**Social Interaction**

You can work on your social skills with people at home. Enjoy spending time together too.

Here are some activities you can do at home:

* Play a board game or a card game.

Make sure everyone understands the rules before you start.

Encourage other players and be happy for them if they win.

If you forget who is taking a turn you could use an object to pass around or write down the names of the players and have it in front of you.

* Think of someone who you want to see but can’t at the moment. Write them a note. Think of who they are and how you would change your language with each person. For example, you probably wouldn’t use LOL in a note to your Nan! ☺
* Watch the news with someone at home.

Share what you think about the news, talk about how you feel or ask them questions about the news. Remember to ask them for their opinions and practise your active listening skills.

* Turn your kitchen into a café.

Set the table nicely with a table cloth, a centre piece (e.g. flowers if you can). Decide what drinks and snacks you could serve and then design and make a menu. Take turns to do the different roles of waiter/ waitress and customer with someone at home.

If you are old enough to drink alcohol you could also do this but turn your kitchen into a bar instead!

* Play guess the celebrity – write the names of celebrities on post-it notes. Decide who will go first. Take a post-it note from the pile and stick it on the first player’s head without them seeing. Take turns to ask questions- the person with the post it can only use “yes” or “no” to answer the questions.

Here are some example questions

-Am I male/ female?

-Do I work on TV?

-Am I a singer?

-Am I an athlete?

-Am I British?

* Keep in touch with college friends by phoning them / texting or contacting them over social media.

- Remember to check if it’s a good time to talk

- Don’t ring too late

Listen out for cues that the other person might want to finish the phone call such as someone saying, “It was nice to hear from you” and then leaving a long pause. If someone doesn’t answer the phone they could be busy. Try again later.

* We are lucky to have the internet to interact with others who are far away from us. Remember everything that you have learnt about internet safety. Don’t give out personal information and keep yourself safe.
* Organise a house movie night. Choose a selection of films and then ask people that you live with to have a vote. Watch the movie with the most votes. Set up a snack bar and pretend that you have customers and serve them before you watch the movie together.
* If you have LEGO at home ask someone to help you to build something. Choose a model to build. One person will look at the instructions and the other will look for bricks and listen to where to place them.

Before you start, agree on the words that you will be using to describe the pieces of LEGO. You can use words to describe the appearance - size, shape and colour.

Did you know that you can find ideas for new models on the Lego website?

<https://www.lego.com/en-us/service/buildinginstructions>

* At the end of each day share 3 positive things with someone at home. You could also call someone to share them.

Finally, there are lots of changes to routine at the moment. It can feel overwhelming at times. Keep sharing how you feel with people that you are living with.