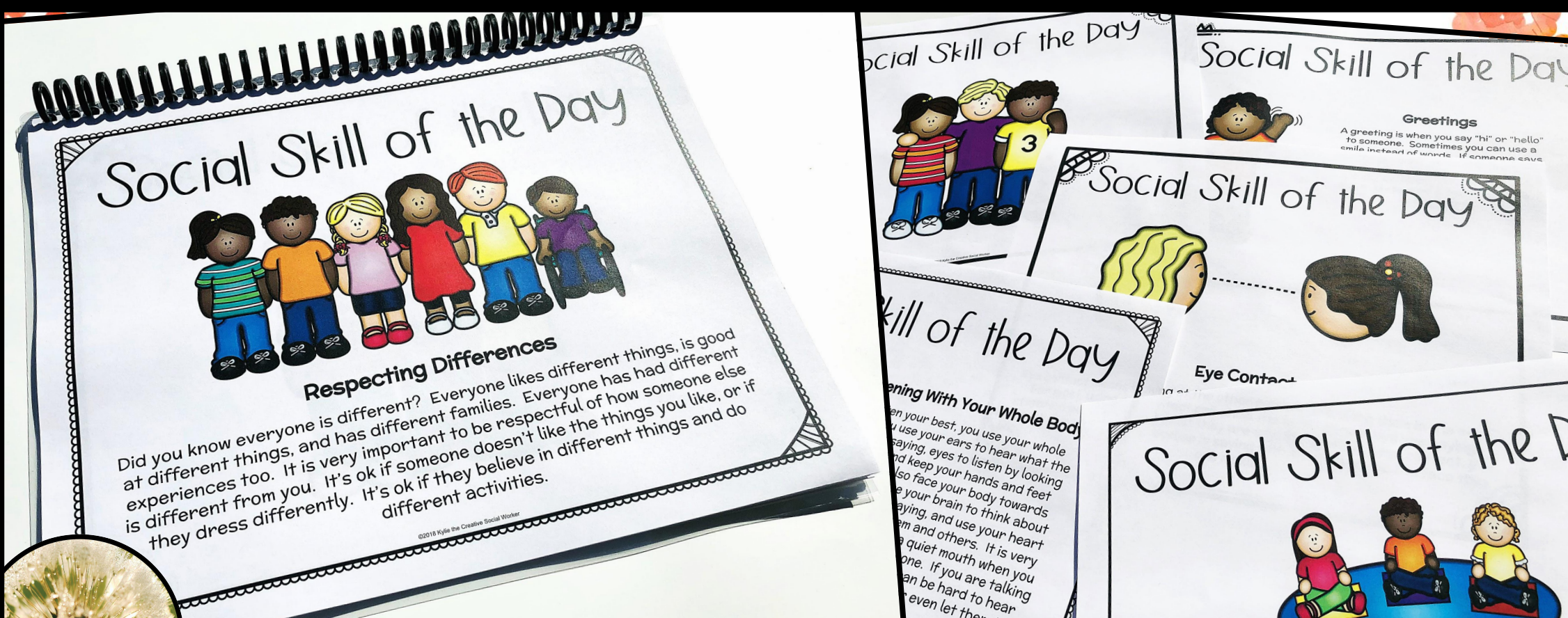


K-4th

Social Skill of the Day Book

Discuss a new social skill each day/week with students!
Can be used by teachers or counselors. 5-10 min.
per day or less!



30 social skills - 2 books - 2 ppts - Color or BW



Social Skill of the Day

30 Skills I Have Learned

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

16. _____
17. _____
18. _____
19. _____
20. _____

Social Skill of the Day - PowerPoint

File Home Insert Design Transitions Animations Slide Show Review View Format Tell me what you want to do...

Social Skill of the Day

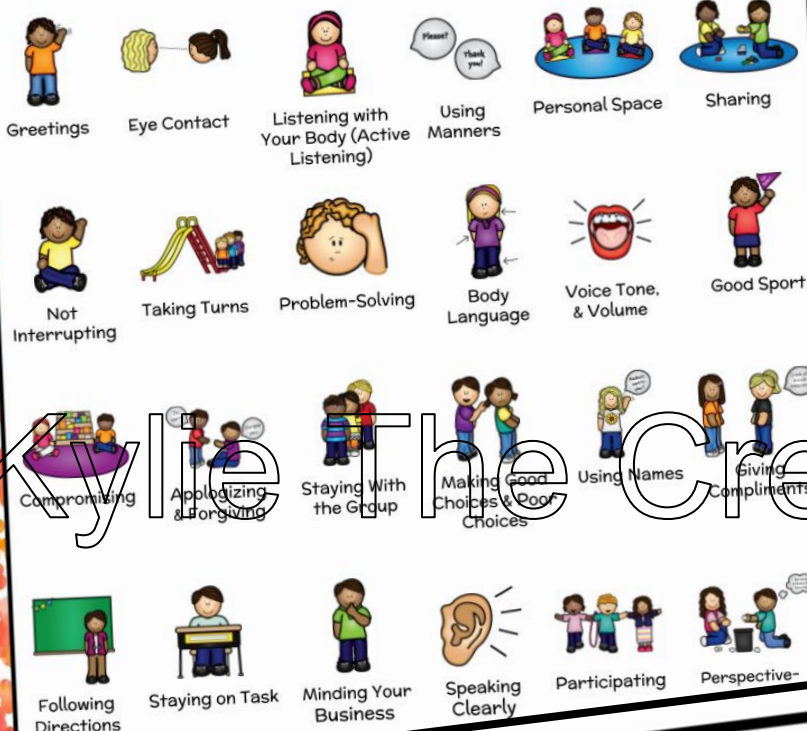


Madison, want to play?

Using Names

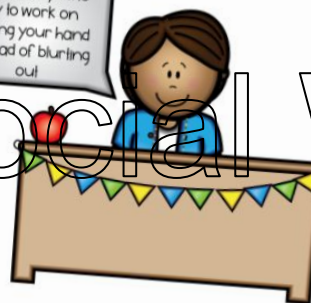
Using someone's name is another important social skill. If you want to start talking to someone, but they aren't looking at you, try saying their name first. This should get their attention so that you can start talking to them. If you try talking to them without saying their name first, they might not know you are talking to them. Another time it can be helpful to say someone's name is when you want to talk to someone who is looking at you.

Social Skills



Social Skill of the Day

I would like you to try to work on raising your hand instead of blurting out.



Ok, I will.

Accepting Criticism/Feedback

Criticism, or feedback, is when...

Social Skill of the Day

Staying Calm

If you don't like something you have to do, or what someone else is doing, it is important to stay calm. If you aren't sure how to solve a problem that is making you feel upset, it is important to stay calm. It is ok to be upset, but yelling, hurting others, hurting property, or hurting yourself is not ok. Getting that upset is not safe and can make others feel uncomfortable too. To stay calm, try taking deep breaths by breathing in through your nose and breathing out through your mouth. If taking deep breaths doesn't work for you, you can try another way to stay calm or ask your teacher or counselor for help. Staying calm will keep you safe and help you make the best choice.



Social Skill of the Day

I love basketball! I think it is the best sport!



I think soccer is the best, but everyone likes different things!

Respecting Opinions

In the picture above, the boy on the left is talking about how much he loves basketball and that it is the best sport. This is called an opinion. An opinion is what someone thinks about something. His opinion is that basketball is great. But everyone likes different things and has different opinions. If someone likes something different than you or has a different opinion, that's ok. It's common to have different opinions, but you should always be respectful. It would not be kind or respectful to make fun of someone else's opinion or complain. Everyone has different opinions and that's ok.

Social Skill of the Day

Kylie The Creative Social Worker

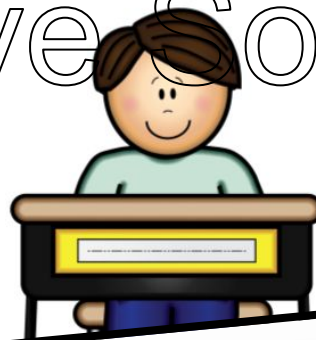


Perspective-Taking

Perspective-taking, or "putting yourself in someone else's shoes," is when you think about how another person might be feeling, or what they might do next. If you were them, or in their shoes, what would you do next? Pretending to put yourself in their shoes can help you understand how they are feeling and what they might do next. Perspective-taking can help you be more understanding. Perspective-taking can help you do and say things that will help you and others.

Social Skill of the Day

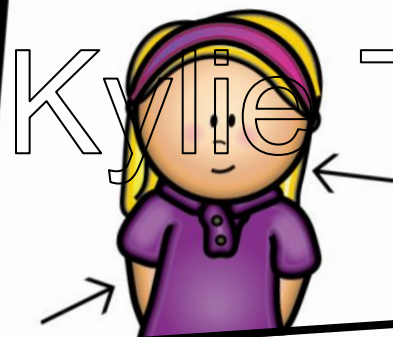
Kylie The Creative Social Worker



Staying on Task

Staying on task means doing what you are supposed to do, like an activity, chore, or project, without doing other things. If you do other things instead, you might run out of time to finish what you were supposed to do, get yourself in trouble, or get others in trouble. Doing other things is called being off-task. For example, if you are supposed to be working on a project, but you are talking to your friend instead, you are off-task.

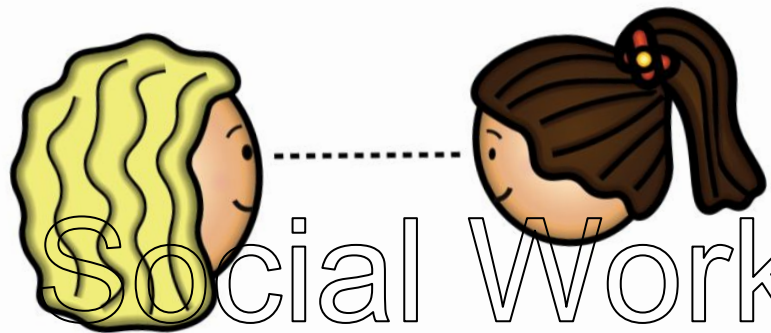
Social Skill of the Day



Body Language

If someone crosses their arms and scrunches their face, their body might be telling you that they are angry. If someone's eyes are looking at the clock on their desk and a piece of paper, their body and eyes might be telling you they are thinking about something else.

Social Skill of the Day



Eye Contact

Eye contact means looking at the other person, or looking them in the eyes. For most people, eye contact means you are paying attention and care about what the other person is saying. You might also see what the other person is thinking.

Social Skill of the Day

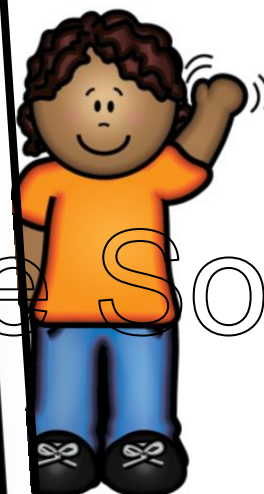
Kylie The Creative Social Worker



Using Manners

Using manners is a very important social skill. Some examples of manners are saying "excuse me," "thank you," and "you're welcome." Other manners don't use words. Examples of those manners are covering your mouth when you cough, waiting your turn, being on time, and using nice words. Using your manners is respectful of others and shows you care about them.

Social Skill of the Day



Greetings

A greeting is when you say "hi" or "hello" to someone. Sometimes you can use a smile or a wave as a greeting. If someone greets you, it is polite to answer them and say something back. For example, if your teacher says "good morning" when you walk into your classroom, it would be polite to use a greeting to answer him/her. A greeting is also a way to start a conversation with someone.