Teen Social Skills Steps

Safety. Scene. Cues. Join. Listen. Perspective. Ask/Refuse. Repair. Log.

Name: _____ **Date:** _____

1. Safety sort

Crisis or harm now?
Pause. Get help.

2. Scene + goal

Who, where. Join,
listen, ask, repair.

3. Read cues

Tone, face, body, chat
pace. Observe.

4. Start or join

One opener + backup
exit. Tiny timed.

5. Listen + paraphrase

Reflect before fixing
or defending.

6. Perspective take

Guess their view.
Check it. Update.

7. Ask or refuse

Assertive ask/refuse.
Digital check.

8. Repair awkward

Short apology,
clarify, or clean
exit.

9. Log and bridge

Log practice. Bridge
to other tools.

Tip: tiny openers with exit ramps beat waiting to feel ready.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis. Prefer a safety plan in acute crisis.

My Social Skills Plan

Scene. Goal. Cues. Opener. Listen. Perspective. Ask/Refuse. Repair. Check-back.

Name: _____ **Date:** _____

Scene (who / where / in person or digital):

_____

Goal (join, listen, ask, refuse, repair, step back): _____

Cues I notice (tone, face, body, chat pace) + my story check:

_____

Opener + backup exit (start or join):

_____

_____

Listen / paraphrase + perspective guess (check it):

_____

_____

Ask / refuse + digital check + repair:

1. Assertive ask or refuse: _____
2. Digital check (chat / screenshot / leave-out): _____
3. Repair after awkward: _____

Chosen plan + check-back time:

_____

What I will try if the scene feels stuck mid-plan:

_____

Original layout by Lotus & Tulip, based on teen social skills practice. A practice tool, not therapy.

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Social Skills Practice Log

Seven days of cues, joins, listens, asks, and repairs.

Name: _____ **Date:** _____

Day / date	Scene / goal	Cues / join	Ask / repair	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Scene today: _____ Adult I tell: _____

Safety · Scene · Cues · Join · Listen · Ask/Refuse · Repair · Log

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Social Skills Small Group Curriculum for School Counselors, Grades 2 to 5

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