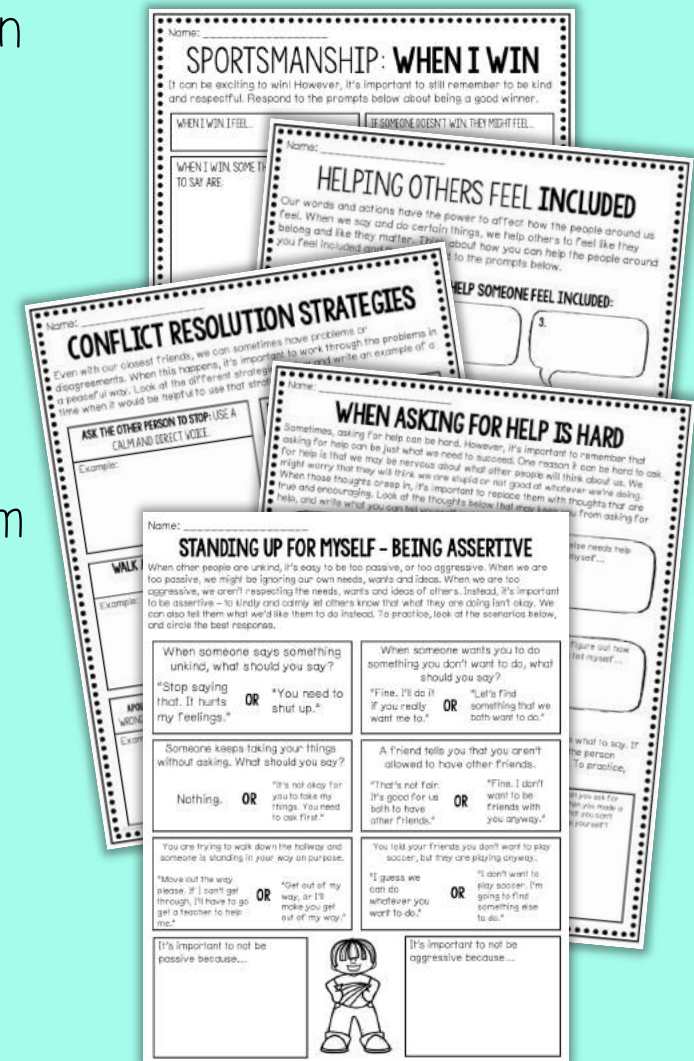


# Includes 2 worksheets for each of the following social skills!

- Identifying Feelings
- Coping Skills
- Starting Conversation
- Responding In Conversation
- Nonverbal Communication
- Should I Say It?
- Being A Good Listener
- Compliments
- Healthy Relationships
- Sharing/Turn Taking
- Personal Space
- Teasing
- Including Others
- Conflict Resolution
- I-Statements
- Apologizing
- Standing Up For Others
- Standing Up For Myself
- Accepting Criticism
- Voice Level
- Standing Up For Others
- Standing Up For Myself
- Asking For Help
- Sportsmanship
- Teamwork



# Kids will learn about and practice essential social skills!

The worksheets cover many types of social skills including conversation skills, relationship skills, self-regulation and expression and more!

Name: \_\_\_\_\_

### GIVING MEANINGFUL COMPLIMENTS

When we compliment someone, we are sharing what we like about that person's appearance, talents, personality, etc. Saying kind things is a great way to make someone happy, but the best compliments are sincere and specific.

#### COMPLIMENTS ARE SINCERE - YOU MEAN IT

Circle the compliments that are sincere.

You had a fun day with your friend, so you told them that you enjoyed the time together.

Your friend messed up his presentation, but you told him he did a great job anyway.

You love the new shirt your friend is wearing, so you told her.

You sound like it was a great day.

Your team played really well.

You should be more professional.

You look like a professional.

#### COMPLIMENTS ARE SPECIFIC - THE OTHER PERSON KNOWS YOU MEAN IT

Circle the compliments that are specific.

"Good job."

"You're smart."

"I love how you always make me feel included."

"I wish you were like that."

"That was a great presentation."

"You're a really good person."

Write 2 compliments that are sincere and specific.

Name: \_\_\_\_\_

### IDENTIFYING FEELINGS: PHYSICAL CLUES

When we know how others feel, it's easier for us to respond in a way that is respectful and appropriate. One way to find out how someone is feeling is by thinking about how they look.

To practice, look at the examples below. Think about the physical cues that are described and then write down the feeling that you think the person is experiencing.

Name: \_\_\_\_\_

### SHOULD I TALK?

You have a lot of great things to say and to share with the world. However, it's important to remember that there is a time and place to share these things. Before we say something, it's important to think about whether or not you're allowed to talk, whether or not someone else is talking, and whether or not the people you want to talk to are in the middle of something else.

Look at each of the scenarios below and decide whether or not you should talk in that situation.

**SCENARIOS:**

- You see your classmate talking to a teacher. She looks upset, but you want to tell her about the movie you saw last night.
- Your teacher calls on you in class. You want to share the answer.
- You overhear a group of your friends talking about the basketball game last night. You want to tell them what you thought about it.
- You are sitting at lunch and you want to tell your friends about what you did over the weekend.
- Your mom is on the phone and you want to tell her about what happened at school.
- Your teacher is talking to another teacher, and you want to ask a question about your homework.
- You are at the bus stop and want to talk to your friend about a show you have been watching.
- Your school is in the middle of a fire drill and you want to talk to a friend.
- Your friend is in the middle of telling you a story about his cousin, and you want to tell her a story about your cousin.
- You are supposed to be working with a partner, so you want to talk to him about the project.
- Your brother is in the middle of his homework and you want to ask him a question.
- You have a question in class, so you want to raise your hand and wait for the teacher to call on you.
- You are watching a movie with a friend, and you want to tell them about something that happened yesterday.

GO FOR IT!

IT'S NOT A GOOD TIME TO TALK!

Name: \_\_\_\_\_

### STARTING A CONVERSATION: WHAT TO SAY

When you want to talk to someone, it can be hard to know what to say. If you aren't sure how to start, think about things you have in common with that person, what you notice about that person, or what you can share about the things that are going on around you. If you don't know the other person, you can introduce yourself and ask a question with someone? Why or why not?

Think about what you could say to start a conversation. Write your answer in the box on the left.

	→
	→
	→
	→
	→
	→

Name: \_\_\_\_\_

### 4 PARTS OF A SINCERE APOLOGY

Just because you say "sorry," doesn't mean that your apology is sincere. When you give a sincere apology, the other person feels respected, and you have a chance to make things better. When you apologize, be specific about what it is that you are apologizing for. Admit why it's wrong, and even share why it's wrong. Then, tell the person what you'll do differently next time, and ask if there is any way that you can make it better.

To practice, look at the scenarios below and decide what you could say to sincerely apologize.

**YOU ARE EXCITED TO GET OFF THE BUS, SO YOU SHOVE YOUR FRIEND OUT OF THE WAY.**

I'm sorry for...	It's wrong because...	Next time, I will...	What can I do to make it better?

**YOU ARE TRYING TO BE FUNNY, BUT MAKE A MEAN JOKE THAT HURTS YOUR FRIEND'S FEELINGS.**

I'm sorry for...	It's wrong because...	Next time, I will...	What can I do to make it better?

**YOU GET MAD AND KNOCK DOWN SOMEONE'S SCHOOL PROJECT.**

I'm sorry for...	It's wrong because...	Next time, I will...	What can I do to make it better?

# These worksheets are perfect for:

- A quick and easy supplement to your character education lessons
- Helping your students reflect on the social skill of the month/week
- Assessing your students' understanding of various social skills

Name: \_\_\_\_\_

## ASKING FOR HELP AT SCHOOL

Sometimes, we might not understand something or need someone's help with something. When this happens at school, it might be hard to ask for help. Maybe you aren't sure what to say, or you are afraid people will laugh at you for needing help. It's important to remember, though, that it's okay to ask for help. Asking for help is a great way to learn and grow.

What is something you might need help with at school?

What will happen if you ask for help?

If you need help at school, who are three people you can ask?

- 1.
- 2.
- 3.

If you need help with something, what can you say?

What can you do to make it easier for others to ask for help?

Name: \_\_\_\_\_

## PRACTICING CONFLICT RESOLUTION

When we have a disagreement or a conflict with a friend, there are many ways that we can work through it. It's important to think through the options you have and to choose something that will help you fix the problem with kindness and respect.

Name: \_\_\_\_\_

## STARTING A CONVERSATION: WHEN & HOW

Starting conversations with others can be a great way to get to know them and build a friendship. Before you start talking to someone, it's important to make sure it's a good time. Some things to think about are whether or not you're allowed to talk, it's a private moment, or the other person looks busy. Read the scenarios below and circle the times when it'd be good to start a conversation.

You want to talk to two kids who are whispering together.	You want to talk to someone you see at the park.	You are on the bus and want to tell your friend that you like his shoes.
You are at a soccer game and want to talk to the person next to you.	Your friend looks like she's in a hurry, but you want to tell her something.	You want to tell your friend something while your teacher is talking.
You want to talk to someone who is on the phone.	You are at the library and want to ask the librarian some questions.	You see someone carrying a book you like and you want to talk about it.

There are many different ways that you can start a conversation with someone. Look at the ideas below and then write your own example for each one.

Ask a question or make a comment about what you already know about the person.	Ask a question or make a comment about something that's happening now.	Compliment the other person on something they are wearing, doing, etc.

Name: \_\_\_\_\_

## BEING A GOOD LISTENER: HOW TO RESPOND

One way that we can show others that we're listening is by responding to what they are saying. When someone says something, we can make an on-topic comment, or ask a relevant question. This keeps the conversation going, and lets the other person know that we hear them and care about what they are saying. To practice, look at the scenarios below, and think about how you can respond.

Someone says: "This weekend my cousin had a birthday party and it was so fun." MAKE A COMMENT: _____ ASK A QUESTION: _____	Someone says: "My teacher told us that she's having a baby." MAKE A COMMENT: _____ ASK A QUESTION: _____
Someone says: "I'm so excited for our field trip to the zoo." MAKE A COMMENT: _____ ASK A QUESTION: _____	Someone says: "My mom told me that our neighbors are moving." MAKE A COMMENT: _____ ASK A QUESTION: _____
Someone says: "I started reading a new book." MAKE A COMMENT: _____ ASK A QUESTION: _____	Someone says: "My team won the basketball tournament." MAKE A COMMENT: _____ ASK A QUESTION: _____

Name: \_\_\_\_\_

## HOW LOUD SHOULD I BE?

What our voice level should be depends on where we are and who we are with. Look at the situations below and color the speech bubbles in according to the guide below.

No Talking: Red    Whisper: Yellow    Normal Voice: Green    Yelling: Blue

Your teacher is giving a lesson.

You are telling your family about your day.

You are sitting with your friends at lunch.

Your classmates are working, but you have a question for your teacher.

Your class is talking in the hallway.

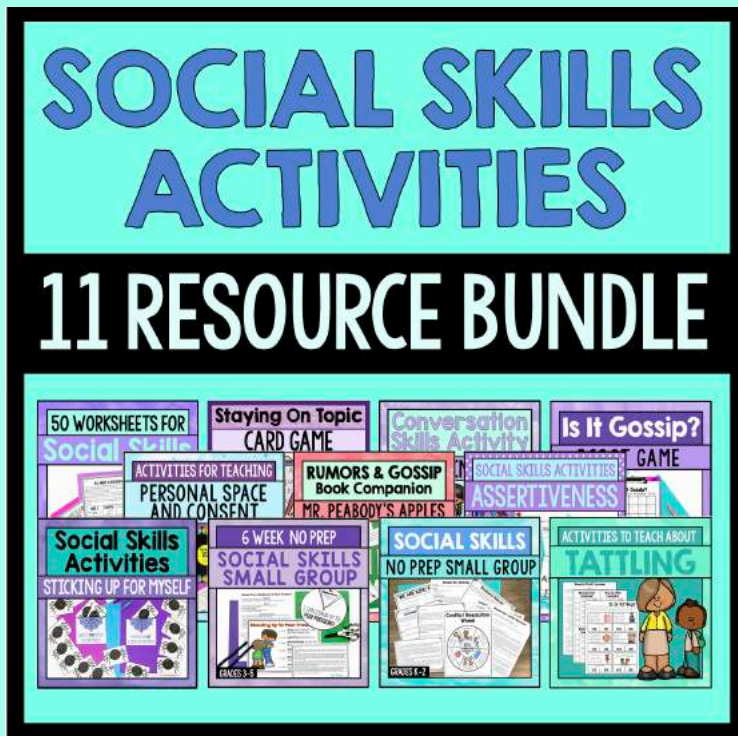
You are watching a movie with your friends.

You are playing soccer and you want to tell your teammate that you are open.

You want to tell your mom something that you don't want your sister to hear.

What is the right voice level because... \_\_\_\_\_

# TEACHING ABOUT SOCIAL SKILLS? BUNDLE & SAVE!



These activities are part of a bundle that includes 11 resources to help your students learn about and practice different social skills!

**[See The Bundle Here](#)**