

Social Skills Menu

Name: _____ Date: _____

Person Completing Form: _____

(Check Items Relevant)

Communication Skills

Conversational Skills

- ___ 1. Maintaining Appropriate Physical Distance from Others (“Don’t Be a Space Invader”)
- ___ 2. Listening Position
- ___ 3. Tone of Voice
- ___ 4. Greetings
- ___ 5. How and When to Interrupt
- ___ 6. Staying on Topic
- ___ 7. Maintaining a Conversation
- ___ 8. Taking Turns Talking
- ___ 9. Starting a Conversation
- ___ 10. Joining a Conversation
- ___ 11. Ending a Conversation
- ___ 12. Asking a Question When You Don’t Understand
- ___ 13. Saying “I Don’t Know”
- ___ 14. Introducing Yourself
- ___ 15. Getting to Know Someone New
- ___ 16. Introducing Topics of Interest to Others
- ___ 17. Giving Background Information about What You Are Saying
- ___ 18. Shifting Topics
- ___ 19. Don’t Talk Too Long
- ___ 20. Sensitive Topics
- ___ 21. Complimenting Others
- ___ 22. Use Your H.E.A.D. (Happy Voice, Eye Contact, Alternating Turns, Distance)
- ___ 23. T.G.I.F. (Timing, Greeting, Initial Question, Follow-Up Questions)

Cooperative Play Skills

- ___ 24. Asking Someone to Play
- ___ 25. Joking Others in Play
- ___ 26. Compromising
- ___ 27. Sharing
- ___ 28. Taking Turns
- ___ 29. Playing a Game
- ___ 30. Dealing with Losing
- ___ 31. Dealing with Winning
- ___ 32. Ending a Play Activity

Friendship Management

- ___ 33. Informal Versus Formal Behavior
- ___ 34. Respecting Personal Boundaries
- ___ 35. Facts Versus Opinions (Respecting Others' Opinions)
- ___ 36. Sharing a Friend
- ___ 37. Getting Attention in Positive Ways
- ___ 38. Don't Be the "Rule Police"
- ___ 39. Offering Help
- ___ 40. When to Tell on Someone
- ___ 41. Modesty
- ___ 42. Asking Someone Out on a Date
- ___ 43. Appropriate Touch
- ___ 44. Dealing with Peer Pressure
- ___ 45. Dealing with Rumors
- ___ 46. Calling a Friend on the Telephone
- ___ 47. Answering the Telephone

Emotion Management Skills

Self-Regulation

- ___ 48. Recognizing Feelings
- ___ 49. Feelings Thermometer
- ___ 50. Keeping Calm
- ___ 51. Problem Solving
- ___ 52. Talking to Others When Upset
- ___ 53. Dealing with Family Problems
- ___ 54. Understanding Anger
- ___ 55. Dealing with Making a Mistake
- ___ 56. Trying When Work is Hard
- ___ 57. Trying Something New

Empathy

- ___ 58. Showing Understanding for Others' Feelings: Preschool – Elementary
- ___ 59. Showing Understanding for Others' Feelings: Preadolescent – Adulthood
- ___ 60. Cheering up a Friend

Conflict Management

- ___ 61. Asserting Yourself
- ___ 62. Accepting No for an Answer
- ___ 63. Dealing with Teasing – K-4th Grade
- ___ 64. Dealing with Teasing – 5th Grade and Up
- ___ 65. More Words to Deal with Teasing
- ___ 66. Dealing with Being Left Out
- ___ 67. Avoiding Being “Set Up”
- ___ 68. Giving Criticism in a Positive Way
- ___ 69. Accepting Criticism
- ___ 70. Having a Respectful Attitude