



Use Your Words

Practicing Prompts

Goal: To help transition into new routines, practice what to say during pretend play or with prompted scripts.

Tip: *Talk about what to do when you first arrive at school, give tips on how to engage with people during recess, lunch, or snack.*

Why is this important? Opportunities to practice in anticipation of new routines, helps adapt to change.

Looking for more information? Scroll down to check out our Conversation Prompts!

References: Back-to-School Anxiety: A Guide for Parents. (2014). Brown University Child & Adolescent Behavior Letter, 30, 1–2.

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Scheibel, G., Ma, Z., & Travers, J. C. (2022). Teaching Social Scripts to Improve Social Communication for Students With Autism Spectrum Disorder. *Teaching Exceptional Children*, 54(5), 330–337.

Zubair, F., Hasan Khan, M. I., Zulfiqar, M., & Shakeel, S. (2021). Anxiety and depression level in working mothers who leave their children at home as compared to those who leave them at day care. *Professional Medical Journal*, 28(7), 944–950.



Conversations Prompts

Here are some conversation prompts to help prepare for social interactions at school!

Tips For When You Get to School:

1. "Hi, my name is ___ and my pronouns are ___."
 - a. "What are your name and pronouns?"
2. "Hello ___! How was your summer?"
3. "What do you like to learn about?"

Tips For Lunch:

1. "Can I eat lunch with you?"
 - a. "Thank you!"
 - b. "Oh, okay. I'll sit somewhere else."
2. "What do you have for lunch?"
 - a. "Wow, that sounds yummy!"
3. "What are you going to do at recess?"

Tips for Recess:

1. "Hey ___, do you want to play together?"
2. "Hello, can I join your game?"
 - a. "Thanks so much, how do I play?"
 - b. "No problem, thanks anyways!"
3. "I don't want to play ___ right now, maybe next recess?"

