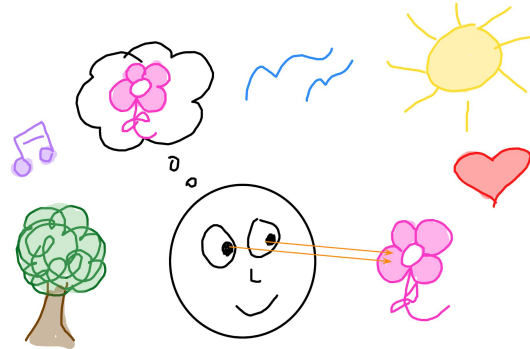


Thinking With Your Eyes: Eyes are like Arrows!

When we think about all the important tools our brain uses to figure out the social world, our eyes are one of the *most* important. Our eyes help us collect all kinds of information about the people and things around us. In fact, *just using our eyes* we can figure out what other people are thinking about! That's because **eyes are like arrows**. They point to what someone is looking at and likely thinking about.



We can use what others are looking at to make a “smart guess” about what or whom they are thinking about. For example, if you are talking with your dad and he is looking at you, this generally means he is thinking about you and what you are saying to him. If *you* are looking at your dad while you are talking to *him*, you’re showing him you are thinking about him. This helps both of you feel comfortable because you know the other person is listening to you. However, if you are looking at something other than your dad (like your favorite pokemon card or the TV) you are sending the message that you are thinking about that thing and not the person who is talking. This makes your dad feel uncomfortable because he thinks you are not thinking about what he is saying. Then Dad might get frustrated, repeat what he is saying, or ask if you are listening. Dad’s reaction might make you uncomfortable.

Remember, **Looking = Thinking!**

Key Vocabulary/Language:

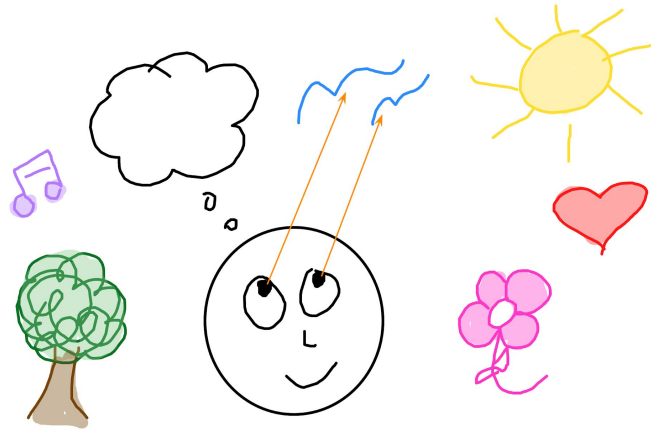
- “I’m looking at the _____. I’m thinking about the _____.”
“My eyes are looking at the fork. “I’m thinking about how I need one. Can you pass it to me?”
- “Can you think with your eyes to show me what you’re thinking about? Point your eyes like arrows!”
- “Eyes are like arrows - what are my eyes pointing to? What am I thinking about?”

At Home:

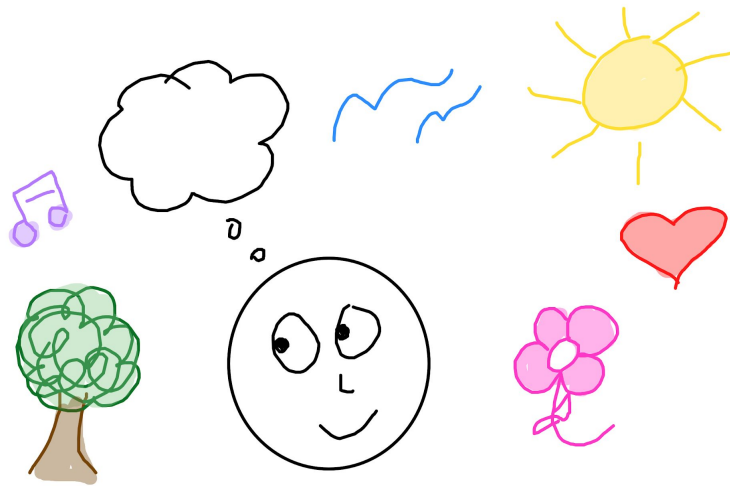
Practice talking about “*thinking with your eyes*” at home, and on walks. Try to change your language as much as possible, replacing “look” or “make eye contact” with “think with your eyes.” This helps emphasize that it’s more than looking, thinking is involved! Here is an example of an activity:

- **Pass me that...**
 - While cooking, making things together, or completing household tasks, ask your child to pass you something out of reach. Instead of naming the object, pointing to it, or giving directions for how to find it, simply use your eyes to show them which thing you are thinking about. Take turns so they also get to practice using their eyes like arrows!

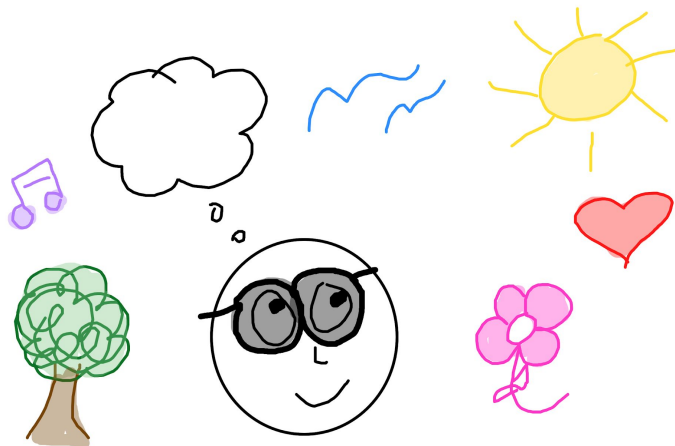
For Practice!



Eyes are like arrows - this person's eyes are pointing at the birds! What are they thinking about? Can you draw it in the thought bubble?



Eyes are like arrows - Can you draw arrows to what the person is looking at? What are they thinking about? Draw it in the thought bubble!



Eyes are like arrows - Can you draw arrows to what the person is looking at? What are they thinking about? Draw it in the thought bubble!