
Certificate of Completion

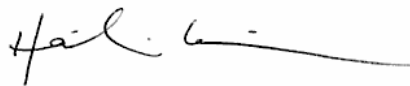
Social Thinking Webinar

Size of the Problem: #9 in Our Series of 10 Core Concepts

Math is not the only activity that requires problem solving; we're constantly problem solving socially when communicating with others, working in groups, doing homework, self-regulating, etc. Along the way we encounter problems of different sizes that can cause negative emotions. We teach that it's expected to match the size of our reaction to the size of the problem. For example, small problems warrant small reactions or none at all—however, this often requires emotional regulation—and that is easier said than done! In fact, some kids and adults get stuck focusing on their negative emotions instead of solving the problem—which can cause even more problems. In this webinar, Michelle Garcia Winner shared developmentally based strategies and tools for social problem solving and emotional self-regulation to help individuals navigate the complicated social world. She also explained which Social Thinking materials help you teach problem solving across the ages.

- 90 minutes, or 1.5 contact hours, of instruction
- Original webinar took place April 10, 2019; the recording is available to be watched any time at www.socialthinking.com/webinars

Participant

A handwritten signature in black ink, appearing to read "Heidi Winner".

Heidi Winner, Webinar Coordinator