

Social Skills Intervention

Following Instructions

1. Look at the teacher
2. Listen to what the teacher says.
3. Do what you have been asked right away.
4. Check back

Staying on Task

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

Getting the Teachers 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.

Appropriate Voice Tone

1. Listen to the level of voices around you.
2. Change your voice to match.
3. Watch and listen for visual and verbal cues and adjust your voice as needed.

Listening

1. Look at the person who is talking and remain quiet.
2. Wait until the person is through talking before you speak.
3. Show that you heard them by nodding your head, saying "okay," "That's interesting," etc.

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 to be completed.

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 that person for helping.

Asking Permission

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

Having a Conversation

1. Look at the person.
2. Use a pleasant voice.
3. Listen to what the other person says.
4. When there is a break in the conversation, ask a question or share your thoughts.

Sharing Something

1. Let the other person use the first item.
2. Ask if you can use it later.
3. When you get use to it, offer it back to the other person after you have used it.

Accepting Criticism or a Consequence

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

Accepting "No" for an Answer

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

Disagreeing Appropriately

1. Look at the person.
2. Use a pleasant voice.
3. Tell why you feel differently.
4. Give a reason.
5. Listen to the person.

Making an Apology

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

MYOB: Mind Your Own Business

1. When people are having a conversation that does not involve you, mind your own business.
2. Do not involve yourself in arguments between others.
3. Walk away

Accepting Compliments

1. Look at the person.
2. Use a pleasant voice.
3. Say "Thank you"

Greeting Others

1. Look at the person.
2. Use a pleasant voice.
3. Say "Hi" or "Hello"

