My Social Skills Checklist

Read each skill. Color or tick the box that fits you right now. There are no wrong answers.

Name: _____ Date: _____

Skill	Got it	Sometimes	Still learning
Listening and talking			
I look toward the person who is talking.	○	○	○
I wait for a pause before I talk.	○	○	○
I ask a question about what someone said.	○	○	○
Joining and playing			
I can ask to join a game or a group.	○	○	○
I take turns and share.	○	○	○
I can lose or not go first and stay calm.	○	○	○
Feelings and clues			
I notice faces, voices and body clues.	○	○	○
I give people enough personal space.	○	○	○
I can say how I feel with words.	○	○	○
Problems and repair			
I can say no or stop in a kind way.	○	○	○
I can say sorry and try to fix it.	○	○	○
I ask an adult for help when I need it.	○	○	○

My goal skill

One skill I want to practice next: _____

A place I could practice it: _____

A grown up who can help me: _____

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Skill Steps Planner

Big skills are easier in small steps. Learn the steps, practice them, then try them for real.

Example: Joining a game

Use it at recess, in a club or at a party.

1 Watch
See what the game is and how it works.

2 Wait
Wait for a pause, like the end of a turn.

3 Ask
Smile and ask: "Can I play too?"

4 Plan B
If they say no, it is okay. Try another game or friend.

The skill I am learning: _____

Why it helps: _____

My steps

1

2

3

4

Practice first

Role play with a grown up or a friend. Swap parts, then try it again.

I practiced with: _____ Times: ☐ ☐ ☐ ☐ ☐

The hardest step was: _____

What went well in practice: _____

Try it for real

Where and when: _____

What I said or did: _____

How the other person reacted: _____

How did it go? ☹ Tricky 😐 Okay 🙂 Great

Next time I will: _____

I am proud of myself for: _____

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Social Skills Role Play Cards

Cut out the cards. Pick one, act it out, then swap parts. Talk about what worked.

Join in

Two kids are playing catch. You want to play too. What do you say?

Card 1

Start a chat

You sit next to a new kid at lunch. How could you start talking?

Card 2

Take turns

Your friend has had the tablet for a long time. How do you ask for a turn?

Card 3

Lose well

You lost the board game. Show what a good sport says and does.

Card 4

Read the clues

Your friend crosses her arms and looks away. What might she feel?

Card 5

Personal space

You are standing very close and your friend steps back. What do you do?

Card 6

Say no kindly

A friend wants to copy your homework. How can you say no and stay friends?

Card 7

Give a compliment

Your classmate drew a great picture. What could you say?

Card 8

Say sorry

You bumped a kid and they dropped their books. Show how to repair it.

Card 9

Disagree calmly

You and a friend want to play different games. How do you work it out?

Card 10

Ask for help

You do not understand the task and everyone is working. What do you do?

Card 11

Keep it going

Your friend tells you about her new puppy. What question could you ask?

Card 12

This week I practiced

	Mon	Tue	Wed	Thu	Fri
Skill: _____	☐	☐	☐	☐	☐
Skill: _____	☐	☐	☐	☐	☐

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