

Feelings Sandwich
Social Conflict Resolution – Social Communication

What are we doing?

The student will communicate socially appropriate ways to share hard emotions during social conflict interactions

What do we need?

Visual for a sandwich (slices of bread, meat, chees, or veggies for inside of sandwich, add as necessary) - optional

Text prompts –

Bread (compliment)	Insides (social conflict)	Bread (you matter statements)
I like how you...	When you do... it makes me feel...	You matter to me because...
You're so cool when...	When you do... it makes me feel...	You matter to me because...

How do we do it?

Teach compliments, types of compliments, etc.

Teach emotion language, meanings of emotions, spectrum of emotions (Zones of Regulation curriculum)

Teach values in self and others

When are we done?

Collect data on participation in learning objectives

Collect data on student applying feelings sandwiches in training

Collect data on student applying feelings sandwiches spontaneously



Targets –

SDs, Instructions	Response Targets	Date Introduced	Date Mastered	Date Generalized
Various social scenarios, interactions, environments	Set 1 compliments			
	Set 2 Emotion language			
	Set 3 Values in self			
	Set 4 Values in others			

***Continue sets as necessary**