

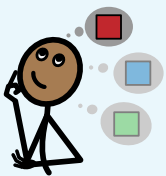
SOCIAL SKILLS Development Tool



You can print this and your child can highlight each box they're working on,
or check them off as they go.


LEVEL 1

MONDAY Problem Solving



You want to go outside but it is raining. What should you wear?

- A** Coat and gloves
- B** Rain jacket and boots
- C** Flip flops and a swimsuit

 You can make this a yes/no question by giving the scenario and then asking, "Should you wear ____? Yes or no?"


TUESDAY Perspective Shifting



Your mom asked you to bring your dish to the sink, and you didn't do it.

This makes your mom feel _____.

- A** Sad
- B** Happy
- C** Angry

 Put the above words on notecards (consider adding faces also). If necessary, help guide your child's hand to point to the answer they think is best.


WEDNESDAY Body Language



You feel happy when your mom picks you up from school. When you see your mom pulling up to your school you should _____, so she knows you are happy to see her.

- A** Frown
- B** Smile
- C** Cry

Practice using the appropriate facial expression and identifying it when you feel different ways throughout the week.


 Make this a yes/no question by stating the scenario and then asking, "Should you frown when you feel happy?" "Should you smile when you feel happy?" "Should you cry when you feel happy?"

THURSDAY Figurative Language



Draw a picture of what it means when someone says it is "raining cats and dogs."

The next time it's raining hard, be sure to use this metaphor!

 This can be a fun activity to do with your child—consider drawing it literally and then figuratively.

FRIDAY Functional Skills



What is the day of the week?

- A** Monday
- B** Tuesday
- C** Friday

What is the month?


- A** February
- B** May
- C** July

What is the day of the month?

- A** 2
- B** 12
- C** 22

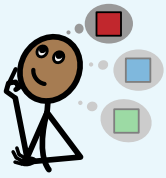
What is the year?

- A** 1997
- B** 2020
- C** 2041

 You can make these yes/no questions by asking the question and stating each option: "Is today the ____? Yes or no?"

LEVEL 2

MONDAY Problem Solving



You forgot your homework at home and it is due today. How can you solve this problem?

You are in a new school, and you are not sure where to sit at lunch. You see many people sitting and talking, and you don't know where you belong. There are some people from your math class that you recognize near the back wall.

Where should you sit or what should you do?

TUESDAY Perspective Shifting



Identify five perspectives of others in the following scenario: You have been given multiple assignments to complete for school, but you have not turned any of them in.

Identify the perspective from the following people involved: You and your parents, teacher, classmates and friend.

Write down three different perspectives of others for the following social situation:

Your mom made dinner, but you did not like the food. When you took your first bite you put your fork down and exclaimed, "Ew, how can you expect me to eat THIS?"

WEDNESDAY Body Language



Make a video using iMovie or YouTube showing correct body language in a conversation and one video using incorrect body language. Share your video with one friend or person in your home.

Discuss and/or show what your eyes do when you are surprised.

Discuss and/or show what your hands do when you feel angry.

Discuss and/or show what your mouth does when you feel happy.

Discuss and/or show what you look for to know how someone is feeling.

THURSDAY Figurative Language



Identify whether there is sarcasm in the following examples:

- You heard a friend complaining about a mistake her mom made, and you said, "Wow! Well, it's a good thing you're perfect."
 - You're about to start a class assignment and your teacher says, "If you need help, please raise your hand."
-

Discuss how to use the following similes or metaphors:

- Your bedroom is clean as a whistle.
- I am your shining star.
- His eyes were like ice as he stared at her.

FRIDAY Functional Skills



Think about one chore you can do around the house to help a family member and do it without them asking for your help.

Determine three questions you can ask yourself that will help you filter your thoughts. Doing so will help you choose the best time and place to share your thoughts!

ALL LEVELS

Movies

MONDAY

Problem Solving

FINDING NEMO

How did Nemo solve his problem of being separated from his dad? How would you have handled being lost and away from your family?

TUESDAY

Perspective Shifting

A BUG'S LIFE

Discuss with those in your home how the bugs in town changed their minds about Flik from the beginning of the movie to the end.

WEDNESDAY

Body Language

TANGLED

When Rapunzel escapes from the castle she experiences many emotions. List 3–5 of them. You may need to rewind this scene and watch it more than once!

THURSDAY

Figurative Language

FROZEN/FROZEN II

Discuss a time when Olaf used figurative language in one of the *Frozen* movies with someone in your home.


FRIDAY

Functional Skills

INSIDE OUT

Name the five emotion characters. Think about a time when you experienced one of these emotions. Which character are you feeling most like today? Why?

Games


 Please be sure to prompt your child to 1) wait their turn, 2) make eye contact when speaking to another person and 3) use good sportsmanship (e.g., they should congratulate the winner, use positive language, keep a good attitude and not get upset if they don't win).

MONDAY

Problem Solving

OLD MAID


CLUE (HIGHER LEVEL)

 These games provide two different levels of problem solving and can be played by the whole family!

TUESDAY

Perspective Shifting

APPLES TO APPLES (FAMILY EDITION)


 In this game the “judge” chooses which card they like. Therefore, each player must think about what the “judge” would pick, which may or may not be what the player likes.

Be sure that you use the family edition.

WEDNESDAY

Body Language

FACE IT

 Each person makes a face that acts out something written on the card, and then both reveal it to another person while trying not to laugh.


Be sure the cards are appropriate for the age and ability of the participants.

This game is designed for teens and adults but can be modified for younger students.

THURSDAY

Figurative Language


BLURT

 This game helps develop vocabulary. Each player listens to a definition and guesses the vocabulary word. For example, “dried grape” is a raisin.

FRIDAY

Functional Skills

PICTIONARY

 In this game you draw a word without talking or giving clues. You can create this game at home with minimal supplies if you prefer not to purchase the game/kit.