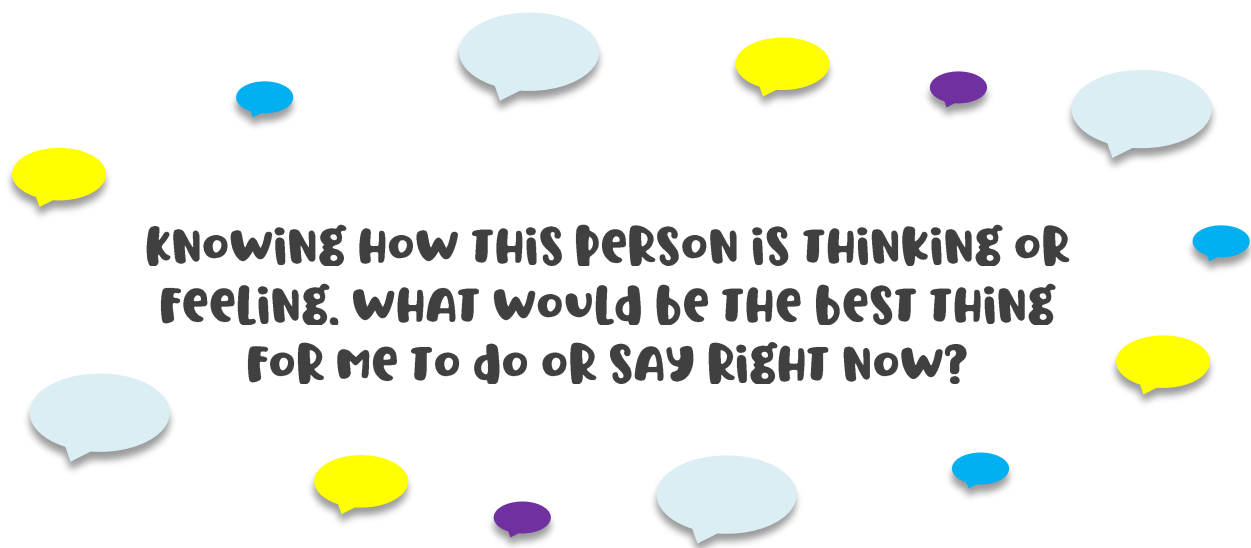


What are Social Clues?

Social clues are hints that we send that let others know how we might be feeling or thinking in the moment. Social clues can be either **verbal** or **nonverbal**. Verbal means that the person is using their words to send you a message about what they think. Nonverbal means that they are sending these messages using parts of their body and they don't even have to say a thing.

Learning to read social clues is important because it lets you know how you should interact with others in the moment. If a person's social clues indicate that they are feeling angry, then it might not be the best time for you to tell them a funny joke. Instead, you could ask if there's anything you can do to help them feel better. This would probably get a better response from them.

Before interacting with others, you should ask yourself:



Some people have a hard time reading other people's social clues, especially the nonverbal ones. This makes it hard for them to know what to do or say in certain situations. By learning the different types of social clues and practicing, you can become more in-tune with other people's feelings!

Social Clues

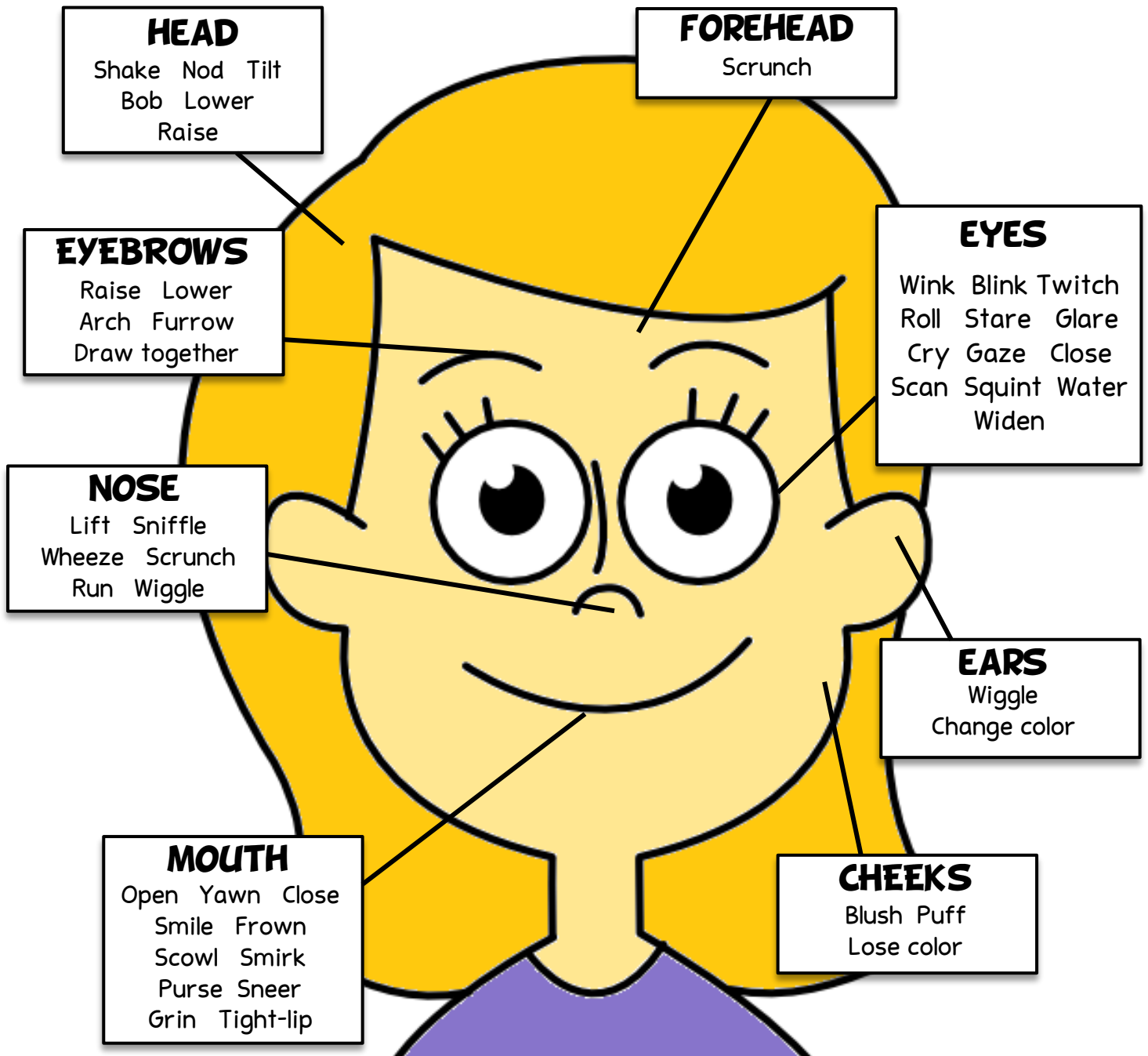
Imagine that you are a detective and it is your job to try to figure out what other people around you are feeling or thinking. What sort of things would you look for to help you figure that out?



You would be looking for **social clues**! Social clues include facial expression, body language, space, and voice tone/volume. The next few pages will teach you how you can use these clues to improve your social skills and interactions with others.

Facial Expression

A facial expression is when different parts of your face move and send a message about what you're thinking or how you are feeling. The combination of these moving parts can let others know if you're feeling sad, excited, annoyed, or any other feeling! The image below shows the different movements parts of your face can make to send messages.



ACTIVITY

FACIAL EXPRESSIONS

Match the facial expressions to the feeling you think it is describing!

- 1. Eyes wide open, wide smile **EMBARRASSED**
- 2. Frowning, watery eyes, sniffing nose **CONFIDENT**
- 3. Yawning, heavy eye lids, head lowered **SAD**
- 4. Smiling, eye contact **DISGUSTED**
- 5. Smirk, head held high **ANGRY**
- 6. Blushed cheeks, head down, looking away **EXCITED**
- 7. Scrunched nose, tongue stuck out **TIRED**
- 8. Eyes wide open, mouth open, raised eyebrows **SURPRISED**
- 9. Scrunched eye brows, glaring eyes, scowl **HAPPY**

Answer Key
 1.) excited 2.) sad 3.) tired 4.) happy 5.) confident 6.) embarrassed 7.) disgusted 8.) surprised 9.) angry

DISCUSSION QUESTIONS

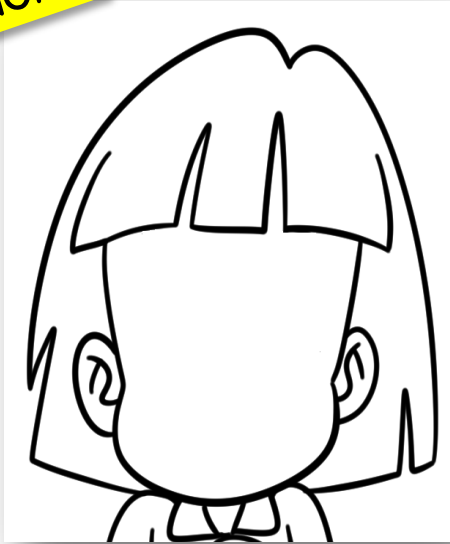
- 1. Have you seen all of these facial expressions before?
- 2. What does your facial expression look like when you're experiencing any of these feelings?

ACTIVITY

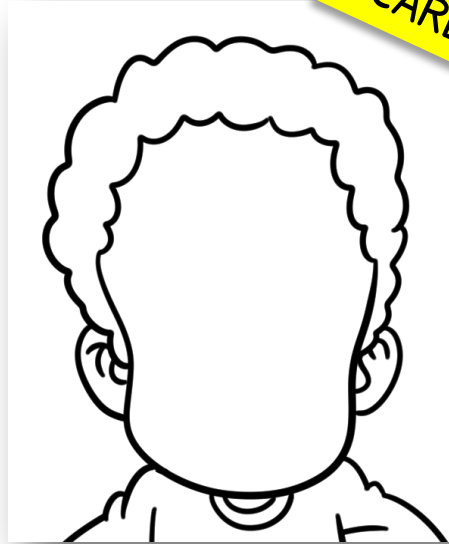
FEELINGS FACES

Draw in the faces to match each feeling. Talk about the differences you notice in the facial expression of each person.

ANGRY



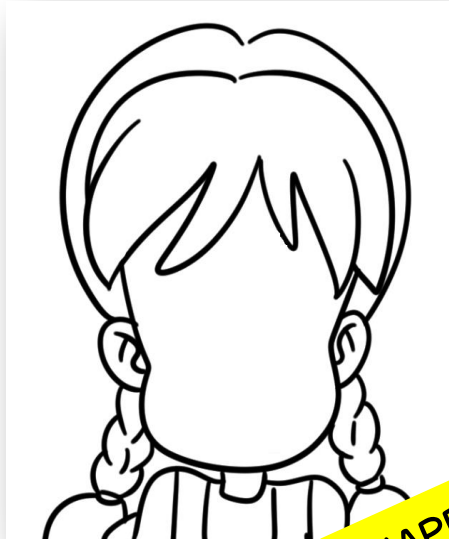
SCARED



SAD



HAPPY



DISCUSSION QUESTIONS

1. What were some of the major differences that you noticed in the faces?
2. Are there any feelings that you can think of that have similar facial expressions?

Body Language

It's not just your face that can send messages about your feelings. The way that you move the rest of your body parts can also let others know how you are feeling or thinking. Your body responds differently when you are feeling happy, sad, frightened, or any other emotion.

The way that you sit or stand is known as your **posture**. Sitting straight up in a chair might mean that you are paying attention and focused while slouching could mean that you are tired or bored. A **gesture** is when you use your head, hands, or body to send a message. Examples of gestures include thumbs up, fist pump, and waving.

WHAT DOES THIS BODY LANGUAGE USUALLY EXPRESS?

Nail biting: _____

Rubbing hands together: _____

Clenching fists: _____

Thumbs up: _____

Head nodding: _____

Eye rubbing: _____

Shrugging shoulders: _____

High-fiving: _____

Fingers crossing: _____

ACTIVITY

FACE AND BODY CLUES

Looking at social clues, match the pictures with the feeling words that you think fit how the character is feeling! (You can match more than one feeling word)

EMBARRASSED

SCARED

LONELY

SHY

EXCITED

FRUSTRATED

HAPPY

CONFIDENT

CURIOUS

PROUD

SAD

CALM

ANGRY

DISAPPOINTED

ASHAMED

DISCUSSION QUESTIONS

1. Was it difficult for you to match up the feelings to the face and body clues?
2. Are there any other feelings that you think would fit any of these face and body clues?

YOUR EXPERIENCE

What do your social clues look like when you are experiencing any of the feelings below? Write descriptions of what your face and body look like in each box!

AFRAID

F A C E			B O D Y
------------------	--	--	------------------

EXCITED

F A C E			B O D Y
------------------	--	--	------------------

HAPPY

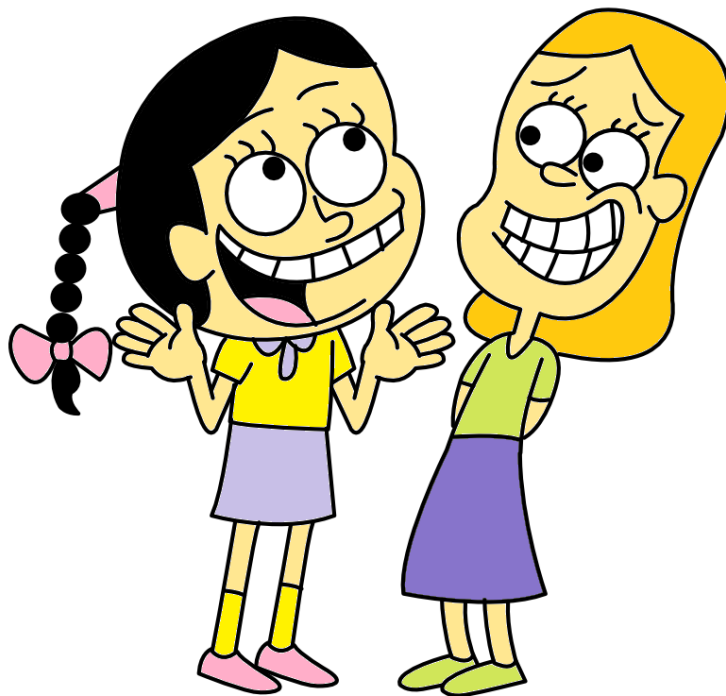
F A C E			B O D Y
------------------	--	--	------------------

What about when you're feeling shy, annoyed, or bored?

Space

Space is how close or far away you are from another person. Most people feel uncomfortable whenever someone is too close to them. They feel that the person is invading their **personal space**. The more you know and like someone, the closer you may allow them to get to you. You might let your family members get closer to you than you would a stranger. **How do you feel when someone is too close to you?**

It is important to remember that this is the same for other people as well. Whenever you are talking to or interacting with someone, try to keep in mind how close you are to them. It is helpful to read their social clues to see if they are feeling uncomfortable by how close you are to them. If they are turning their body from you or they keep backing away, this might mean that you are in their personal space. It could also mean that they are not interested in the conversation and are trying to send you the message by increasing the space between the two of you.



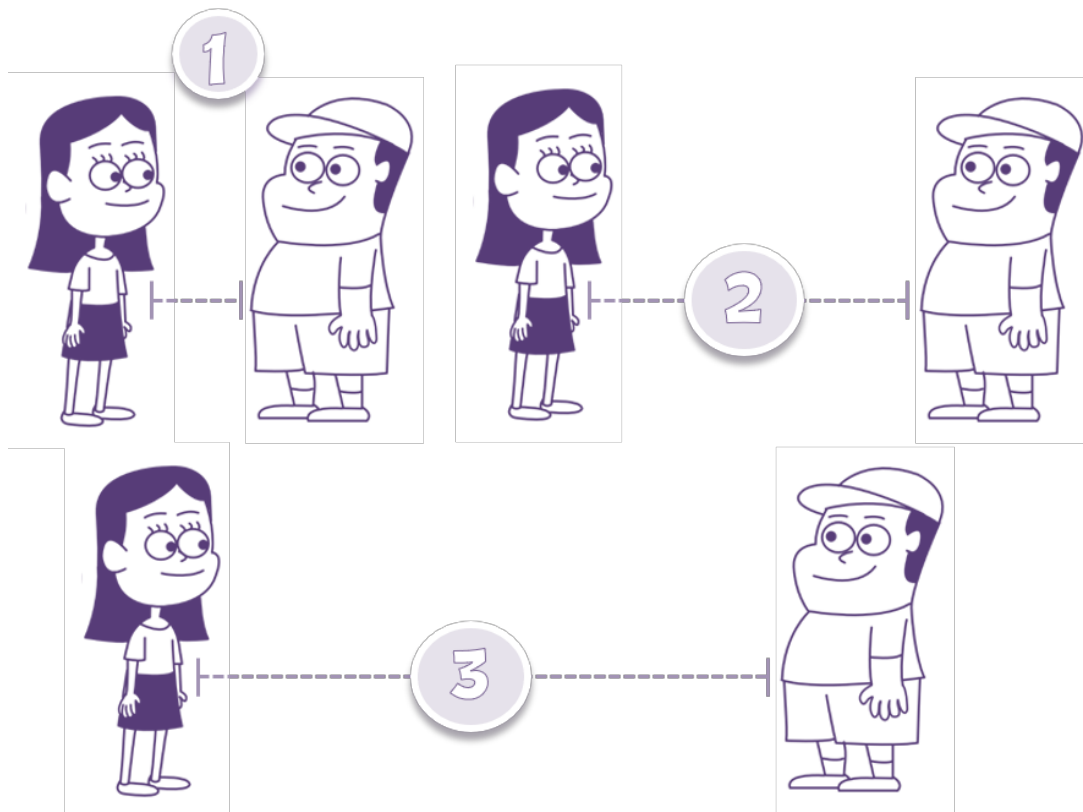
Touch

Touching others is something that you have to be very careful about doing. Not everyone likes to be touched, even by people who are close to them. It is best to keep your hands to yourself when interacting with other people, especially those you have just met.

ACTIVITY

PERSONAL SPACE

Answer the questions below about who you feel comfortable letting into your different personal space zones. Which zone do you allow your friends into? What about teachers?



Who is allowed in **1** ?

Who is allowed in **2** ?

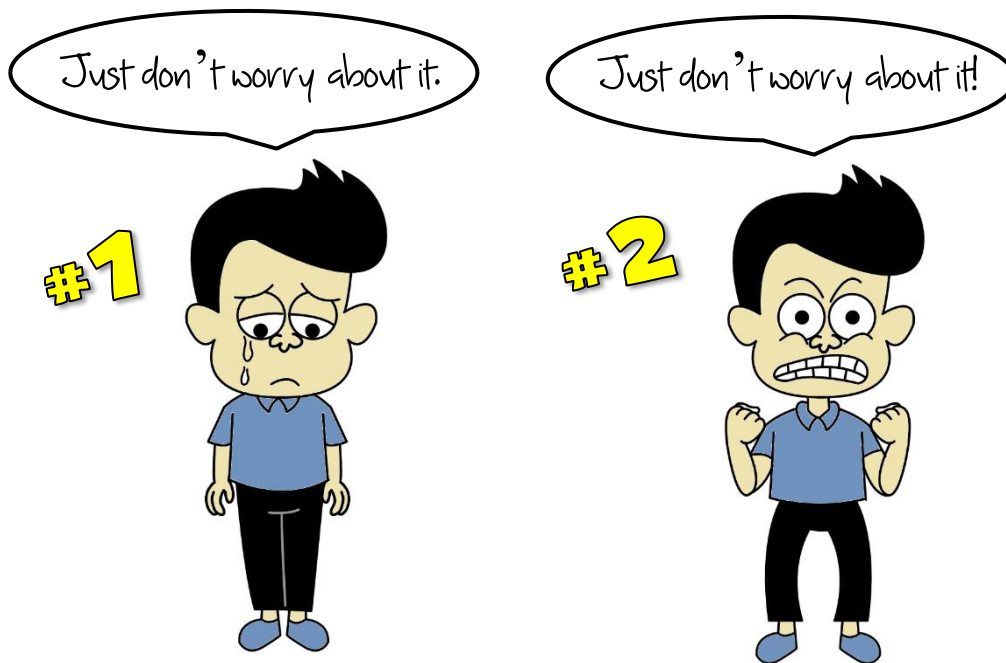
Who is allowed in **3** ?

DISCUSSION QUESTIONS

1. What does it take for someone to be allowed into your Zone 1?
2. What do you do if people in Zone 2 or 3, try to get into Zone 1?

Voice Tone

Sometimes it's not what you say, but *how* you say something that can make all the difference. Your tone of voice can let others know how you're feeling in the moment. You could be saying the exact same sentence, but if you were to change your tone of voice, it would express different meanings. Look at the two examples below.



If you look at the difference in social clues from both boys, you can guess that Boy #1 is feeling sad and Boy #2 is angry. Even though they're both saying the same thing, you can imagine that their tone of voice and body language send a different message.

Sarcasm

Sarcasm is when someone says the opposite of what they really mean. When people use sarcasm, they usually change the tone of their voice. Sarcastic comments can be said jokingly, and other times it can be used to be mean.

For example, if you see your friend trip and fall in the hallway, and you walk up to them and ask, "Hey, how's it going?" If they were being sarcastic, they might reply, "Great! This is the best day ever! Can't you tell?"

If you didn't know that they were being sarcastic, you would be confused. That's why it is important to listen to the tone of voice as well as other social clues.

Volume

**HAVE YOU EVER HAD
A CONVERSATION
WITH SOMEONE THAT
WAS TALKING WAY
TOO LOUD?!**



Having good social skills also means that you are aware of the volume of your voice at all times. It is important to be mindful of how loudly or how quietly you are communicating with other people depending on the setting you are in. The volume of your voice needs to be adjusted whenever you're having a conversation with someone. The closer you are to them, the lower your voice should be.

Voice volume can also give you clues about how someone might be feeling. If they are speaking softly and quietly, you can guess that they might be shy or sad. If they are yelling and screaming, then they might be mad or excited.

ACTIVITY

VOICE VOLUME

Indicate how loud the volume of your voice should be at these locations.

Very Quiet

Whisper

Normal Volume

Loud!

As Loud as I Want!

1

2

3

4

5

6

7

8

9

10

IN THE LIBRARY _____

AT YOUR FRIEND'S HOUSE _____

AT A RESTAURANT _____

IN THE CLASSROOM _____

AT THE PARK _____

IN YOUR HOUSE _____

AT A CONCERT _____

HAVING A CONVERSATION _____

IN THE HALLWAY _____

IN A STORE _____

IN YOUR BACKYARD _____

AT THE DOCTOR'S OFFICE _____

DISCUSSION QUESTIONS

1. What would happen if you were loud in places you're supposed to be quiet?
2. What would happen if you were quiet in places you're allowed to be loud?

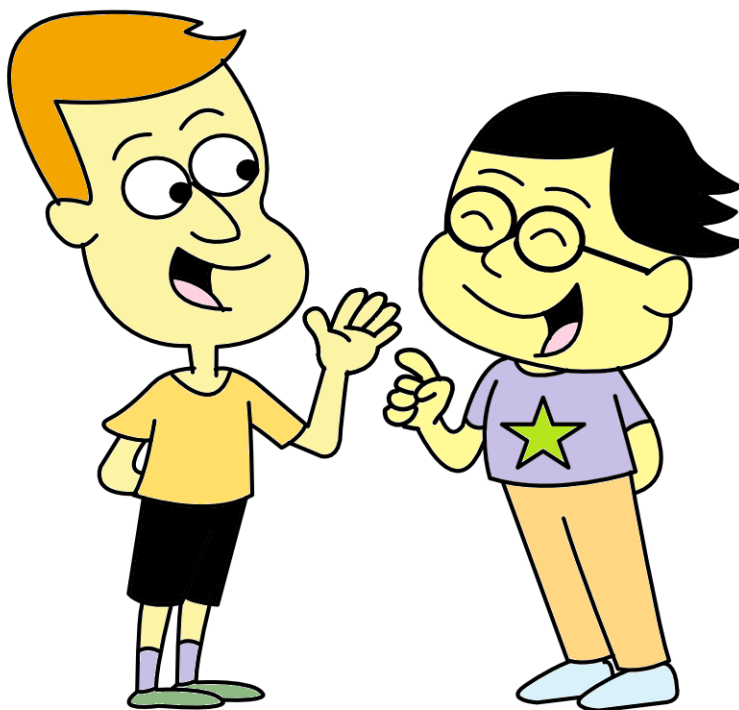
Putting it All Together!

When you put social clues all together, you have a better chance of knowing how people are thinking or feeling in the moment. If someone's facial expression suggests that they are upset, you can look at the rest of their social clues to see if it matches up. Are their fists clenched? Are they standing close to you? If their body expresses anger, and they are talking in a stern tone or yelling, then it can be safe to guess that they are feeling angry.

Ask When in Doubt

There are times when it can be hard to guess how someone is feeling by only looking at their social clues. If you ever truly want to know how someone is feeling you can always just ask:

“How are you feeling right now?”



ACTIVITY

PUTTING IT ALL TOGETHER

Describe the social clues you might expect to see from someone experiencing each of these feelings.

BORED

Facial Expression	Body Language
Space	Voice Volume and Tone

Draw a picture of what a bored person might look like!

SCARED

Facial Expression	Body Language
Space	Voice Volume and Tone

Draw a picture of what a scared person might look like!

ANNOYED

Facial Expression	Body Language
Space	Voice Volume and Tone

Draw a picture of what an annoyed person might look like!

DISCUSSION QUESTIONS

1. What are the differences in facial expression and body language you notice with all the feelings?
2. What are the differences in space and voice volume/tone you notice with all the feelings?

Chapter Wrap-Up

What are the four parts that make up social clues?

1. _____
2. _____
3. _____
4. _____

Verbal means using your words to communicate. True or False? _____

The way that you sit or stand is known as your _____.

What is an example of a gesture? _____

What is sarcasm?

True or False? You can be as loud as you want to be, all the time! _____

Being close to someone and making them uncomfortable means that you are invading their

_____!

How you say something is known as your voice _____.

If you're ever not sure how someone is feeling, what can you ask them?

“

?”
