

Using Theatre for Social Skills in Teens and Adults with ASD



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How Did My Work Begin?

Started a Drama Program at the HMS School 15 years ago for non-verbal students.

2015 Mayor's Access Achievement Award

Seed Money Recipient from Philly Autism Project to create sensory friendly class for students ages 8-15.

\$50 tuition or free and started with 12 students.

Sensory Friendly Performances

[Social Story for Theater](#)



Interview with Sara Kalitowski



How Theatre Exercises Can Help Teens and Adults with ASD

- Improv= “Yes, and.....”
- Ability to think in the moment
- You can NEVER be wrong
- Safe chance to practice
- Instant feedback
- It's FUN!

Some Exercises to Try

- Physical and vocal warm-ups- activate sensory needs
- Mirroring Exercise
- Trust exercises
- What are you doing?
- One word story
- Human machine

Questions?

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