

Isolation Worksheets

These worksheets are to help raise awareness of isolation patterns and solutions in young people with Asperger's and other autism spectrum disorders.

They are designed to be accompanied by group discussion.

The Social Cards, also included on the disk, expand on the material covered in the Isolation Worksheets. They employ a game-like format.

Further information about the worksheets, as well as downloadable files of the worksheets so you can share them with others, are located at:

<http://autismteachingstrategies.com/autism-strategies/seven-social-skills-worksheets-for-kids-with-asd-who-are-socially-isolated/>

Joel Shaul, LCSW

Joel Shaul provides trainings nationwide on the topics of social skills training for children on the autism spectrum. To learn more, copy and follow this link: <http://bit.ly/zGDQCi>

Name: _____

What do you do on Saturday mornings?



7:00 to 8:00	
8:00 to 9:00	
9:00 to 10:00	
10:00 to 11:00	
11:00 to 12 noon	

On Saturdays mornings, are you ever (circle one or more)

HAPPY

EXCITED

LONELY

BORED

What do you do on Saturday afternoons?



12:00 to 1:00	
1:00 to 2:00	
2:00 to 3:00	
3:00 to 4:00	
4:00 to 5:00	
5:00 to 6:00	

On Saturdays afternoons, are you ever (circle one or more)

HAPPY

EXCITED

LONELY

BORED

What do you do on
Saturday evenings?



6:00 to 7:00	
7:00 to 8:00	
8:00 to 9:00	
9:00 to 10:00	
10:00 to 11:00	
11:00 to midnight	

On Saturdays evenings, are you ever (circle one or more)

HAPPY

EXCITED

LONELY

BORED

Sometimes, people spend a whole lot of time doing things all by themselves, sitting down. Do you? How often? (choose words to circle)

Sometimes. A lot. As much as I can.



What are some things that you do all by yourself, sitting down?

What are some things you would like to try doing more of that are more *active*? (standing up and moving more instead of sitting down or lying down) Write down some ideas below.



What are some things you would like to try doing with other people instead of all by yourself?

Write them down below.



Sometimes, people need help when they are going to try something different.

If you are going to try to be more active, and do more things with other people, which of these things will you need help with?

(Circle the ones you will need help with):

1. I like the things I do alone a whole lot. I don't want to change.

2. I don't know how to find other kids to do stuff with.

3. I think that other kids won't like me/

4. My parents don't have enough money to help me do more fun stuff outside the home.

5. I think that doing more "active" things will make me feel too tired.

6. Anything else you need help with?
