



Social Skills Pack for Children with Social and Emotional Difficulties

Work your way through this pack and think about ways that you incorporate social skills games into your daily routine.

We believe that behaviour is a communication and that social skills games and activities are a non- invasive way of beginning to support your child's understanding of themselves.

You can adapt these ideas to different age ranges and incorporate your child's personal interests for extra comfortability.

Games are about Fun, that is the most important rule!- Don't force your child to engage, give gentle encouragement and model with your partner if it makes its more appealing.

Keep a copy of these Anger Rules visual at home.

Anger Rules

It is o.k. to be angry but...



*Don't hurt others 

*Don't hurt yourself 

*Don't hurt property 

Talk about how you feel...

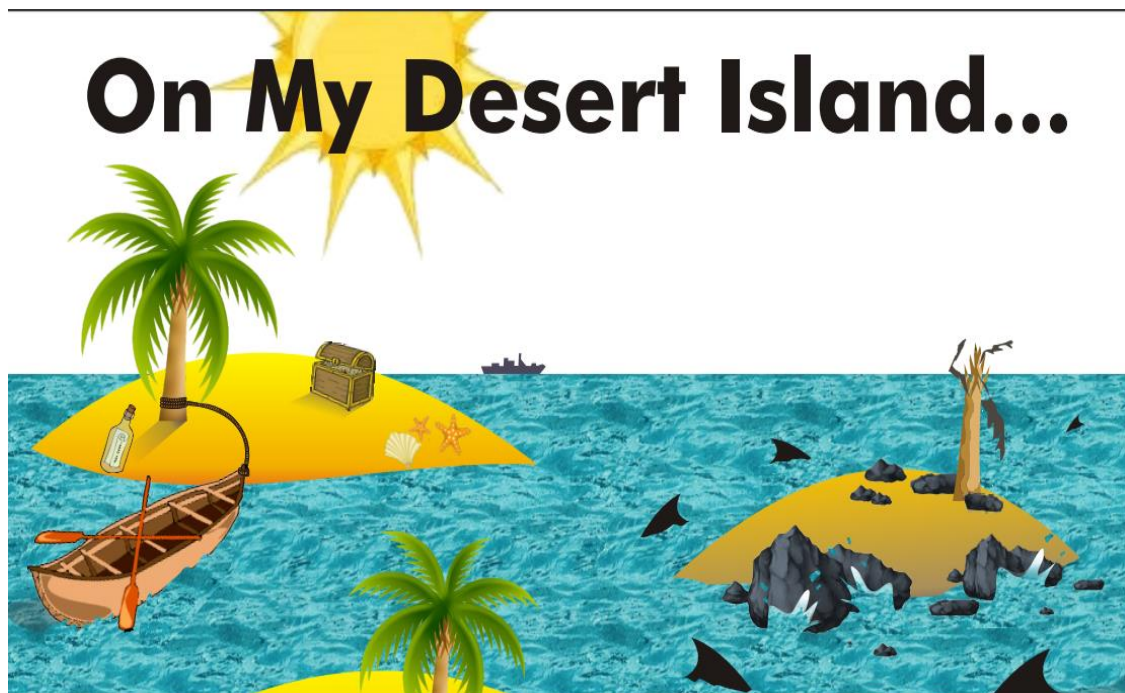


My Desert Island Activity

Encourage your child to think of 5 things they would take on a Desert Island.

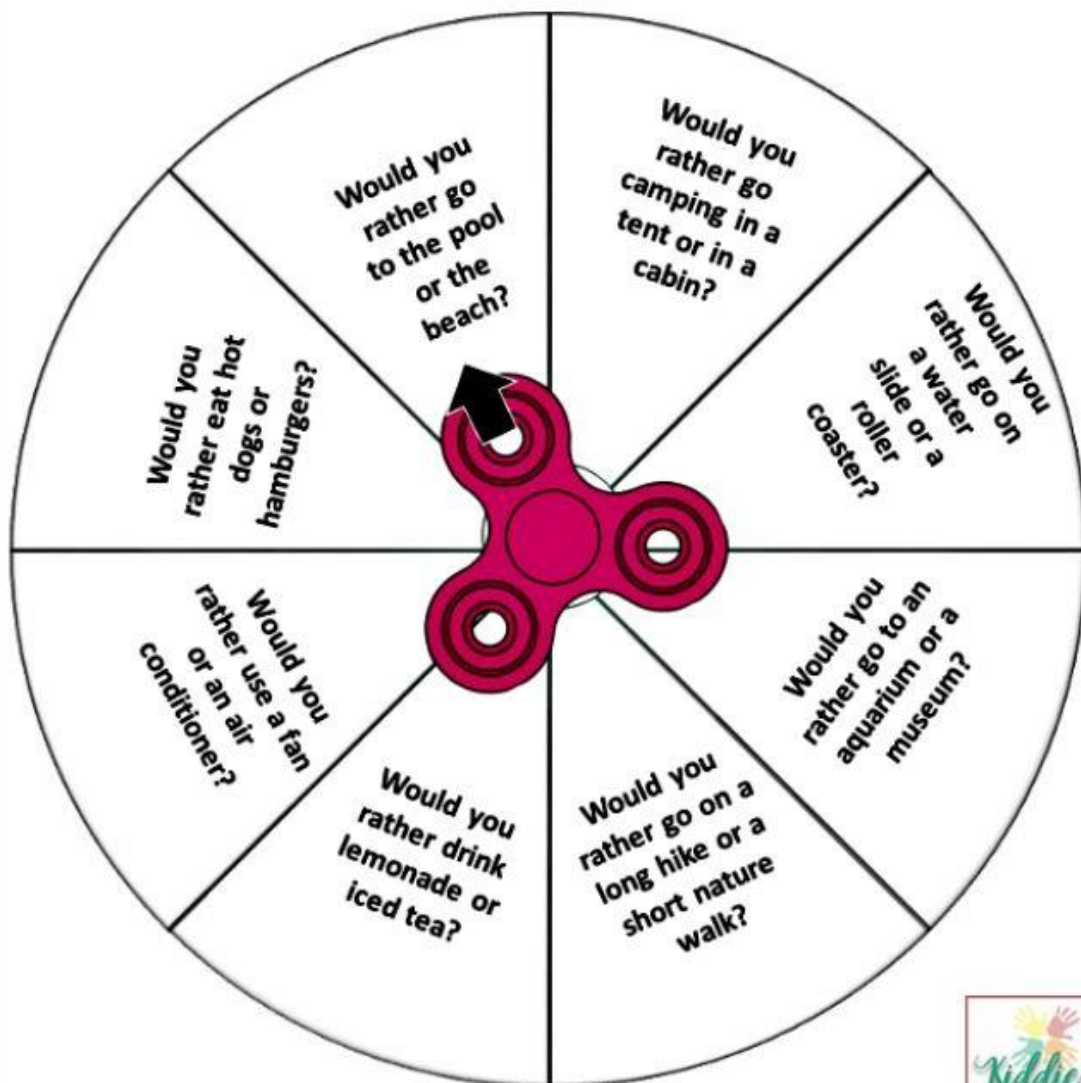
Ask why they have chosen those objects?

Now you Pick 5 objects that you would take. Ask your child to jot the answers for you.



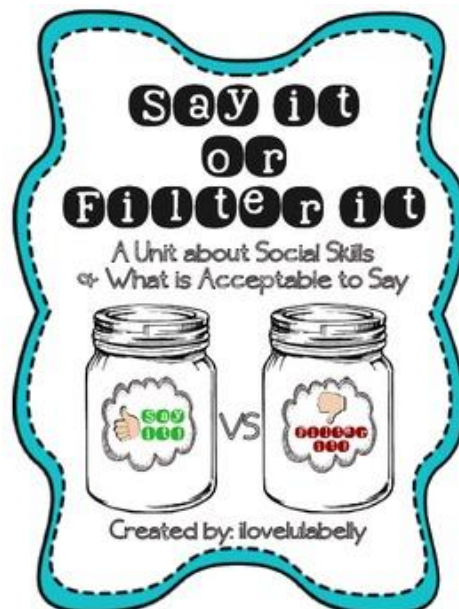
Your Answers:

Fidget Spinner Social Skills Games



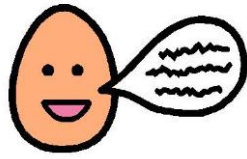
Encouraging your child to recognise when we should express our feelings.

Have a discussion with your child about the types of things we should say and what things we should filter. Remember to reiterate that it is ok to have NEGATIVE feelings, but important to share them in the right places, and with the appropriate people. Complete the chart with your child. Remember to model, and give an example.



Filter the Thoughts

Say it!



Filter It!



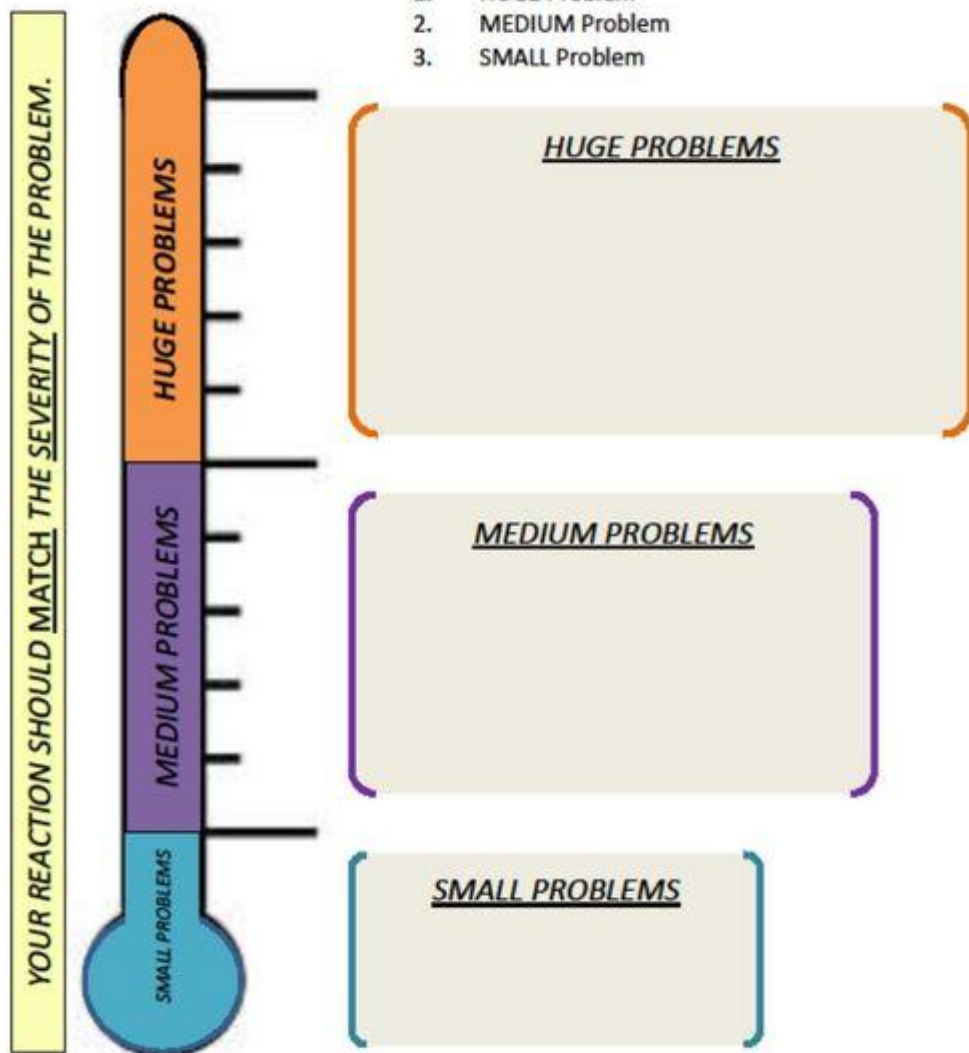
Looking at problems together

Encourage your child to think of a scenario and together rate the severity of the problem. You may need to give an example first and ask your child to identify a way you may be able to deal with it.

The Problem Thermometer

Every problem you encounter will fall into any one of the following categories:

1. HUGE Problem
2. MEDIUM Problem
3. SMALL Problem




Create your own Anger Map


Your name _____

Anger Map

What kind of face do you have when you are angry? ▼



What things do you say? ▼




How do you behave when you're angry? ▼

What happens to your body when you're angry? ▼


Other ways of handling my anger

▶ _____


What could your anger help you to achieve? ▼



Have you learnt anything about your anger? ▼



What helps when you're angry?



What do emotions look like?

Both you and your child have 5 minutes to draw a cartoon that represents each of the following emotions.

Each use a separate piece of paper for your three characters. Use a visual timer with an alarm. Once you have finished, encourage your child to describe the characters.

ANGRY

SAD

HAPPY

Why not make a control pad like this as a visual prompt to encourage self-control?



Calming down Chatterbox

1. Make a calming down technique chatterbox. Think with your child about appropriate ways to calm ourselves and encourage your child to use this.



Social Skills Jenga

Conversation Jenga

Write on each block, or number each statement and then number blocks, on each players turn they pull out a block and respond to the corresponding statement/question

Statements/questions:

- favorite famous person
- go bowling or ice-skating?
- favorite band
- go to beach or go to ski resort?
- favorite vegetable
- what do you like to do with your family?
- what do you like to do at recess?
- do you have chores at home? What?



- favorite movie
- Favorite book
- Favorite board game
- favorite season
- favorite sport to watch
- favorite sport to play
- favorite TV show
- if I won the lottery...
- if I could drive any car...
- what do you like to do with your friends?
- what would you like to get better at?
- favorite fruit
- Play in pool or play in snow?
- favorite song
- are you a clean or messy person?
- favorite stuffed animal

Social skills Jenga

Place a colored dot on one end of each block. The dots are red, green, blue or purple. When a player pulls a block, look at the color of the dot. Based on the color the player has to do a specific thing.

Write an emotion on each block. When a player pulls out a block they must read the emotion listed and then share a time when they felt that emotion



- Favorite toy
- Who is someone special in your life and why?
- swim with sharks or Dolphins?
- if you had to learn a language which would you pick?
- markers or colored pencils?
- what do you want to be when you grow up?
- what are you good at?
- if I could have 3 wishes...
- Best vacation you've ever had
- favorite school subject
- favorite ice cream flavor
- favorite candy
- favorite dinner
- favorite snack

Favorite movie	Favorite movie	Favorite movie
Favorite book	Favorite book	Favorite book
Favorite board game	Favorite board game	Favorite board game
Favorite season	Favorite season	Favorite season
Favorite sport to watch	Favorite sport to watch	Favorite sport to watch
Favorite sport to play	Favorite sport to play	Favorite sport to play
Favorite TV show	Favorite TV show	Favorite TV show
Favorite fruit	Favorite fruit	Favorite fruit
Favorite vegetable	Favorite vegetable	Favorite vegetable
Favorite famous person	Favorite famous person	Favorite famous person
Favorite band	Favorite band	Favorite band
Favorite stuffed animal	Favorite stuffed animal	Favorite stuffed animal
Favorite animal	Favorite animal	Favorite animal
Favorite wild animal	Favorite wild animal	Favorite wild animal
Favorite snack	Favorite snack	Favorite snack
Favorite dinner	Favorite dinner	Favorite dinner
Favorite ice cream flavor	Favorite ice cream flavor	Favorite ice cream flavor
Favorite school subject	Favorite school subject	Favorite school subject
Favorite toy	Favorite toy	Favorite toy
Favorite game	Favorite game	Favorite game
Favorite activity	Favorite activity	Favorite activity
Favorite hobby	Favorite hobby	Favorite hobby
Favorite sport	Favorite sport	Favorite sport
Favorite TV show	Favorite TV show	Favorite TV show
Favorite movie	Favorite movie	Favorite movie
Favorite book	Favorite book	Favorite book
Favorite board game	Favorite board game	Favorite board game
Favorite season	Favorite season	Favorite season
Favorite sport to watch	Favorite sport to watch	Favorite sport to watch
Favorite sport to play	Favorite sport to play	Favorite sport to play
Favorite TV show	Favorite TV show	Favorite TV show
Favorite fruit	Favorite fruit	Favorite fruit
Favorite vegetable	Favorite vegetable	Favorite vegetable
Favorite famous person	Favorite famous person	Favorite famous person
Favorite band	Favorite band	Favorite band
Favorite stuffed animal	Favorite stuffed animal	Favorite stuffed animal
Favorite animal	Favorite animal	Favorite animal
Favorite wild animal	Favorite wild animal	Favorite wild animal
Favorite snack	Favorite snack	Favorite snack
Favorite dinner	Favorite dinner	Favorite dinner
Favorite ice cream flavor	Favorite ice cream flavor	Favorite ice cream flavor
Favorite school subject	Favorite school subject	Favorite school subject
Favorite toy	Favorite toy	Favorite toy
Favorite game	Favorite game	Favorite game
Favorite activity	Favorite activity	Favorite activity
Favorite hobby	Favorite hobby	Favorite hobby
Favorite sport	Favorite sport	Favorite sport

- do you have siblings? Names + ages
- what do you like to do outside on a nice day?
- favorite Olympic sport to watch?
- if I could visit anywhere in the world...
- if I could live anywhere in the world...
- do you have any pets? What?
- favorite animal
- Favorite wild animal

Feelings Jenga

Social skill Jenga Example:

- Red=Name a social skill
- Blue=Complement the person to your left
- Green=Present a social situation and player says how they would react
- Purple=set a goal to improve his social skill

You can do the same color dot concept for anger management Jenga