

# Teacher delivery of emotional learning for autistic children

Teacher delivery of emotional learning in schools provides an accessible approach for autistic children to develop the skills to understand, communicate, and manage their emotions. Teaching in classrooms fosters skill use across a range of important social and educational situations, with the support of their teachers.

The first large scale implementation study by special education teachers of the Westmead Feelings Program, a social-emotional learning program for autistic children with mild intellectual disability, was delivered by 15 teachers to 77 children, aged 7-13 years old.



**87% of children improved their skills in understanding and managing their emotions, understanding the perspectives of others, and problem solving.**



**78% of children improved their social skills.**

## How did teachers improve autistic children's social-emotional skills?



### With evidence based, Autism specific strategies

*"Students were 100% engaged and content was spot on appropriate for our kids. Autism specific teaching strategies were awesome with consistent visuals and video modelling and repetition."*



### With a program that has an impact in real life situations of social-emotional learning

*"I believe the program has made a significant difference in the way students identify and regulate their emotions and understand the emotions of others."*



### With practical tools for skills like problem solving and perspective taking

*"I really enjoyed the worksheets (problem solving and perspective taking) as they were great to use after a student has a not so good feeling or situation."*



### With a systematic approach and measurable outcomes

*"Standardised measures sensitive in autism are used before and after the program to measure children's improvements in emotional competence and social skills."*



### With the development of consistent emotional language across the school

*"It would bring cohesiveness to all the students..."*

For more information, contact [CHW-WestmeadFeelings@health.nsw.gov.au](mailto:CHW-WestmeadFeelings@health.nsw.gov.au) or visit [westmeadfeelingsprogram.org.au](http://westmeadfeelingsprogram.org.au)



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