

Teach Social Skills

Why should I do it:

- Many students lack basic social skills
- Increases instructional time
- Improves student interactions
- Increases student productivity
- Helps students improve daily social functioning
- Helps students make friends
- Teaches students essential life skills
- Helps students to fit in
- Helps students to function better in classes
- Teaches students to follow rules, expectations, procedures, etc
- Increases self confidence, self concept, and self esteem
- Gives students a common “language”

When should I do it:

- It is important to teach all students appropriate social skills with any and all opportunities
- When students have poor hygiene
- When students seem out of place, ostracized, or isolated
- When students exhibit poor social routines, like taking turns, sharing, waiting in line, shaking hands, poor eye contact, etc
- When students are rude, short, pushy, etc
- When students demonstrate poor personal care habits, like blowing nose, using a napkin, etc
- When students appear socially awkward, weird, out of place, etc
- When students are perceived as weird and strange by the class
- When students do or say weird, silly, inappropriate, or out of place things

How do I do it:

- **IMPORTANT NOTE!**
 - *At the Tier 1 Level, think of doing social skills lessons and interventions for the whole class or groups*
 - *At the Tier 2 level, think of doing social skills lessons and interventions for groups and individuals*
 - *At the Tier 3 level, think of customizing specific social skills lessons and interventions for specific students*
- In the realm of social skills, there is a broad range of skills and topics, as well as a good deal of overlap with other skills, like interpersonal skills, coping skills, etc
- Some common areas for social skills instruction include:
 - Hygiene
 - Manners
 - Listening
 - Being polite
 - Being considerate
 - Being respectful
 - Sharing

- Taking turns
- Appropriate words
- Appropriate touch
- How to behave in the halls, lunchroom, during instruction, etc
- Etc
- Please refer to the supports and resources below for lesson plans, ideas, and strategies

Resources & Support for technique: *(Items with footnotes link to external websites)*

- A Social Skills Lesson: What Is A Friend ¹
- Age Appropriate Social Skills Lessons ²
- Teaching Social Skills To Kids Who Don't Yet Have Them ³
- Do2Learn.com Schedules ⁴
- Elementary Etiquette: A Lesson Plan on Using Polite Words ⁵
- Embedding Social Skills Instruction Throughout The Day Presentation.ppt ⁶
- Hand Washing Song.pdf ⁷
- Behavior & Social Skills ⁸
- Personal Hygiene Lessons ⁹
- Reading Facial Expressions.pdf ¹⁰
- Reading Social Cues And Emotions.pdf ¹¹
- Social Skills Activities ¹²
- Social Skills For Middle School Students ¹³
- Social Skills Instruction Presentation.ppt ¹⁴
- Social Skills Lesson Plan: Initiating Interaction With Peers ¹⁵
- The Deodorant Story.pdf ¹⁶
- Visual Schedules ¹⁷
- Your Emotions Impact Others Lesson.pdf ¹⁸
- Social Skills Stories, Games, Materials, & Resources ¹⁹
- K-5 Lesson Plans on Hygiene ²⁰
- Social Skills ²¹
- Social Skills and Academic Achievement ²²
- Social Skills/Pragmatics ²³
- Social skills activities for children and teenagers: Ideas inspired by research ²⁴
- Ideas for Educators Supporting Social/Emotional Language Skills ²⁵
- Social skills Training & Aggression Replacement Techniques (START/STAIRS) ²⁶
- Social Skills Worksheets ²⁷
- Social Skills Training ²⁸
- Great Social Skills Training & Tips Geared Toward Adults But Easily Adapted And Applied Toward Children & Adolescents
 - 10 Ways to Improve Your Interpersonal Skills ²⁹
 - Activities People Do When They Hang Around Each Other ³⁰
 - Dealing with anxiety & shyness in social situations and relationships ³¹
 - At Times It's Socially Practical To Know Things Other People Care About ³²
 - Being Honest With Yourself About Your Social Problems ³³
 - Being Too Negative Can Hinder Your Social Success ³⁴
 - Generally Improving Your Social Skills ³⁵
 - Coping With Nervousness ³⁶
 - Dealing With Regrets Caused By Your Poor People Skills ³⁷

- Thoughts On How To Make Conversation ³⁸
- Getting Along With New Groups ³⁹
- How Being Less Naturally Social Can Affect Your Interpersonal Success ⁴⁰
- How To Be More Friendly And Social ⁴¹
- How To Be More Fun ⁴²
- How To Meet People ⁴³
- How To Talk To Shyer and/or Less Social People ⁴⁴
- How Your Interests Can Affect Your Social Success ⁴⁵
- Common Worries Shy Or Insecure People Have ⁴⁶
- Is Bitterness Holding You Back Socially? ⁴⁷
- Is It Okay To Hang Out With Another Guy One On One? ⁴⁸
- Is Thinking You're Better Than Other People Holding You Back Socially? ⁴⁹
- Learning To Make More Eye Contact With People ⁵⁰
- Little Social Annoyances That Will Never Go Away ⁵¹
- Loosen Up To Be More Socially Successful ⁵²
- Making Plans With People ⁵³
- Mistakes Lonely People Often Make ⁵⁴
- My Experience With Becoming More Self-Confident ⁵⁵
- Other People Often Aren't As Shallow As They Seem ⁵⁶
- It's Very Tricky To Know What You Want Socially ⁵⁷
- Reflections on Being Defensive and Secretive ⁵⁸
- Reflections On Getting Over Low Self-Esteem ⁵⁹
- Some Interpersonal Pitfalls More Intellectual Types Can Fall Into ⁶⁰
- Some Thoughts On The Point Of Small Talk ⁶¹
- Some Tips On How To Be Less Quiet In Conversations ⁶²
- Some Ways People Are Mentally Lazy About Judging Others ⁶³
- The Importance of Getting Your Appearance In Order ⁶⁴
- The Importance Of Simplicity And The Basics In Social Interactions... ⁶⁵
- Meeting People & Making Friends ⁶⁶
- Thoughts On How To Be Funny ⁶⁷
- Thoughts On How to Be More Interesting ⁶⁸
- Thoughts On How To Make A Conversation ⁶⁹
- Thoughts on Seeming Less Weird ⁷⁰
- How To Mingle And Talk To People At Parties ⁷¹
- Ways People Can Unintentionally Leave Friends Out Of Social Events ⁷²
- When People Say "How's It Going?", "What's Up?" or "What's New?" ⁷³
- When You Feel Like Your Friends Suck ⁷⁴
- Why You Need To Directly Practice Your Social Skills And How To Do It ⁷⁵
- When Your Friends Tease You A Lot ⁷⁶

Footnotes:

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