

Social Language Vocabulary

Expected Behavior- Things that we do or say that create positive thoughts about us in other people. Doing what is likely or anticipated depending on the environment (school, home, library, birthday party, etc.) and people we are with (parents, friends, teachers, strangers, etc.).

Unexpected Behavior- Things that we do or say that create an uncomfortable or odd thought about us for other people.

Whole Body Listening- The idea that people need to use their whole body to focus on others in order to listen and show you are listening (i.e., eyes are looking at the person talking, ears are listening, voice is on zero, hands and feet are quiet, brain is thinking about what the person is saying, and hearts are caring about what the person is talking about).



Body in the group- Your body is in the group if you are part of the group. This would mean that your hands and feet are quiet and your body is facing the person who is talking.

Brain in the group- Your brain is in the group if you are thinking about what other people are saying and doing.

Thinking with your eyes- Your eyes are looking at the person talking, which helps you interpret the verbal and nonverbal message being communicated. When you are “thinking with your eyes” you can preplan your response or action accordingly.

Social Detective- A social detective uses their ears, eyes, and brain to determine others verbal and nonverbal communications to navigate through different social situations.

Good thoughts- When we demonstrate expected behavior, others around us have “good thoughts” or positive thoughts about us. When others have positive thoughts about us, they may remember how we make them feel and will be more likely to want to interact with us.

Uncomfortable (weird) thoughts- When we demonstrate unexpected behavior others around us may have “uncomfortable” or negative thoughts about us.

Social Thinker- Every time we are around other people we are aware that we have thoughts about them, and they have thoughts about us. We recognize that our behaviors impact how others think and feel about us.

Thinking Bubble vs. Speaking Bubble- We do not say everything that we think. We need to make sure that the words in our speaking bubble are true, necessary, and kind. Sometimes, thoughts need to stay in your thinking bubble.

Friend Files- Friend files are the way our brain organizes information about people that we meet. When we meet people, we are supposed to remember something about them so that we can bring it up to them in a future conversation. When we do this, it makes other people feel that we care about them and they have good thoughts about us.

Zones of Regulation- A program by Michelle Garcia Winner that teaches self-management skills such as self-regulation and emotional control. Students share a “Zones Check-In” to identify the color zone they are in and their emotional state.



Winner, M. G., Crooke, P., & Knopp, K. (2008). *You are a Social Detective: Explaining Social Thinking to Kids*. San Jose, CA: Think Social Publishing, Inc.

For more information on **Social Thinking®** you can visit www.socialthinking.com

For more information on the **Zones of Regulation®** you can visit www.zonesofregulation.com