What are social cues?

- Social cues are the signals people send through body language and expressions.

- Many kids and adults can have trouble picking up on social cues.

- When people miss social cues, they can misunderstand others and misinterpret certain situations.
What are the four types of social cues?
How we use them: We use our faces to express how we’re feeling, whether or not we intend to. We raise our eyebrows when questioning something, smile wide when happy and sulk when we feel angry.

Why they matter: Facial expressions can be the most obvious social cues. It’s hard to hide an emotion when it’s “written all over your face.” And it can be frustrating when someone fails to “read” how we’re feeling.
### Cue #2

**Body Language**

- **How we use it:** Sometimes an emotion is so strong, it affects the way we hold our body. We slump our shoulders when tired, shrug when we don’t know an answer and add a skip to our step when we’re happy.

- **Why it matters:** Body language can be involuntary or done on purpose. Either way, it’s an important way of communicating. Some people can totally misunderstand what’s being said. And people can feel annoyed when the signs they’re giving off with their body are ignored.
Cue #3
Voice Pitch and Tone

• **How we use it:** Certain moods call for high or low voices and fast or slow speech. When we need to get something important across, we talk quickly and urgently. When we ask a question, we raise the pitch of the last word or two.

• **Why it matters:** Changes in voice can sometimes change the meaning of what’s being said. But some people take speech too literally and miss the nuances. They may not get the joke or when others are being mean.
Cue #4
Personal Space
(physical boundaries)

- **How we use it:** If we’re interested in someone, we tend to move closer (but not too close). When we take a step away, we signal that we’d rather keep our distance.

- **Why it matters:** Standing too close to (or too far from) someone can be awkward. It can also communicate something people don’t mean to say.
Watch this...

https://www.youtube.com/watch?v=NGVSIkEi3mM
How can I improve my understanding of social cues?
Eye Contact

- Good eye contact shows others that we are interested in what they have to say and that we have confidence in our ability to listen.

- Try maintaining eye contact as frequently as possible when others are speaking.
Read Faces & Interpret Emotions

This skill is important at home and in school. Many misunderstandings arise from misinterpreting the emotions of others.

When having a conversation, pay attention to the expressions on people’s faces.

Try to interpret what the other person is feeling.
Stay On Topic

- When people have a conversation, pay attention to the topic that is being discussed.
- Try not to think ahead to what your response will be. Instead, let the conversation flow naturally.
- Remember to listen before you speak and respond to the topic being discussed.
HAVE A GREAT WEEK!