

Beginning Social Skills

Saying Thank You

1. Decide if the other person said or did something you want to thank him/her for.
2. Choose a good time and place to thank the other.
3. Thank the other person in a friendly way.
4. Tell the other person why you are thanking him/her.

Introducing Yourself

1. Choose the right time and place to introduce yourself.
2. Greet the other person and tell your name.
3. Ask the other person his/her name if you need to.
4. Tell the other person something to help start your conversation.

Introducing Other People

1. Name the first person and tell him/her the name of the second person.
2. Greet the other person and tell your name.
3. Ask the other person his/her name if you need to.
4. Tell or ask the other person something to help start your conversation.



Triggers – External
Internal

Body Signs - Physical Signs of anger

Anger Reducers – Deep Breathing
Count from 20 to 11
Pleasant Imagery

Reminders – Short calming statement

Thinking Ahead – Short & Long Term Consequences
Internal, External & Social

Social Skills – Making a Complaint
Dealing with an Accusation

Self-Evaluation – General - How did you do?
Self Coaching –What could you do better?
Self-Rewarding – What did you well?

Social-Moral Development

Stage One

Power “Might Makes Right:
If you don’t get punished or no
powerful person saw you do it,
then it is okay.

Stage Two

Deals “You scratch my back,
I’ll scratch yours.”
Morality is an exchange of favors
Immature

Mature

Stage Three

Mutuality “Treat others as you
hope they would treat you.”
People can really care about
other people, can have trust in
them & feel part of a “we.”

Stage Four

Systems “Are you contributing
to society?”
Honoring your commitments is a sign
of good character