



Greetings White Gum Valley Primary School Community,

I hope you are having a great Term Three so far! I would like to share with you some information that I find helpful in regards to building social skills for children.



Social Skills

Social skills are important as they are the skills that we use to interact with people every day. That includes verbal and non-verbal communication such as gestures, speech, body language and facial expressions. Social skills are important as they allow a person to keep positive interactions with others. Good social skills allow the child to maintain healthy friendships and relationships with people.

Sometimes in life social interactions may not go very well, so it's important that the child has some tools in place to help resolve conflicts. It's also good for a child to develop empathy towards people, as this will determine how they respond towards others (putting yourself in someone else's shoes). However, if a student has ASD (Autism Spectrum Disorder) it will take more time to develop these skills than other children, but never fear it can improve over time. To help improve these social skills I have placed some worksheets below that parents can do with their child. Also role play is a great tool to use to help build up social skills, such as using a playground scenario. Then there is playing board games, which helps them learn how to win and lose well.

Have a great week, from your Chappy!

Social Cues

Social cues are messages that other people send us about what they are feeling or thinking. They do this by sending messages using their face, body, or tone of voice.

HOW DO YOU KNOW IF SOMEONE IS MAD?

What does their face look like? _____

What does their body look like? _____

What does their voice sound like? _____

HOW DO YOU KNOW IF SOMEONE IS HAPPY?

What does their face look like? _____

What does their body look like? _____

What does their voice sound like? _____

HOW DO YOU KNOW IF SOMEONE IS AFRAID?

What does their face look like? _____

What does their body look like? _____

What does their voice sound like? _____



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MAKING CONVERSATION

How would you respond to keep the conversation going?

You won't believe the kind of day that I'm having!

I'm really not looking forward to tomorrow.

It sure is a real nice day outside!

I feel like everyone is ignoring me today.

I can't wait to go to the movies this weekend!

I feel really sad. You probably wouldn't understand.

Social Skills Checklist

Which skills do you think you need to improve? Place a check mark next to the sentence that is true for you.

- I have a hard time understanding how people are thinking or feeling.
- I don't work well with other people.
- I can't keep friends for a long time.
- I get easily distracted when I'm spoken to.
- I avoid talking to people because I don't know what to say.
- People usually don't laugh at my jokes.
- I can be a sore winner or loser sometimes.
- I give into peer pressure pretty easily.
- I yell and scream, insult people, or throw things whenever I get mad.
- I don't understand other people's facial expressions and body language.
- People often tell me that I need to *act my age*.
- I say inappropriate things sometimes.
- I can't keep a conversation going because I don't know what to say.
- I rarely say "please", "thank you", or "excuse me".
- I invade people's personal space sometimes.
- I don't know how to make friends.
- I've been told before that I have poor manners.
- I get nervous and anxious when I'm around other people.
- I don't tell other people how I feel when I'm upset with them.
- I have a hard time controlling the volume of my voice.



What are some things you can do to start improving your social skills?



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Name: _____

My Qualities

I'm responsible when _____
but I could be better at _____

I show honesty by _____
but I really need to improve _____

I'm cooperative when _____ but
to improve, I could _____

I show respect by _____
but I need to remember to _____

I'm very helpful when _____ but
I could be more helpful by _____

I care about others, I show it by _____

I will continue to strive to _____

My very best trait is _____ because _____

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HOW TO MAKE FRIENDS!

Making friends can be hard! Use these tips to help make things easier.



1. Be yourself!

You want to have friends who accept you just the way you are. Never pretend to be something you're not! If there are things that you don't enjoy doing be honest at the start.

2. Join a club or team!

One of the best ways to make new friends is by joining a club or team. Try to find an activity or sport that you are interested in, and see if your school or community has any clubs or teams you can join.

3. Check your social skills!

Our social skills determine whether people want to be around us or not. Do you need to improve your social skills? Ask an adult or somebody close to you for honest feedback about changes you might need to make.

4. Stay positive!

It might take a while to find friends, but don't give up! Remember that you have a lot of positive things to offer to others. Just keep making an effort and the right friends will come along!



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FRIEND OR NOT

DRAW A LINE TO THE PERSON YOU THINK THE SENTENCE IS DESCRIBING!

FRIEND



NOT



- Talks about me behind my back
- Listens to me when I'm talking
- Helps me when I need it
- Says nice things about me all the time
- Shares with me
- Cheats whenever we play games
- Makes fun of the way I look
- Stands up for me
- Never wants to hang out with me
- Yells at me when I mess up
- Is kind and respectful to me
- Helps me feel better when I'm sad or mad

**WHAT ARE SOME OTHER BEHAVIORS
THAT A FRIEND SHOWS?**



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