

Autism Worksheets Emotions

Steps to teach emotions to autistic children.

The first step is awareness:

Make your child understand emotions, like how you express your happiness and anger, try to make him learn about the different human emotions that your child needs to learn to recognize.

Focus on one emotion at one time

Emotions are complex to learn and understand, so it is important to expose them to one emotion. It will help them to understand the emotions when to use them and their impacts.

Be Patient:

The patient is the key in the entire process, your child lacks the social skills and has deficits in forming relationships hence have faith and don't lose hope. Bombarding autistic children with a lot of information at the same time will make them confused and lose interest in learning.

Practice looking at the facial expressions with the help of visual cards

It is helpful to use visual cards exaggerated emotions to help children with ASD understand memorize the emotions better. It will keep their attention intact and will help them to comprehend the emotion in a better way.

Use a feeling chart:

Make a feeling chart with different basic emotions. It will help the child to describe what he or she is feeling. The feeling chart will help the kid to explain his emotions without making a fuss. This concept is really effective for autistic children to explain their emotions while being misunderstood and in a more socially acceptable way.

Name emotions activity

Make different cards of different emotions and let your child explore their favorite one and name the emotion and where they can use that emotion.

Use social stories

Take the help of different stories to teach children how emotions make you feel.

Coping skills

Deep breathing:

Breath in and breathe out, 3 -5 times in a day, 4 seconds inhaling, 4 seconds holding your breath, and 4 seconds exhaling. This is how you are supposed to do deep breathing.

Relaxation Techniques

Progressive Muscle Relaxation and Yoga are some of the options that you can try whenever you feel that you are unable to control your anger.

Exercise:

Go for a walk or a swim. Anything that relaxes your mind and gives you peace of mind. Physical exercise is very important, running releases endorphins. Exercise isn't just good for the body. It also has a powerful effect on mental well-being. People who exercise regularly are happier across the board. Plus, they're also less stressed, angry, anxious, and depressed. It doesn't really matter what kind of exercise you do, so long as you do it regularly.