



Social Skills

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Hello! I'm Kate

I'm the Clinical Program Manager for Hanover District.

I've been working with children and their families for over 10 years. My trainings primarily focus around children who struggle with ADHD, Anxiety and Depression.

But, First!

Let's get to know each other. If comfortable, please share:

1. One moment with your child(ren) that made you laugh
 2. One moment you felt extremely proud of your child(ren)
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What are Social Skills?

According to the American Psychological Association

Social skills are “a set of learned abilities that enable an individual to interact competently and appropriately in a given social context. The most commonly identified social skills in Western cultures include assertiveness, coping, communication and friendship-making skills, interpersonal problem solving, and the ability to regulate one’s cognitions, feelings, and behavior.



What are Social Skills?

Most skills are learned or naturally acquired

Skills increase with social reinforcement from others

When a child experiences social isolation or a developmental disability is impacting their social skills, they **need** feedback from others in order to develop those skills.



What does this look like?

Basic Interaction

Eye Contact

Use each other's names

Share Material

Form groups naturally when needed in classroom setting

Communication Skills

Uses appropriate volume

Listens to speaker

Makes sure everyone can speak

Wait until speaker is finished before speaking

Takes turns

Active Listening



The Power of Nonverbal Communication



What should they know?



Pre-K

Sharing

How to teach this: Anything that promotes turn-taking (back & forth discussions, board games, etc)

Politeness

How to teach this: Remember YOUR manners. Use “please” and “thank you” often

Self Control

How to teach this: Help them identify their feelings so they can recognize emotions. Once that improves, self-control will start to improve

Use of If-Then Plans



What should they know?

Kindergarten and 1st Grade

Patience

How to teach this: Giving them multiple opportunities to entertain themselves.

Assertiveness

How to teach this: Use I-Messages to help with communication

Resilience

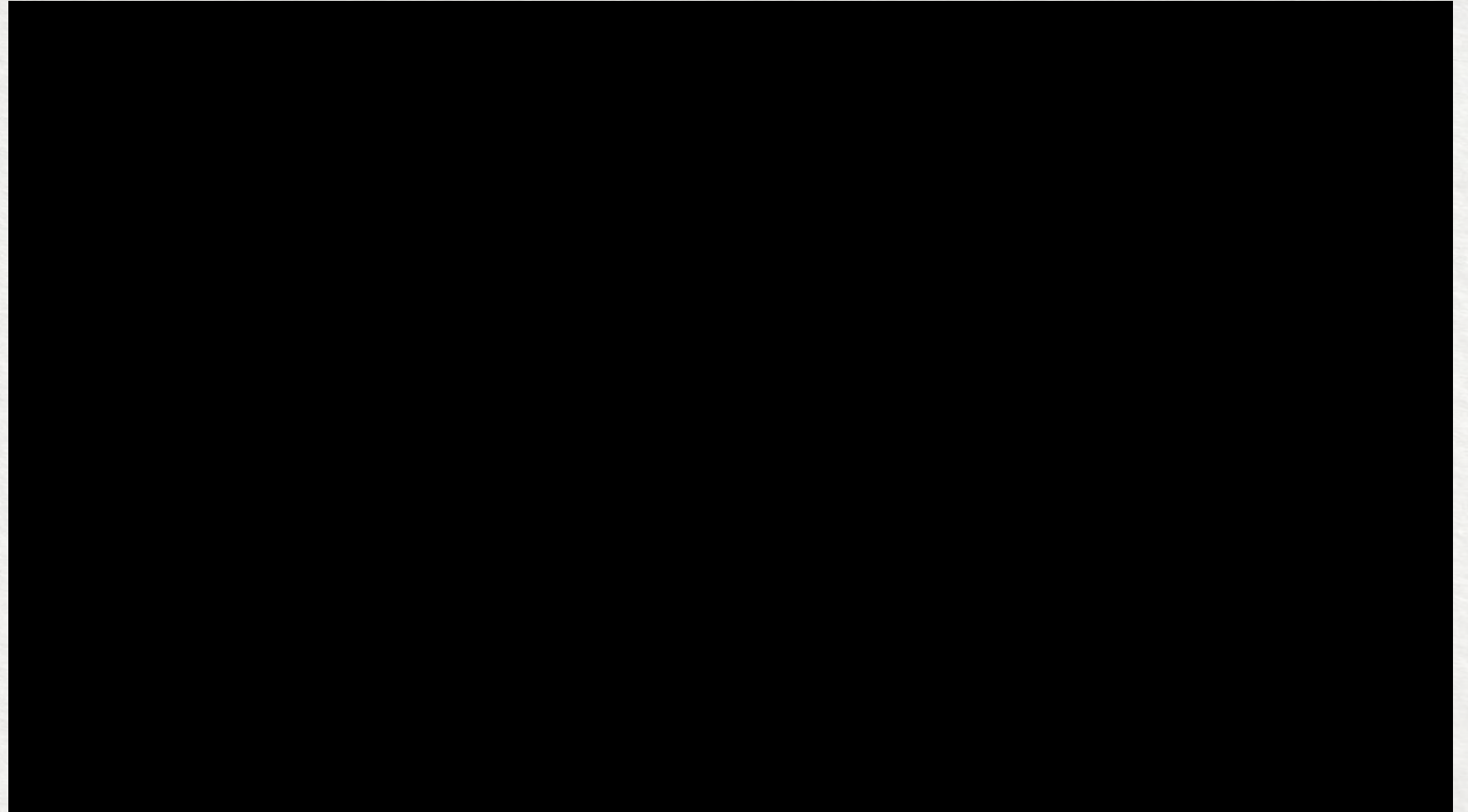
How to teach this: Highlight when YOU make a mistake and what you've learned from it.
Compliment when THEY take a chance...even if it doesn't work out.

What should they know?

I-Messages

<https://vimeo.com/33683997>

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What should they know?



2nd and 3rd Grade

Open-Mindedness

How to teach this: Teach perspective-taking and discuss the art of compromise

Responsibility

How to teach this: Build consistent routines to help encourage independence (with reminders)

Self Reliance

How to teach this: Encourage talking through their emotions



What should they know?

4th and 5th Grade

Accountability

How to teach this: Use if-then strategies and reminders of consequences if there's no follow through

Perspective

How to teach this: Help them identify stressors and healthy, **effective** ways to cope

Confidence (with mean kids)

How to teach this: Role play at home ways to respond to people who are being unkind.

Games



Fishbowl Topics





Thank you!



Credits.

Social Skills by Grade by Scholastic Parents. <https://www.scholastic.com/parents/family-life/parent-child/social-skills-grade-grade.html>

Activities: <https://www.positiveaction.net/blog/social-skills-activities-and-games-for-kids>

Teaching Social Skills. <https://childmind.org/article/teaching-social-skills-at-home/>