



All The World's Our Stage

Autism Improvised, Inc.

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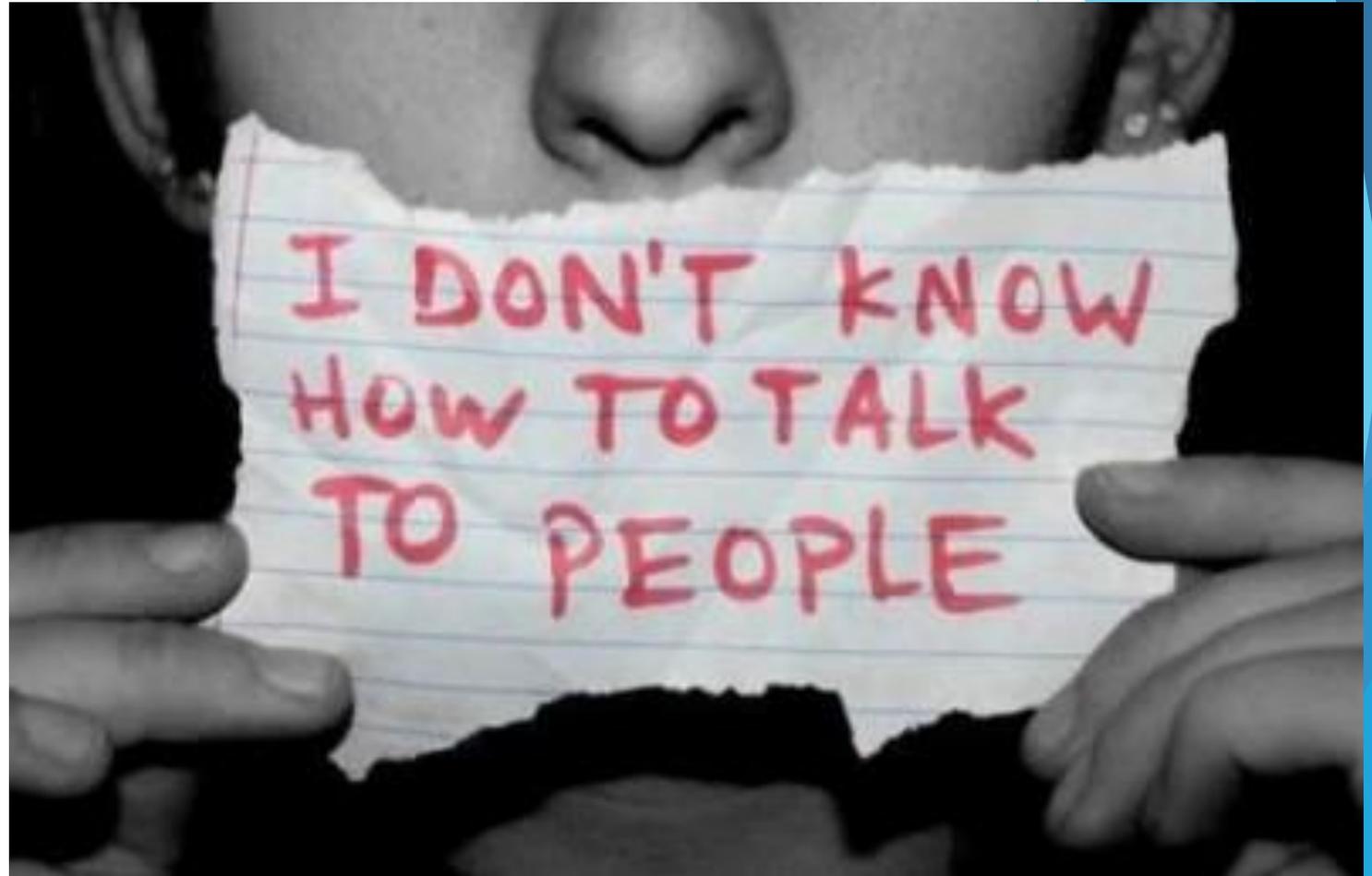
Challenges in Asperger's/HFA

Difficulty understanding and adapting to social cues.

Rigid thinking; single topic of interest.

Lack of social creativity

(Really?)



The Foundation of Success in Life

Communication



How do we teach these soft skills anyway?

- ▶ Provide an unstressed environment
- ▶ Come from the learner's POV
- ▶ Create emotionally-based experiences
- ▶ Develop trust and empathy



Cognitive Models of ASD

Academic-speak

- ▶ Theory of Mind
- ▶ Social Pragmatics
- ▶ Emotion Recognition
- ▶ Weak Central Coherence
- ▶ Social Knowledge
- ▶ Enactive Mind
- ▶ Executive Dysfunction
- ▶ Mood Dysregulation
- ▶ Social Motivation

In language we understand

- ▶ Understanding someone's mental state
- ▶ Words matching body language, tone
- ▶ Understanding how someone feels
- ▶ Seeing the trees and not the forest
- ▶ Knowing how to act in a social situation
- ▶ Early ability to make sense of social environment
- ▶ Trouble in problem-solving, planning, flexible thinking
- ▶ Unpredictable emotional response, aggression
- ▶ Wanting to seek out relationships, interactions

So how does improv work, anyway?

The challenges

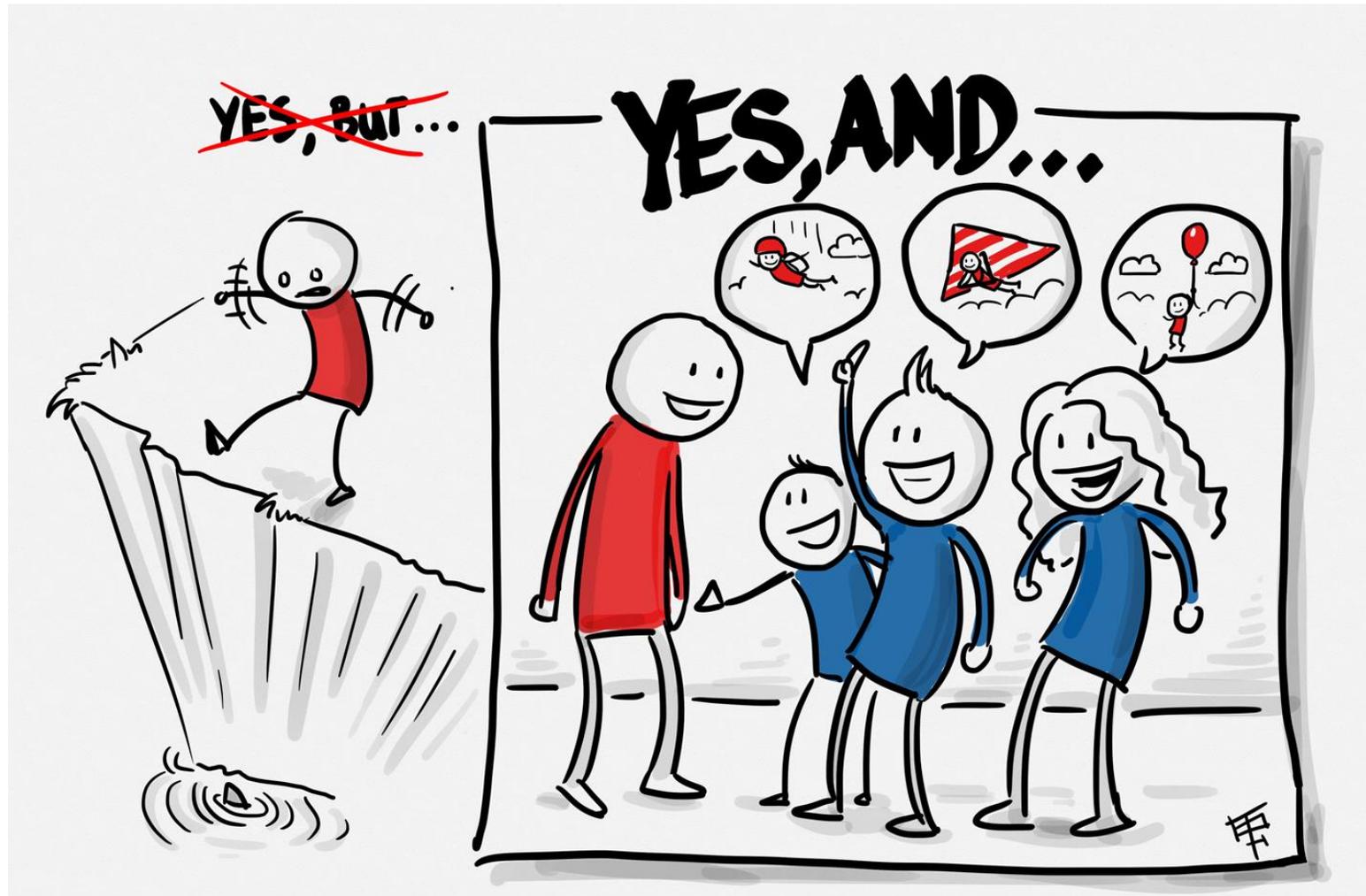
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The matchup

- ▶ Improv is fun, and when you're having fun, you learn!
- ▶ When you play, you learn:
 - ▶ to better identify complex emotions
 - ▶ teamwork; problem-solving
 - ▶ to decide how to respond
 - ▶ to find context, the bigger picture
 - ▶ another's perspective
 - ▶ to interpret body language
 - ▶ to accept new ideas by "Saying Yes"
 - ▶ to think more flexibly
 - ▶ to relate; therefore, make friends

Jason explains

And now we'll show you!



SOMETIMES
I PRETEND
TO BE
NORMAL.

but it gets
boring.

SO I GO BACK
TO BEING
me.

autism¹
IMPROVISED

Because life doesn't come with a script

www.AutismImprovised.org

(770) 354-5770

References

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