

Know your spectrum of theory of mind

Aims

- To understand key aspects of theory of mind in relation to autism.
- Identify personal strengths and areas that are a challenge.
- Develop strategies to support and enhance theory of mind.

Activities A - H

- Read Finn's worksheet and creative writing to further understand each topic and generate ideas.
- Teenagers' to think of examples in their life for each activity. Course leaders can also provide personal examples to further support the process.
- Consider the key features of the topics and how they influence other areas of our lives.
- Teenagers' to identify cause and effect between their theory of mind thinking style and emotions or behaviours.
- Refer to the additional support material provided on the website for each activity section.
- Additional poetry and narrative examples can be found on the creative writing wall for more inspiration.

Timings Book pages Website buttons	Activities
10–15 minutes PAGE 128-131	<p style="text-align: center;">Know your spectrum of theory of mind</p> <p>Introduction Read through the introduction and further explain or discuss the main topics. Refer to glossary for definitions and mind map for an overview.</p>
20-30 minutes PAGE 136-137 Button 2 PAGE 138-139	<p style="text-align: center;">My spectrum of missing the joke, sarcasm & hidden meaning</p> <p>ACTIVITY A. YOUR WRITING PROMPTS Website additional writing prompts.</p> <p>ACTIVITY B. MY WORKSHEET Teenagers' complete the worksheet.</p>

<p>20-30 minutes</p> <p>PAGE 143-144 Button 3</p> <p>PAGE 145</p>	<p>My spectrum of understanding other people’s thoughts</p> <p>ACTIVITY C. YOUR WRITING PROMPTS Website additional writing prompts.</p> <p>ACTIVITY D. MY WORKSHEET Teenagers’ complete the worksheet.</p>
<p>20-30 minutes</p> <p>PAGE 149-150 Button 4</p> <p>PAGE 151</p>	<p>My spectrum of taking words literally</p> <p>ACTIVITY E. YOUR WRITING PROMPTS Website additional writing prompts.</p> <p>ACTIVITY F. MY WORKSHEET Teenagers’ complete the worksheet.</p>
<p>20-30 minutes</p> <p>PAGE 156-157 Button 5</p> <p>PAGE 158-159</p>	<p>My spectrum of forgetting or feeling unable to ask for help</p> <p>ACTIVITY G. YOUR WRITING PROMPTS Website additional writing prompts.</p> <p>ACTIVITY H. MY WORKSHEET Teenagers’ complete the worksheet.</p>
<p>20 minutes</p> <p>PAGE 162</p> <p>PAGE 164</p> <p>PAGE 165</p>	<p>What’s my spectrum of theory of mind?</p> <p>ACTIVITY I. MY WORKSHEET Teenagers’ recap and summarise main points learnt throughout the chapter.</p> <p>ACTIVITY J. MY WORKSHEET Teenagers’ complete creative writing section using poetry, mini-stories or a narrative.</p> <p>ACTIVITY K. MY PROFILE CHART Teenagers’ create a personal profile relating to the chapter.</p>