

BUILDING SOCIAL SKILLS

2 Use your manners.

- Say “please” if you’re asking for something you want or need.
- Say “thank you” when someone says or does something nice for you.
- Say “you’re welcome” when someone says “thank you” to you.
- Say “excuse me” if you are trying to get someone’s attention.
- When someone is speaking to you, look that person in the eyes and listen to what they are saying.
- Don’t interrupt someone while they are talking

4 Ask for help when you need it.

1. Find someone who can help you.
2. Look at the person’s eyes.
3. Ask: “Can you help me with something right now?”
4. Describe what you need help with.
5. Say: “Thank you for helping me.”

6 Receive apologies with grace and forgiveness.

1. As you listen to someone’s apology, look at the person’s eyes.
2. After they apologize, say “I accept your apology.” You do not have to say, “it’s okay”, because it might not be.
3. Forgiveness is making a decision to free yourself from holding on to resentment and feelings of revenge toward someone who hurt you.
 - If you can forgive them, say “I forgive you.”
 - If you have trouble forgiving them, pray that God would help you.

1 Introduce yourself to others.

1. Look at the person’s eyes and smile.
2. Say: “Hello, my name is _____. What is your name?”
3. When you leave, wave to the other person and say, “It was nice to meet you.”

3 Disagree respectfully.

1. Look at the person’s eyes.
2. Use a calm, respectful voice.
3. After hearing what they think, say: “I understand what you’re saying.”
4. Share your point of view.
5. You might find a decision that works for everyone. It’s also okay to leave the conversation without agreeing with the other person. Say: “Thank you for listening.”

5 Apologize when wrong.

1. Look at the person’s eyes.
2. Use a calm, respectful voice.
3. Say “I’m sorry” to the other person, even if you don’t want to.
4. Explain how you think you made them feel.
5. To repair the relationship, ask “Will you forgive me?” and “Is there anything I can do to make it right?”

7 Be socially aware. Pay attention to others in your surroundings.

When you are in a place with other people, be considerate of how your actions might disturb others. For example, it is unwise to throw a ball in a room that has babies, because they could be harmed. It is also not appropriate to talk loudly in a library, because others are trying to focus.

Note to parents: Acknowledge that the child should be true to themselves and don’t always meet every need of every person around them. Discerning what behavior is permissible (even if others don’t prefer it) and what is unnecessarily disruptive can be tricky. Talking through specific situations will help your child navigate nuanced social settings.