

## Five Steps to Teach Social Skills

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- Identify
- Model
- Role Play
- Practice & Praise
- Generalize



## Social Skills Stories are effective tools for teaching!

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Click below to access Parent Network's stories related to COVID19.

<https://parentnetworkwny.org/social-stories/>

## What are Social Skills?

The 'rules' that guide interactions with other people are called social norms. The skill set that people use to comply with social norms are commonly referred to as **social skills**.

The term **social skills** encompasses a broad range of capabilities. People that are proficient in use of social skills are able to tailor these skills appropriately to fit their surroundings. A **social skills deficit** occurs when a person lacks the ability, insight, or understanding needed to adapt skills to match the setting and context.

## Examples of Social Skills

- Non-verbal communication (gestures, facial expressions, body language)
- Back and forth conversation or play (sharing toys, taking turns)
- Personal space/boundaries (hugging parent vs waving to a neighbor)
- Situational/emotional cues (be quiet in a library, empathy if friend is crying)
- Abstract language/concepts (jokes, puns, sarcasm)
- Initiating conversation or interaction (introductions, making friends)
- Emotional intelligence (knowing what is appropriate based on the emotions being displayed or communicated, insight into your own emotions)

## Using the Five Steps (ex: a child who likes to hug the mail carrier)

- I. Identify the skill that needs to be taught: boundaries
- II. Model the appropriate behavior: when the mail carrier comes to your home you say 'hello' and wave from the porch.
- III. Role Play the appropriate behavior: take turns pretending to be the mail carrier and the person who is receiving mail.
- IV. Practice & Praise the use of the skill: child practices saying 'hello' and waving to mail carrier from the porch. Provide frequent praise. Reinforce learning through repetition.
- V. Generalize the skill: Go to the post office and say 'hello' and wave to all the postal workers.

## Upcoming Events

| Date/Time                   | Topic                             | Link  |
|-----------------------------|-----------------------------------|---|
| Monday's @ 10a              | Ask Me Anything: Behavior Edition | <a href="https://global.gotomeeting.com/join/329637733">https://global.gotomeeting.com/join/329637733</a>   |
| Thursday's @ 7pm            | Buffalo Parent & Caregiver Chat   | <a href="https://global.gotomeeting.com/join/174359397">https://global.gotomeeting.com/join/174359397</a>   |
| Thursday, July 23 @ 8:30am  | Meltdown Management               | <a href="https://tinyurl.com/yalkf3bg">https://tinyurl.com/yalkf3bg</a>   |
| Thursday, July 30 @ 10:30am | Mindfulness & Stress Management   | <a href="https://zoom.us/meeting/register/tJMuceCorDovEtGV6qaSVnCpc3eX40ZMWaBK">https://zoom.us/meeting/register/tJMuceCorDovEtGV6qaSVnCpc3eX40ZMWaBK</a> |



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