

UNLOCK

WIZARD



Social skills

A step towards personality development

**CCI
Special**

*The attention & environment you
provide shapes your child's brain
development for life*

**#23
ENGAGE
Series**

With the increased amount of dependency on social media and phones, scope of face to face interactions have reduced a lot. This leads to poor development of social skills in us.

Social skills are vital for an individual to have a positive interaction with others. Many of these skills are crucial in making and sustaining friendships.

In order to develop positive personality, it is important to make our children understand and use the social skills.

DB YaR Forum suggests the following ways to teach your children.

Compiled By: Ms Maheshwari Balan
Researcher, DB YaR Forum

Social Skills Kids Need

www.thepathway2success.com



Compromising



Expressing Feelings



Thinking Before Speaking or Acting



Using Flexible Thinking



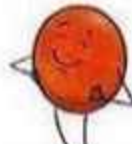
Following Directions



Using Self-Control



Showing Empathy



Having a Positive Attitude



Disagreeing Respectfully



Getting Along with Others



Self-Advocating



Using Coping Strategies



Dealing with Anger & Frustration



Seeing Someone Else's Perspective



Expressing Ideas, Feelings & Thoughts



Taking Responsibility



Using Positive Self-Talk



Understanding Choices



Understanding Personal Space



Taking Turns



Being a Good Sport



Appreciating Differences



Staying Calm in Times of Stress



Being Reflective



Brainstorming Solutions



Self-Regulating Emotions



Dealing with Worries



Reading Social Cues



Sharing



Dealing with Problems & Conflicts



Apologizing



Accepting Consequences

Clipart by Kate Hadfield, Teacher Karma, & Sarah Pecorino

12 Strategies for Teaching Social Skills

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**Use peer
role
models for
support**



**Plan a
dedicated
social skills
time**



**Teach skills
explicitly
and step-
by-step**



**Collaborate
with other
specialists**



**Use role-play
to act out
scenarios**



**Use videos
and visual
supports**

**Integrate
art and
hands-on
activities**



**Generalize
skills to
other
settings**



**Use games,
sports, and
other fun
activities**



**Use social
scripts
and
stories**



**Talk about
skills in
real-life
scenarios**



**Incorporate
student
interests and
preferences**

Find more
tips at:

www.thepathway2success.com



Clipart by Sarah
Pecorino &
Kate Hadfield

Games to Teach Social Skills



| | Try This Game... | To Teach... |
|---|------------------|-----------------|
| 1 | Jenga | Self-Control |
| 2 | Team Pictionary | Teamwork |
| 3 | Chess | Decision-Making |
| 4 | Charades | Social Cues |
| 5 | Guess Who? | Conversations |
| 6 | Candy Land | Turn Taking |
| 7 | Scrabble | Flexibility |
| 8 | "Feelings" Uno | Emotions |

Good vs. Poor Social Skills

Having Good social skills means that you behave in a way that makes people enjoy being around you. Having Poor social skills means that your behaviors make others not want to be around you. Read the examples below and identify which ones describe Good and Poor social skills!

Write a "G" for the Good social skills and a "P" for Poor social skills!

- _____ Sharing your toys with other people
- _____ Not covering your mouth when you sneeze
- _____ Walking away when someone is talking to you
- _____ Expressing your feelings kindly even when you're angry
- _____ Congratulating someone if they beat you at a game
- _____ Interrupting other people's conversations
- _____ Taking care of your hygiene so it doesn't bother others
- _____ Complaining when you don't get your way
- _____ Trying to make other people annoyed
- _____ Respecting other people's personal space
- _____ Being mean when someone disagrees with you
- _____ Saying "please" and "thank you"
- _____ Putting people down and making them feel bad
- _____ Showing others that you are listening to them as they are talking
- _____ Talking loudly when you're supposed to be quiet
- _____ Always wanting to go first during activities
- _____ Knowing how to start a conversation and keep it going
- _____ Touching other people's things without asking first
- _____ Giving good eye contact to whomever is speaking
- _____ Being a good team member and encouraging your teammates
- _____ Saying "excuse me" if you need to get by someone
- _____ Thinking about what you want to say before speaking
- _____ Being friendly and kind to other people



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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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1. Social skills training for children



2. The ultimate test of your social skills



3. Building social skills in children through animations



TO SEARCH ON THE WEB

1. What are social skills?
2. How to develop social skills?
3. Activities for social skills.
4. Different types of social skills?
5. Importance of social skills in life.

Let's hand hold our children to become the best version of themselves!!



Everything and everyone is
won by the sweetness of
our words and works

- Don Bosco



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