

16 Classroom Social Skills

Accepting Criticism or Consequence

1. Look at the person
2. Say "ok".
3. Stay calm.

Accepting "No" for an Answer

1. Look at the person
2. Say "ok".
3. Stay calm.
4. If you disagree, ask later.

Asking for Help

1. Look at the person.
2. Ask the person if they have time to help you.
3. Clearly explain the kind of help you need.
4. Thank the person for helping you.

Asking Permission

1. Look at the person.
2. Use a calm and pleasant voice.
3. Say, "May I..."
4. Accept the answer calmly.

Disagreeing Appropriately

1. Look at the person.
2. Use a pleasant voice.
3. Say, "I understand how you feel."
4. Tell why you feel differently.
5. Give a reason.
6. Listen to the other person.

Following Instructions

1. Look at the person.
2. Say "Okay".
3. Do what you have been asked right away.
4. Check back.

Getting the Teacher's Attention

1. Look at the Teacher.
2. Raise your hand and stay calm.
3. Wait until the Teacher says your name.
4. Ask your question.

Giving Criticism

1. Look at the person.
2. Stay calm and use a pleasant voice.
3. Say something positive, or "I understand."
4. Describe exactly what you are criticizing.
5. Tell exactly why this is a problem.
6. Listen to the person.
Be polite.

Listening

1. Listen to the person who is talking and remain quiet.
2. Wait until the other person is done talking before you speak.
3. Show you heard the person by nodding your head, saying "OK", "that's interesting", etc.

Making an Apology

1. Look at the person
2. Use a serious, sincere voice.
3. Say "I'm sorry for...", or "I want to apologize..."
4. Explain how you plan to do better in the future.
5. Say, "Thanks for listening."

MYOB or Minding Your Own Business

1. Focus on your assignment or task.
2. Ignore all conversations, gestures or distractions that are someone else's business.
3. Keep working quietly until you receive further instructions.

Resisting Peer Pressure

1. Look at the person.
2. Use a calm voice.
3. Say clearly you do not want to participate.
4. Suggest something else to do.
5. If necessary, continue to say "NO".
6. Leave the situation.

Staying on Task

1. Look at your task or assignment.
2. Think about the steps needed to complete the task.
3. Focus all of your attention on your task.
4. Stop working only when instructed.
5. Ignore distractions and disruptions.

Using Appropriate Voice Tone

1. Identify the Appropriate Voice Tone for the situation.
2. Change your voice to match.
3. Watch and listen to visual or verbal cues and adjust your voice, as needed.

Waiting Your Turn

1. Sit or stand quietly.
2. Keep your arms and legs still.
3. Avoid begging, whining, or teeth sucking.
4. Engage in the activity when directed by the adult to do so.
5. Thank the person who gives you a turn.

Working With Others

1. Identify the task to be completed.
2. Assign tasks to each person.
3. Discuss ideas in a calm, quiet voice and let everyone share their ideas.
4. Work on tasks until completed.