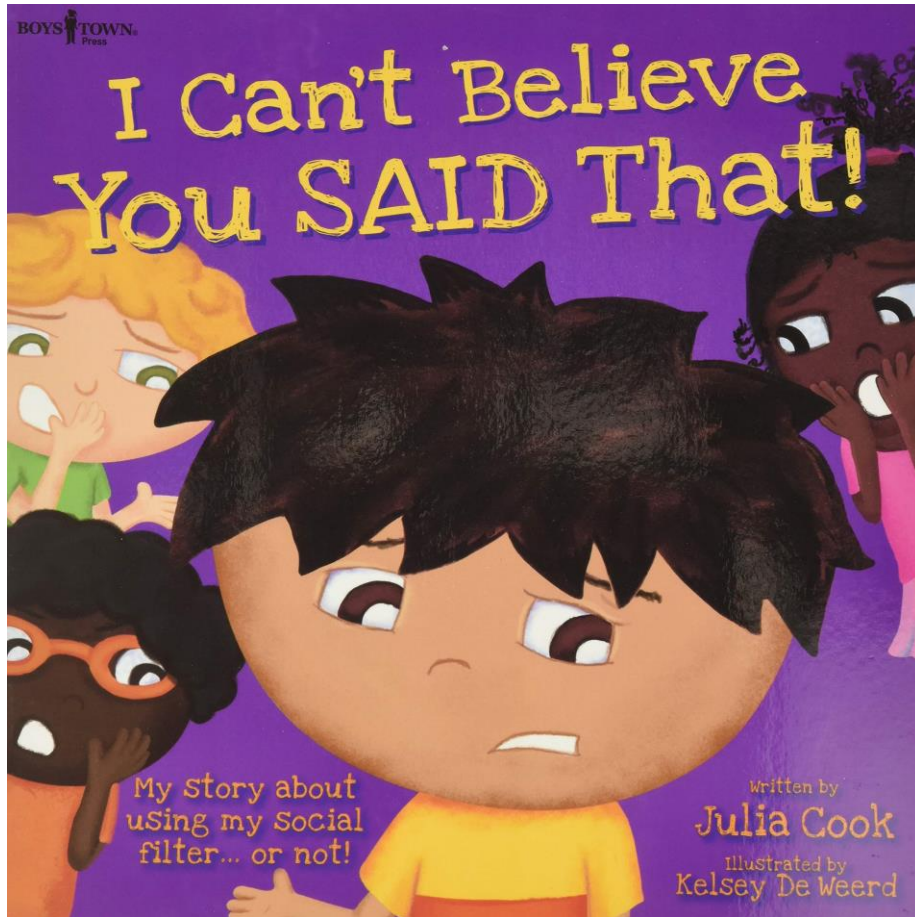
YouTube Videos:

Everyday Speech:

<https://youtu.be/NLm2BuW73m4>



Books



BOOM CARDS

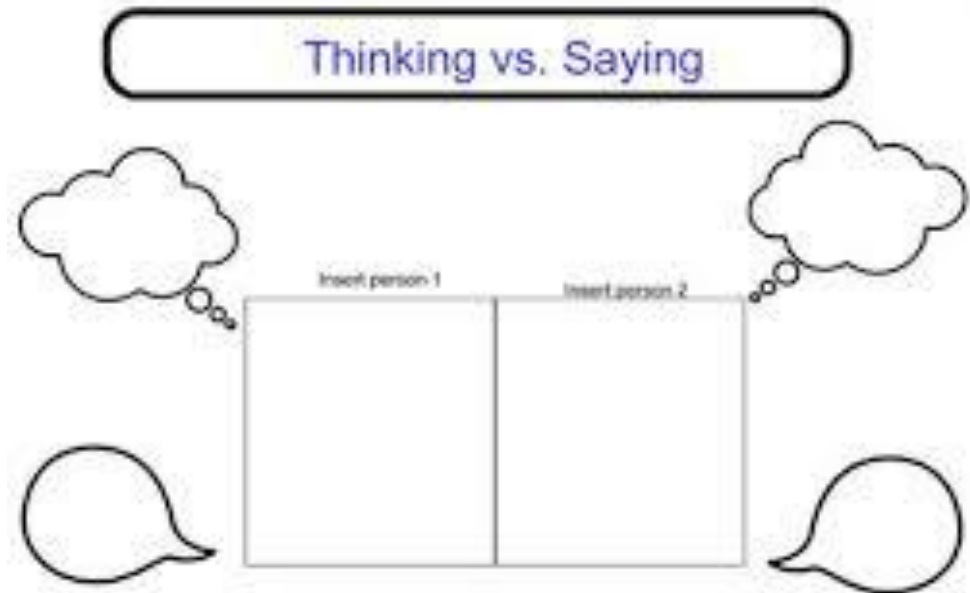


Worksheets and Activities

- A variety of worksheets related to social filter can be found on TPT and Pinterest.
- Using note cards, write down different comments and have your child determine if it is a “think it or say it.” Be sure to discuss how each statement would make another person feel.
- Role Play activities and video modeling

Comic Strip Templates

- Comic strip templates can be used to have your child draw a social situation describing what people are thinking or saying



To add these speech/thought bubbles to YOUR symbol finder in Boardmaker:
Pointer Tool, select thought bubble, Edit - Copy. Open Symbol Finder, Edit-Paste, Name it (thought bubble, think, thinking, thought, etc.) and assign it a category (General.)

REFERENCES

- Everyday Speech Social Skills Videos
- Social Thinking Curriculum, Michelle Garcia Winner
- www.badgerstatespeechy.com