



**For  
Special  
Ed**

**Includes  
Social Media  
Safety**

# SOCIAL HEALTH

**ALSO INCLUDES GOOGLE SLIDES**

*Special Needs for Special Kids*





*This unit was created with this guy in mind. He has autism and an intellectual disability. He is a non-reader, and loves to connect with others using social media. With some support he is able to do this unit, and enjoys the challenge. He is my tester!!*

# Social Health Unit for Special Education



by  
Christa Joy  
Special Needs for Special Kids

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Worksheet pages	Title
4-5	Vocabulary board
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Also included in this resource as separate files:

- Lesson plans
- Links and directions to digital activities
- PowerPoints (these are the books in the lesson plans)
- Voice recorded PowerPoint
- Activities in black and white

*This unit contains over 150 pages of material. I have included a detailed lesson plan to help you make the most of everything in this unit including how to add some group activities.*

*It comes in 2 separate files. One in color and one in black and white.*

# Social Health and Social Media Safety Lesson Plan

## Preparation

- Print out a vocabulary board for each student to use throughout unit
  - Laminate or place in page protector
- Book
  - Print out, laminate, and bind
  - OR your students can listen to the pre-recorded version
- Vocabulary cards
  - Print out a set of cards onto cardstock and laminate
  - Make one set for each student and also one for the teacher to use in I Spy games

## Preassessment (do day 1 before starting lesson)

- Choose the form of the assessment that best fits the learning level of your students
- Give the assessment to assess what your students may already know
- I cannot emphasize enough how important this step is. If you want to see growth, this preassessment is so important!!

## Teaching Tips

1. *Color Coding:* this is a really easy way to add more structure to a matching activity. Outline or color in an empty box or sorting label. Outline or color in the corresponding picture symbols the same colors. Becomes a color matching task.
  - a. For more info, read more here:  
<https://specialneedsforspecialkids.org/2015/09/05/using-color-coding-for-differentiation/>
  - b. I also have a blog post on differentiating one activity 3 ways:  
<https://specialneedsforspecialkids.org/2018/10/22/differentiating-1-activity-3-ways-easily-and-effectively/>
2. *Make your own copies of the activities:* Every day I review the activity we did yesterday. For that reason:
  - a. I often complete the activity myself and often laminated it for easy review that I could use year after year.
  - b. My copies were also helpful as either a model for students who needed more support or as a way for more advanced students to self-check their

The lesson plans contain:

Overall tips for teaching  
students with significant  
needs

## Quick Look

Day	Activity	Day	Activity
1	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards introduction</li><li>• Circle map</li></ul>	8	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Writing prompt</li></ul>
2	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Circle map</li></ul>	9	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards cut and paste</li><li>• Vocabulary puzzle</li></ul>
3	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Sorting activity</li></ul>	10	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards cut and paste</li><li>• Vocabulary puzzle</li></ul>
4	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Sorting activity</li></ul>	11	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Close worksheet</li></ul>
5	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Sorting activity</li></ul>	12	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Close worksheet</li></ul>
6	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Sorting activity</li></ul>	13	<ul style="list-style-type: none"><li>• Assessment</li></ul>
7	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• What makes a good post?</li></ul>		

*The lesson plans contain:*

*A quick look at what you will do each day*

## Day 7

Activity	Notes	Materials
Read or listen to a recording of the book: <b>Social Media Safety</b> (10 minutes)	<ul style="list-style-type: none"><li>• Read through the story, asking lots of questions</li><li>• Continue to make connections between book and vocabulary board</li></ul>	<ul style="list-style-type: none"><li>• Book</li><li>• Vocabulary board</li></ul>
Vocabulary cards <b>Puzzle Game</b> (10 minutes)	<ul style="list-style-type: none"><li>• Give each student a pile of pieces</li><li>• Have them reassemble the pieces into the correct symbols</li><li>• They may have to ask each other if someone else has the second half to a piece they have. Great for increasing communication and sharing.</li></ul>	<ul style="list-style-type: none"><li>• Vocabulary cards (set where each card is cut in half)</li><li>•</li></ul>
Sorting activity review (5 minutes)	<ul style="list-style-type: none"><li>• Review the sorting activity completed yesterday</li></ul>	<ul style="list-style-type: none"><li>• Activity from yesterday</li></ul>
What makes a good post (10 minutes)	<ul style="list-style-type: none"><li>• Complete the activity: what makes a good post</li><li>• Allow students to choose which template/background they want to use</li><li>• This is set up like a typical circle map.</li><li>• Choose the option, correct answers only, or wrong answers mixed in.</li><li>• Make connections to the book as necessary</li></ul>	<ul style="list-style-type: none"><li>• worksheet</li><li>• Scissors</li><li>• Glue</li><li>• Crayons or markers</li></ul>
Sharing (10 minutes)	<ul style="list-style-type: none"><li>• Each student shares their finished activity</li></ul>	<ul style="list-style-type: none"><li>• Completed activity</li><li>• Communication devices</li></ul>

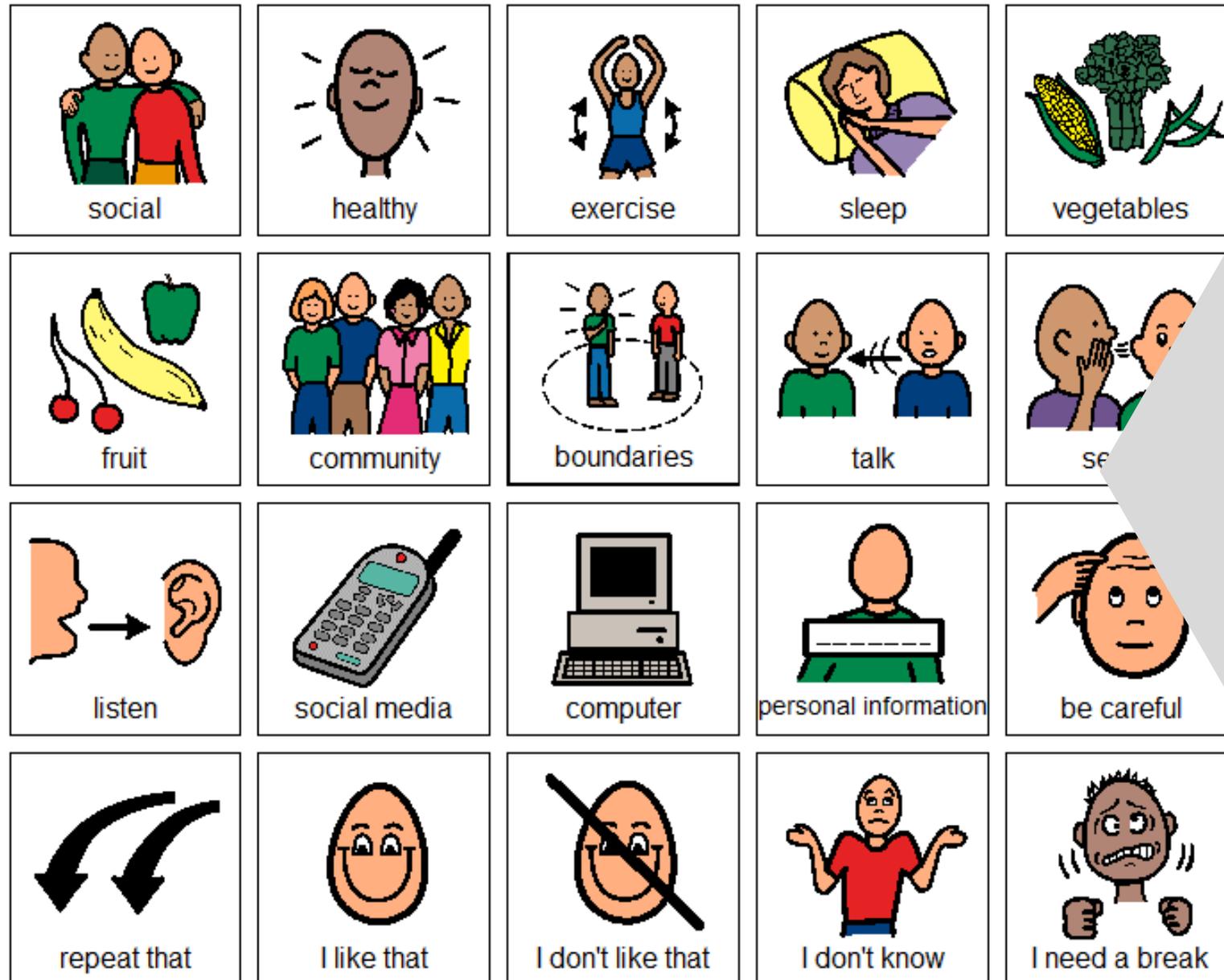
The lesson plans contain:

Detailed instructions on how that day's lesson should run

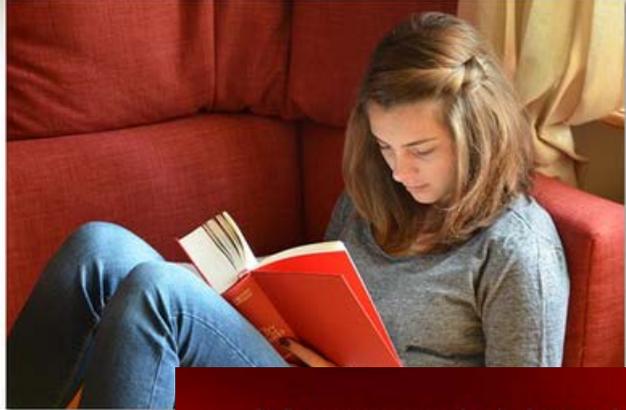
This unit comes with a vocabulary board.

Vocabulary boards are great for ALL students to assist with participation and engagement in group discussions.

Tips on how to use in the unit!!



Having good boundaries also means knowing when you need some time alone. Spending time alone is just as important as your social health.



Your social health is very important. The relationships you make with others will affect how you feel.



There are 2 books with this unit using simple text and photos. This one is 33 pages on overall social health.

Both come in pdf versions as well as a voice recorded powerpoints (so you don't have to print it out.)

Having friends, you may only connect with on the phone or computer are also important for your social health.



There is also a 22-page book on social media safety.

That means, you should think before you post something. Will it hurt someone's feelings? Does it share a secret you were supposed to keep? Is it true?



Christa Joy, Special Needs for Special Kids



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## social health

Ability to create and take care of relationships with others.



## community

People who live in the same area you do or people you meet online.



## respect

Paying attention to and taking care of others as well as yourself.



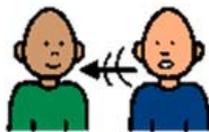
## boundaries

Rules about what is okay when it comes to how other people treat you.



## small talk

Conversation about a shared interest. Not deep or emotional.



## commitment

A promise you make to someone or yourself.



## judging

To form an opinion about another person.



## social media

Ways to communication with friends who you cannot see face to face.

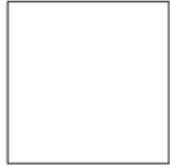


There are 12 vocabulary cards that come in color and black and white.

Included are suggestions for group activities to do with these each day.

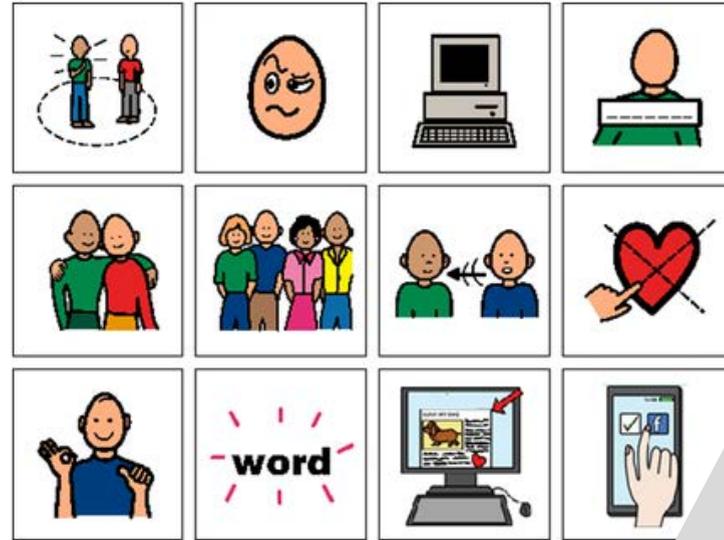
### social health

Ability to create and take care of relationships with others.



### community

People who live in the same area you live in or people you meet online.



### respect

Paying attention to and taking care of others as well as yourself.



### boundaries

Rules about what is okay when it comes to how other people treat you.



### post



### personal information



### password



### online



Information about another person.

A promise you make to someone or yourself.

People who live in the same area you live in or people you meet online.

Things unique to you like your name, birthday, and address.

Information that only you know that gives you access to something.

Rules about what is okay when it comes to how other people treat you.

Something you share with others but not a shared interest or emotional.

Something done on the internet or a computer. Not done face to face.

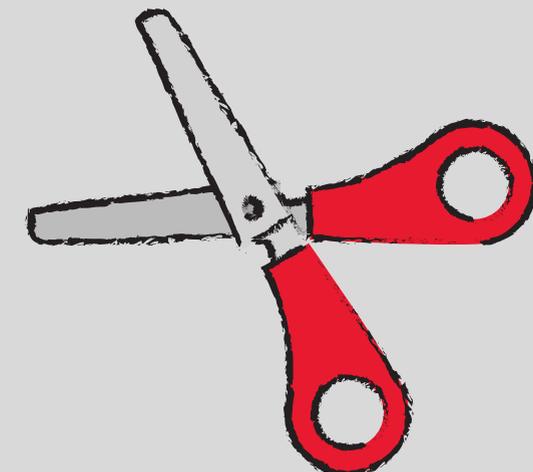
Communication with friends that does not see face to face.

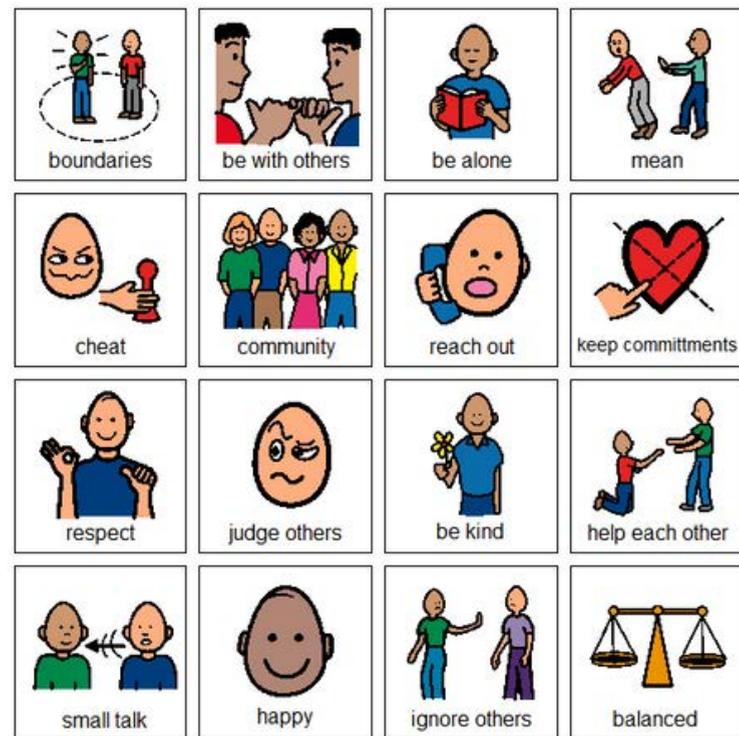
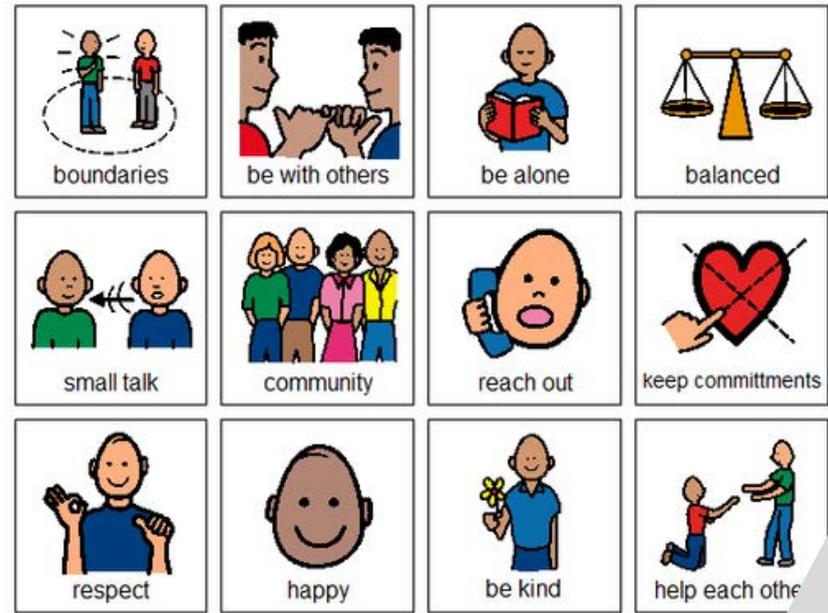
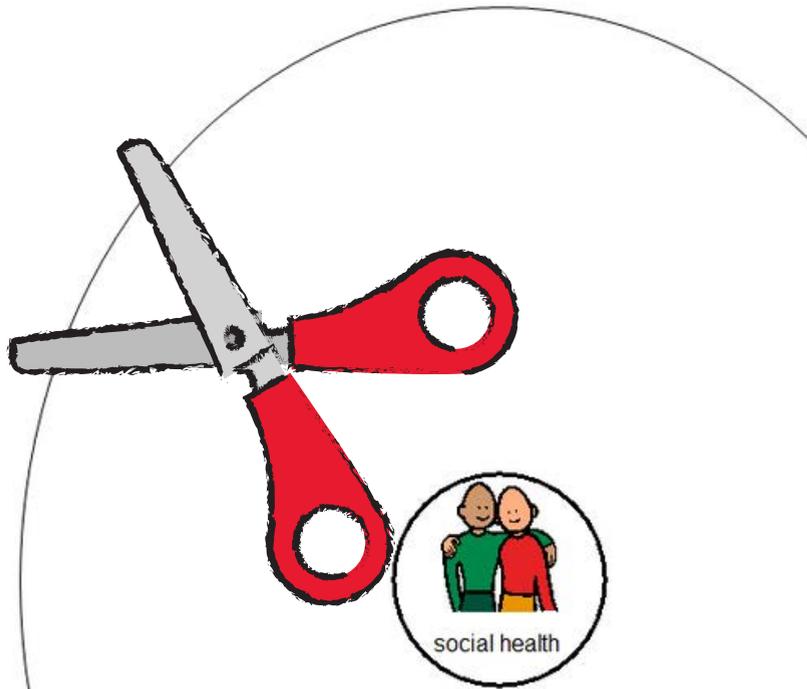
Ability to create and take care of relationships with others.

Paying attention to and taking care of others as well as yourself.

Something you share in social media. It can be words, a picture, or a movie.

On days 9 & 10 there is an activity where students will match either the picture to the definition or the definition to the picture (harder).



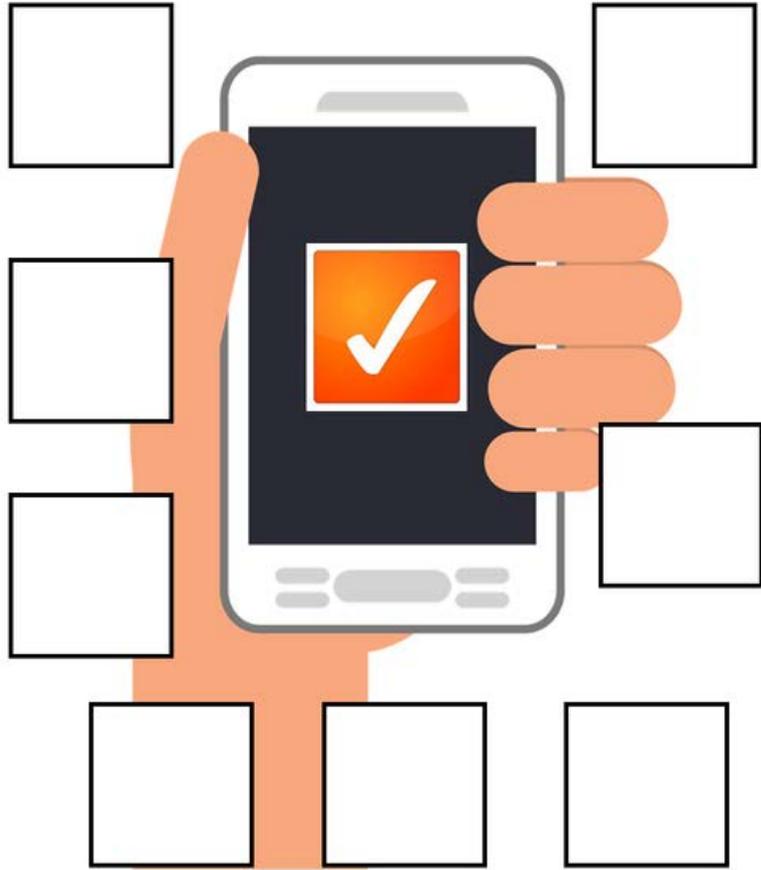


There are 2 circle maps, one for social health and one for social media safety.

Circle maps are a great way for students to see the concept at a glance. There are 2 versions:

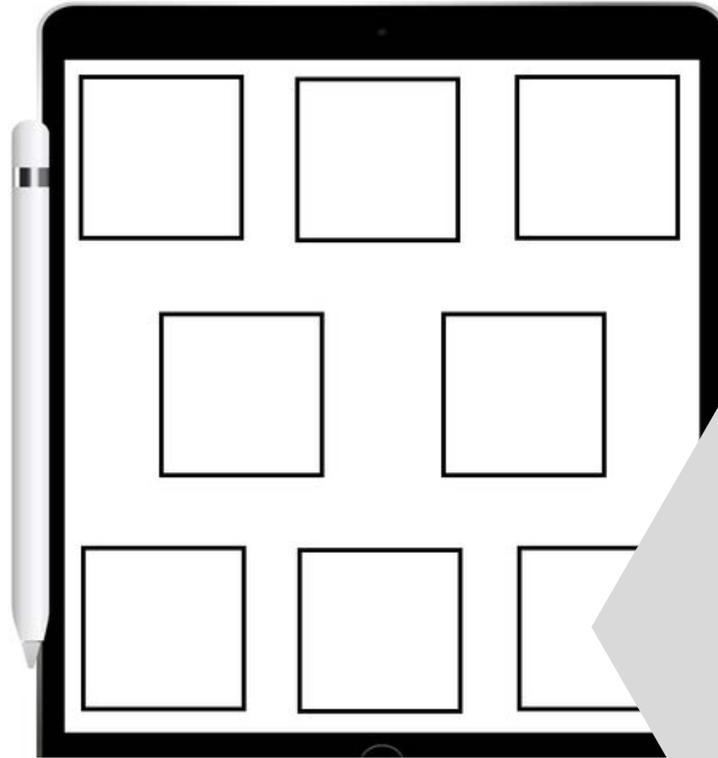
- One is errorless
- One has wrong answers mixed in students will have to set aside

What makes a GOOD post on social media?

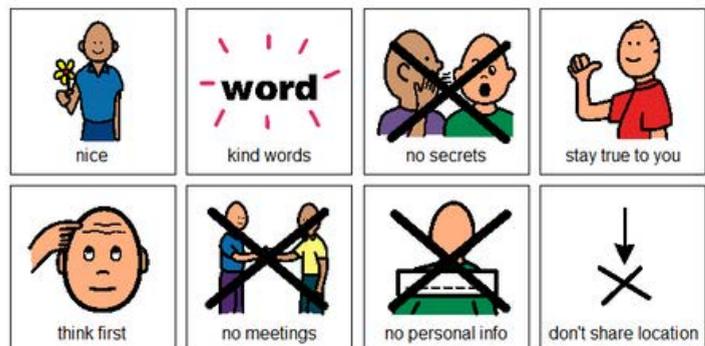
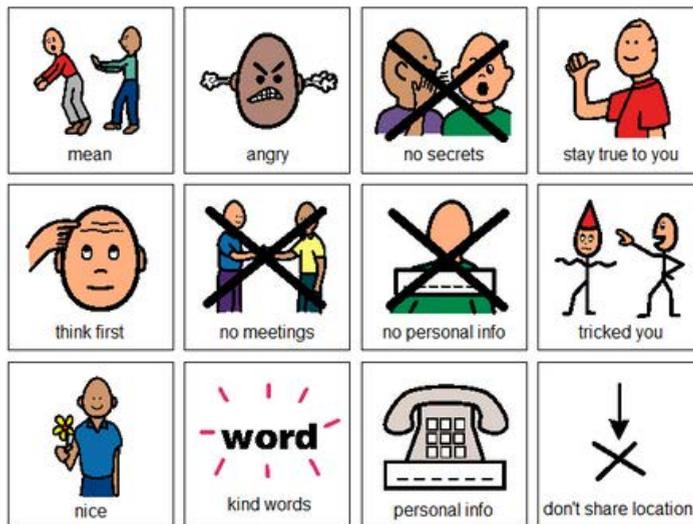


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The Picture Communication Symbols ©1981-2020 by Tobii Dynavox. All Rights Reserved  
Worldwide. Used with permission. Boardmaker® is a trademark of Tobii Dynavox

What makes a GOOD post on social media?

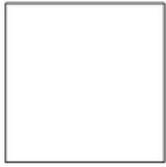


Use these pictures **ONLY IF** they show what makes a good post.

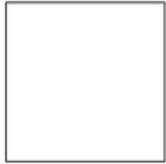


Using the template of their choice, students will complete a picture of things that make a good social media post. There is an option with wrong choices mixed in, like a circle map.

Yesterday, I went to the

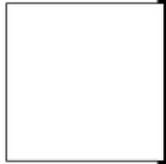


It was

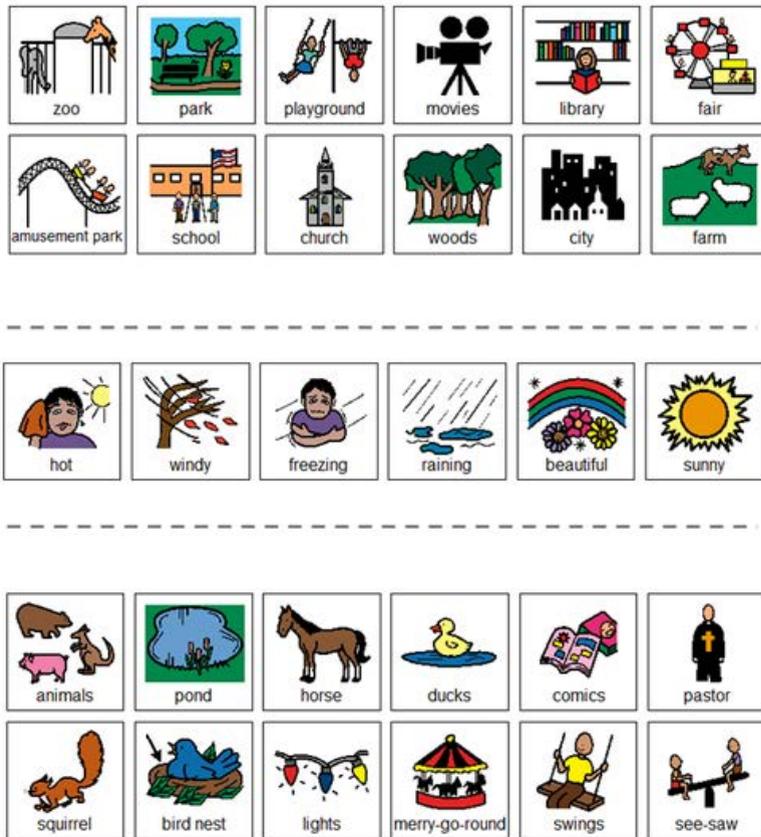


outside.

If you go, you should make sure to see the



Place picture here



There is also a writing prompt in the form of actually creating a social media post. You will use magazines to find a photo to add to the finished post. This is an errorless activity.



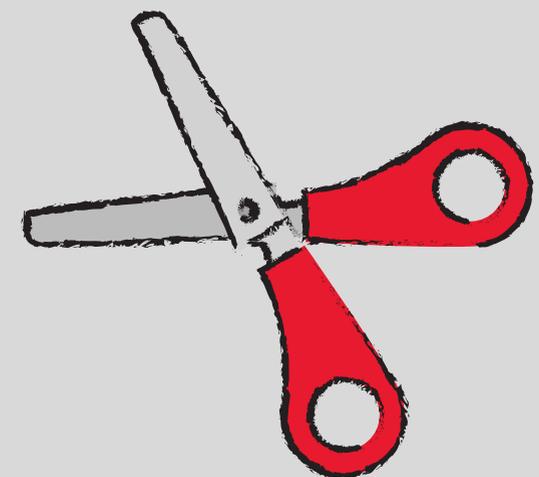
<input type="checkbox"/>	I stayed true to who I am.	
<input type="checkbox"/>	I used kind words.	
<input type="checkbox"/>	The facts are true.	
<input type="checkbox"/>	I included a nice picture.	
<input type="checkbox"/>	Nothing secret shared.	
<input type="checkbox"/>	No personal information.	
<input type="checkbox"/>	It is entertaining.	

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<input type="checkbox"/>	It is entertaining.	

I created a social media checklist that students can follow to make sure they are being safe and posting things that are kind and respectful. You can also use it to evaluate random posts for practice.

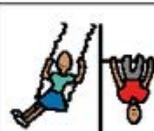
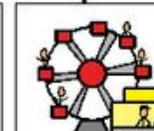
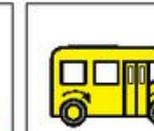
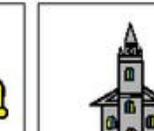
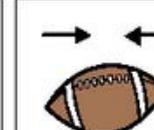
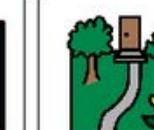


There are 4 sorting activities all dealing with different aspects of social health. Directions on how to add color-coding if needed are included.

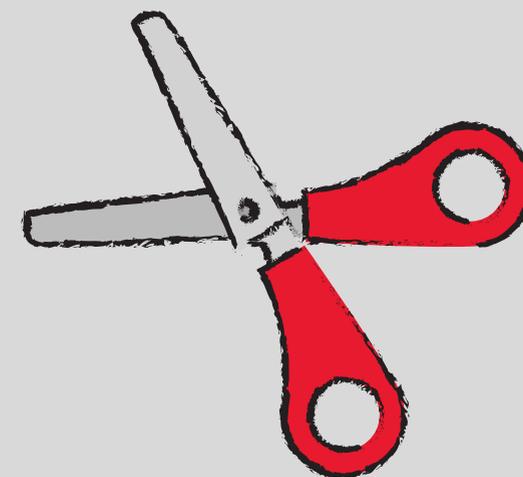




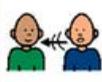
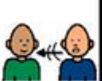
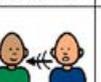
 LAST name	 FIRST name	 phone number	 address	 vacation plans
 birthday	 things you like	 thing		
 school you go to	 street you live on	 loud	 quiet	

 playground	 hallway	 fair	 on the bus	 church
 library	 movie theater	 football game	 park	 concert
 field	 roller coaster	 bedroom	 classroom	 yard

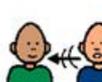
There are 4 sorting activities all dealing with different aspects of social health. Directions on how to add color-coding if needed are included.



## Social Media Health

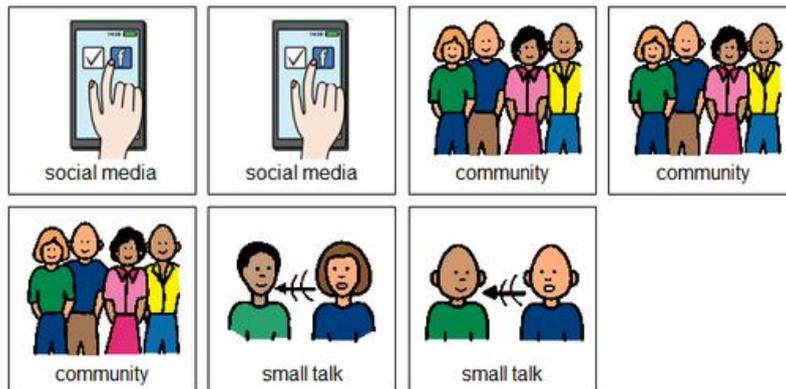
 online		 small talk	 social health		
 social health	 community	 social media	 online		 small talk
		 community	 boundaries		
 boundaries			 small talk	 community	
		 social health			 boundaries
 social media		 boundaries			 online

## Social Health

 social health		 small talk	 community
		 social media	 social health
	 social health		 small talk
		 social health	 social media

There is a Sudoku puzzle in this unit as well. This is a great way to work with the new vocabulary!!

Place the following images in the empty squares on the previous page, completing the sudoku puzzle.



There are 2 versions plus answer keys.



## Social Health

CSDRWUDPASSWORD  
 NBEEICQWGLYZJEH  
 WCASOYPOSTAUGGL  
 JRRPBKTASAUSXZC  
 KRWELLKCLVGNBSO  
 BSOCIALHEALTHMM  
 SYZTAFILOTSWGS  
 EBOGYSEMVKLAEMI  
 NVNBOUNDARIESAT  
 KOLZCGCKVZFUGLM  
 FDIPNADTYXIXNLE  
 SWNCOMMUNITYBTN  
 EREYCOJUDGINGAT  
 SOCIALMEDIALKLZ  
 YGJHVDHXPDWXOKQ

- |               |            |            |           |
|---------------|------------|------------|-----------|
| social health | boundaries | commitment | community |
| social media  | password   | small talk | respect   |
| judging       | post       | online     |           |



## Social Health

CSDRWUDPASSWORD  
 NBEEICQWGLYZJEH  
 WCASOYPOSTAUGGL  
 JRRPBKTASAUSXZC  
 KRWELLKCLVGNBSO  
 BSOCIALHEALTHMM  
 SYZTAFILOTSWGS  
 EBOGYSEMVKLAEMI  
 NVNBOUNDARIESAT  
 KOLZCGCKVZFUGLM  
 FDIPNADTYXIXNLE  
 SWNCOMMUNITYBTN  
 EREYCOJUDGINGAT  
 SOCIALMEDIALKLZ  
 YGJHVDHXPDWXOKQ

- |               |            |            |           |
|---------------|------------|------------|-----------|
| social health | boundaries | commitment | community |
| social media  | password   | small talk | respect   |
| judging       | post       | online     |           |

There is also a word search to work with vocabulary. If your students cannot do a word search, have them highlight the circle words on the answer key.

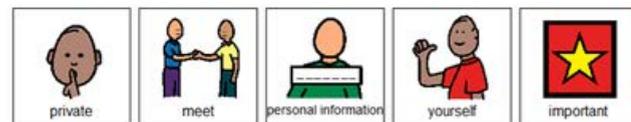
## Social Health

1. Having good  is part of good social health.
2. Respecting  is also important.
3. You need a  between time alone and time with others.
4. Being active in your  is a good way to find friends.
5. Having boundaries means you do not let people make you feel .



## Social Media Safety

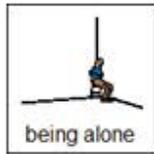
1. It is  to be safe on social media.
2. You should never share  like your name.
3. Never agree to  someone somewhere.
4. Always stay true to .
5. Never share your passwords. They should be kept .



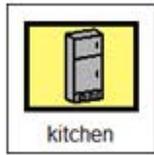
Close worksheets are a great informal assessment. This unit has 10 questions that are a general review of social health, plus 10 questions on social media safety.

Answer key included.

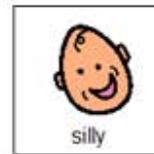
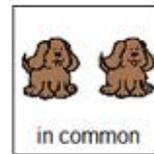
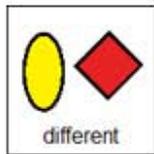
1. You should try and balance your time with others and:



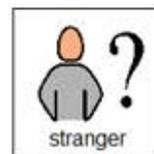
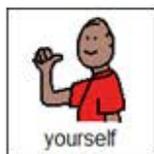
2. What is a good place to build your social relationships?



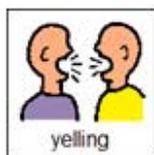
3. Small talk is when you talk about interests that are:



4. It is most important you stay true to whom?



5. This is a good way to keep in touch with people who are far away.

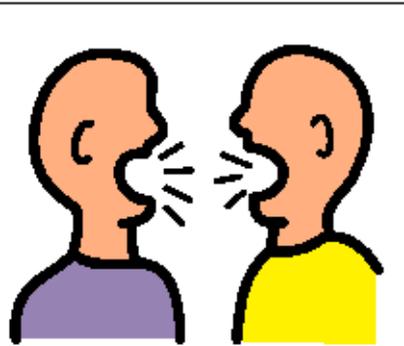


FINALLY the assessment!! There are 3 versions. This version has 10 questions with 3 picture choices for each question.

Answer key included.

Print onto cardstock or mount on index cards. Cut pictures apart and show student answer choices for each question.

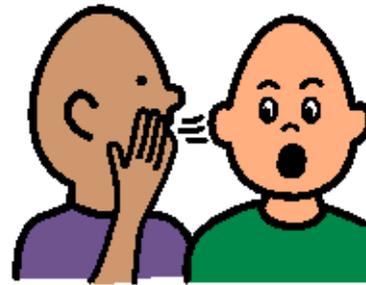
Q 5



yelling



social media

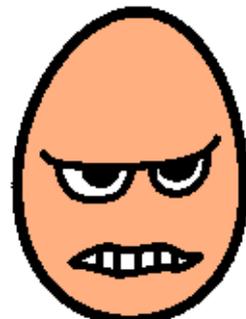


whispering

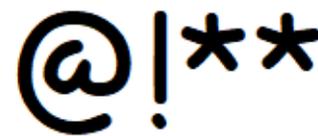
Q 6



nice



mean



bad

With this version, you cut out the answer choices and glue them on index cards. Ask the student the question, and they point to the correct answer.

1. You should try and balance your time with others and:
  - A. Being alone
  - B. Your parents
  - C. Your pets
2. What is a good place to build your social relationships?
  - A. Kitchen
  - B. Bathroom
  - C. Community
3. Small talk is when you talk about interests that are:
  - A. Different
  - B. In common
  - C. Silly
4. It is most important you stay true to whom?
  - A. Yourself
  - B. A stranger
  - C. Neighbors
5. This is a good way to keep in touch with people who are far away.
  - A. Yelling
  - B. Social media
  - C. Whispering
6. What type of words should you use on social media?
  - A. Nice
  - B. Mean
  - C. Bad

*This is your traditional multiple choice version. It can also be used as a recording sheet if your students are using the version with index cards.*

Finally a big sign of being socially healthy is that you enjoy your life and have fun.



This unit also includes digital versions of the activities.

That does not mean you cannot trust people you meet on Snapchat or Instagram you just need to be more careful.

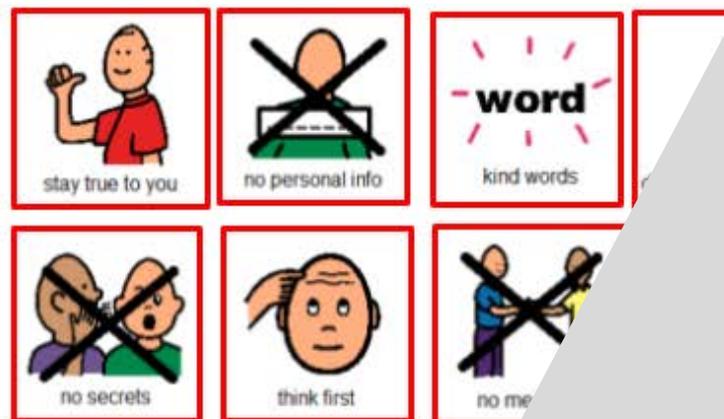


Students can watch a movie book version of both books rather than print them out.

What makes a GOOD post on social media?

A hand holding a smartphone with a checkmark on the screen. The phone is surrounded by empty boxes for answers. There are three boxes on the left, three on the right, and three at the bottom.

Place the pictures in the empty boxes showing things that are important for making a good social media post.

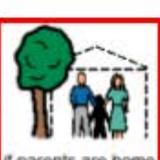


Each activity is set up so students can click and drag answers. No typing is required.

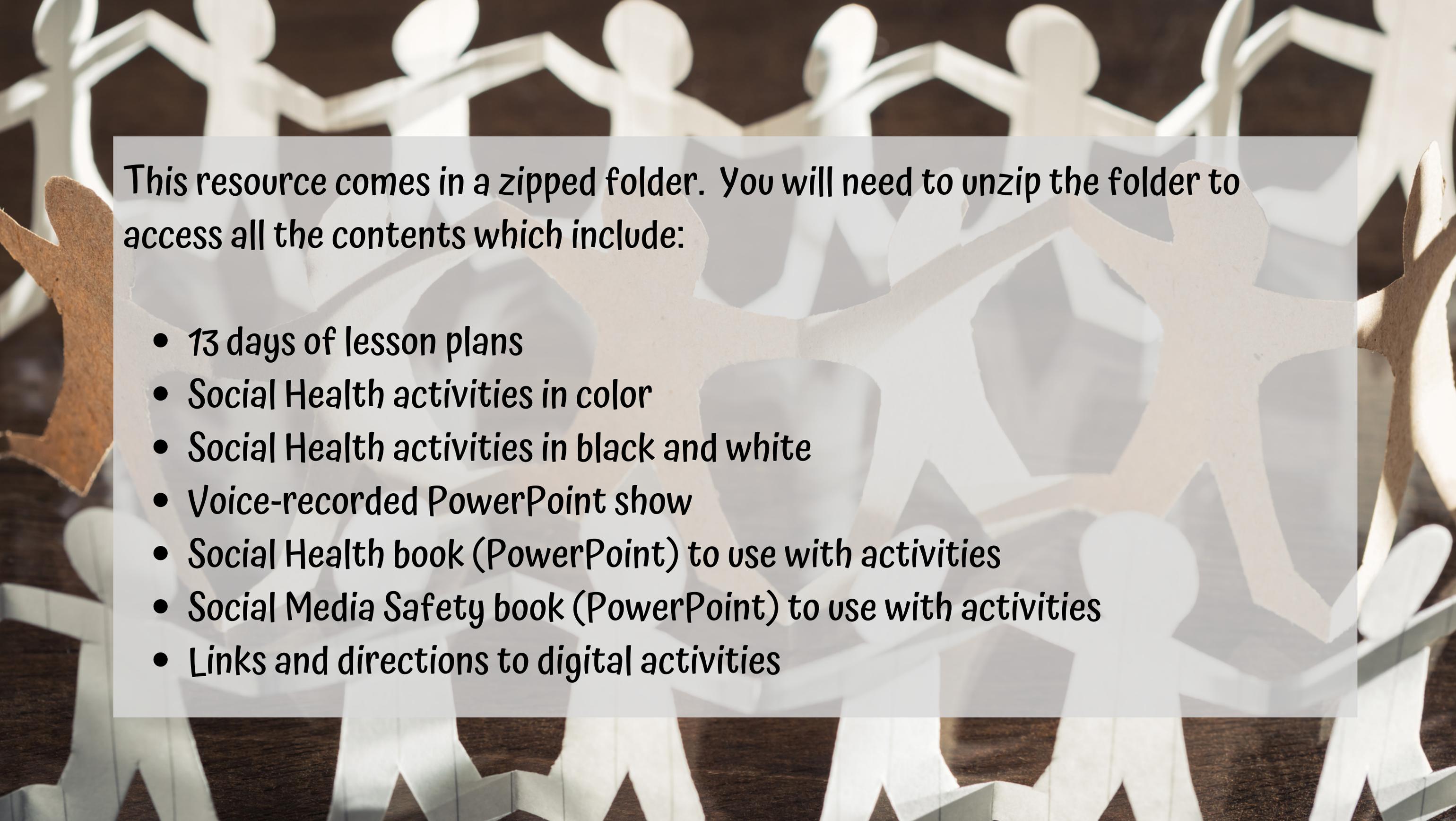
The second set of slides uses color for differentiation and extra support for students who may need it. Mix and match slides from both sets to make the perfect set for each student.



Look at the pictures below and decide if you think they would be okay or not okay to share on social media. If you are not sure, place it on the middle line.

 LAST name	 FIRST name	 address	 things you like
 phone number	 vacation plans	 school you go to	 street you live on
 things you don't like	 birthday	 movies you like	 where you could meet
 favorite foods	 if parents are home	 pets you have	

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A background of a white paper chain with cutouts of human figures holding hands, set against a dark brown background. The chain is slightly out of focus, creating a sense of depth.

***This resource comes in a zipped folder. You will need to unzip the folder to access all the contents which include:***

- ***13 days of lesson plans***
- ***Social Health activities in color***
- ***Social Health activities in black and white***
- ***Voice-recorded PowerPoint show***
- ***Social Health book (PowerPoint) to use with activities***
- ***Social Media Safety book (PowerPoint) to use with activities***
- ***Links and directions to digital activities***