

Dear Families/Caregivers,

Respect is demonstrated through communication and behavior. We all have a need to belong, and respect provides us with a sense of belonging.

In order to succeed in social situations, it's important to recognize and respond to the social cues others send out. Here are some social cues that we learned:

Facial Expressions are probably the easiest social cues to notice. It has been said that our emotions are 'written all over our face.' For example, a *smirk* with your mouth indicates amusement, *raised or furrowed eyebrows* indicate surprise or confusion. *Eye-rolling* could be a sign of displeasure or disapproval.

Body Language can help us navigate social situations. For example, *slumped shoulders* indicate that someone is sad or tired. *Arms folded* may indicate anger or fear. *Thumbs up or nod of the head* may indicate approval. *Shake of the head or tilting of the head* may indicate disagreement or confusion. *Finger tapping* may indicate nervousness or excess energy.

Here are some activities to help your child identify social cues:

- When you're out and find yourself waiting, play a quiet game of *What Are They Thinking?* Discretely notice a person using facial expressions or body language and guess along with your child how the person may be feeling?
- Play an informal game of social cues charades, acting out different social cues and having the other guess the feeling.

Sincerely,

Your Child's Teacher