



DECEMBER SOCIAL SKILLS REVIEW



Stop and Think Skill: Listening

Help younger children (Kindergarten through grade 3) to verbalize the following steps when they need to listen:

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

1. **Eyes** – Look at the person who is talking.
2. **Hands** – Put your hands in your lap and get into the listening position.
3. **Feet** – Put your feet on the floor.
4. **Mouth** – Make sure your mouth is closed and quiet.
5. **Ears** – Hear what is being said to you.

Step 4: Just do it!

Step 5: Good job!

Encourage older children (grades 3 – 5) to verbalize the following steps when they need to listen:

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

1. **Look** at the person who is talking.
2. **Think** about what is being said.
3. **Wait** until the person stops talking.
4. **Ask** a question if needed.
5. **Say** what you want or need to say.

Step 4: Just do it!

Step 5: Good job!

Stop and Think Skill: Asking for Help

Help younger children (Kindergarten through grade 2) to verbalize the following steps when they need to ask for help:

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

- 1) **Decide** if you really need to ask for help.
- 2) **Raise** your hand and **look** at the person you want help from.
- 3) **Wait** until you are recognized.
- 4) **Say**, “I need help” in a nice or quiet voice and **tell** the person what you need help with.

Step 4: Just do it!

Step 5: Good job!

Encourage older children (grades 3 – 5) to verbalize the following steps when they need to ask for help:

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

- 1) **Ask** yourself, “Can I do this alone or do I really need someone else’s help”?
- 2) If you need help, **raise** your hand (or cue) and **look** at the person you want help from.
- 3) **Wait** until you are recognized.
- 4) **Say**, “I need help” in a nice or quiet voice.
- 5) **Tell** the person what you need help with.

Step 4: Just do it!

Step 5: Good job!

Students in grades 4-5 can add after step 1: Think about the different people who might help you and choose one.

Stop and Think Skill: Following Directions

Help children to verbalize the following steps when they need to follow directions:

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

1. **Listen** to the direction.
2. **Ask** a question if needed or if you don’t understand.
3. **Repeat** the direction out loud or to yourself.
4. Get ready to **follow** the direction.

Step 4: Just do it!

Step 5: Good job!

December is Caring Month

PARENTS CAN PROMOTE CARING

- Declare this month as “Caring Month” and find ways to show caring: anonymous notes, small chores done as a surprise, etc.
- Holiday time is a great time to do something as a family that shows caring for someone in need. Take your children along with you when you volunteer. Let them take part in donations to charities such as putting some coins in a Salvation Army bucket and talk about it.
- Give each youngster time, attention and affection.
- Encourage awareness and expression of feelings.
- Consistently ask how behavioral choices impact others’ feelings. Help him or her to see the relationship between their actions and the feelings of others. Do not tolerate your child doing or saying things to intentionally hurt anyone.