Social Thinking

In Treetops we follow the Social Thinking (https://www.socialthinking.com/) The programme aims to develop children's understanding of themselves and others so that they are able to better navigate the social world we live in.

The programme has three main elements that children work through systematically;

1. We Thinkers! Parts 1 and 2
2. You Are a Social Detective!
3. Superflex

Glossary of Terms

Body in the group: Your body is part of the group if others feel you are part of the group.

Whole body listening: Your eyes, ears, mouth, hands, feet, arms, legs and brain are focussed on the group in order to listen and show you are listening.

Thinking with your eyes: You are using your eyes to look at a person. This lets people know you are thinking about what they are saying or doing.

The group plan: When there is more than one person, it is expected we follow the group plan. When people are not following the group plan it can make people feel sad or uncomfortable.

Expected: Things people do and say that we think are going to happen and give people good thoughts.

Unexpected: Things people do and say that we don't think are going to happen and give people weird thoughts.

Hidden rules: In all situations, there are hidden rules. Rules that we are expected to follow but may not have been explicitly taught.

The size of the problem: Problems come in different sizes. Small problems can be taken care of quickly. Medium take more time and we normally need some help (adult involvement). Big problems take a long time to sort out and require a lot of help (usually from emergency services). Our reactions should match the size of the problem.

Flexible vs Stuck thinking: Flexible means we can change our plan to fit in with the group plan. Stuck thinking is being unable to change what we are doing or thinking. We are all learning to be flexible thinkers.

Smart guess: When we take what we see and combine it with what we know already (generalising and inference).

Sharing an imagination: The ability to imagine what another person is imagining, thinking, feeling or pretending. This can be very tricky. It helps us work towards a common goal or idea.