

SOCIAL SKILLS AT HOME: Lesson Outline

Note: These lessons were prepared with kids in grades 1st-6th. While even as an adult I appreciate all youtube videos, even sesame street, I will do my best to put in parenthesis beside the videos and activities that older kids may prefer.

Accommodations:

1. For any questions to be answered, students can write down their answers, draw a picture of their answers, tell a family member the answers instead of writing, or create their own video answering the questions.
2. If students do not like or want to “cut” out sorting questions, and alternative is to cover up all options with pieces of paper and then have them remove paper to answer one at a time until all are answered.

ACTIVITY HANDOUTS:

1. You may have been sent home the packet of activities for all lessons OR
2. Accompanying PDFs that can be found at this link:
<https://drive.google.com/drive/folders/197cJicrO8-rwe-MMXC9caBV7zwmYr5l4>

1	Following Rules	<p>*Read the book, or watch on youtube, the story of Peter Rabbit. Youtube link: https://www.youtube.com/watch?v=EuTIQCGxE5Y</p> <p>ACTIVITY HANDOUTS:</p> <ol style="list-style-type: none"> 1. Peter Rabbit Question 2. Name that School Rule Activity
2	Friendship	<p>*Watch video on Friends: Small Talk Friendships (all ages) https://www.youtube.com/watch?v=d9HH3pTmHz8</p> <p>OR Elmo and Rosita Teach about Friendship (younger kids) https://www.youtube.com/watch?v=59tKI37x1d4</p> <p>ACTIVITY HANDOUT</p> <ol style="list-style-type: none"> 1. Friendship Cards-have students cut out the friendship task cards and then place them in a pile upside down on the table. Have them pick up each card and answer the questions as time allows. Have the whole family or friends join in (24 total).
3	Friendship (con't)	<p>ACTIVITY HANDOUT:</p> <ol style="list-style-type: none"> 1. Choosing friends: Let's see how the

		<p>behavior of your friends measures up. We compare these behaviors to a traffic light: Red is behavior you would not like in a friend, Green is behavior you love having in a friend, and Yellow is behavior of friends you aren't sure about. Have students color in the traffic light COLOR that this behavior would represent to them.</p>
4	Kindness	<p>Read or watch "Have you Filled a Bucket Today" Youtube: https://www.youtube.com/watch?v=JEg38zCOMgk</p> <p>ACTIVITY HANDOUT:</p> <ol style="list-style-type: none"> 1. Kindness Checklist: Look and read through the KINDNESS checklist and choose 3 things you can do today to show kindness and fill others buckets. Once they are complete, check off from the list.
5	Feelings Journal	<p>*Have students write or draw a picture on each page of the feelings journal.</p> <p>ACTIVITY HANDOUTS:</p> <ol style="list-style-type: none"> 1. Inside Out Feelings Journal (all ages) OR 2. Feelings Writing Journal (younger)
6	Just Breathe	<p>Watch video: Just Breathe https://www.youtube.com/watch?v=RVA2N6tX2cg</p> <p>ACTIVITY HANDOUT:</p> <ol style="list-style-type: none"> 1. Balloon Breathing: Do the breathing technique and pay attention to how your body feels before and after you complete the breathing exercise. Does your body feel more calm?
7	I am Special	<p>*Watch the video: Sesame Street-What makes people special. https://www.youtube.com/watch?v=LrPm7BasRBo</p> <p>ACTIVITY HANDOUT:</p> <ol style="list-style-type: none"> 1. What Makes You Awesome: (choose picture or written version):Have students complete either the written or picture assignment. Once it is completed, have them stand in front of the mirror and tell themselves the 3 things they listed.

8	Following Directions	<p>Watch Video: Worst Day of My Life Ever Link: https://www.youtube.com/watch?v=DS41qhB1HNM</p> <p>ACTIVITY HANDOUT:</p> <ol style="list-style-type: none"> 1. Worst Day Question 2. Spring Listen Up Drawing: Have students complete the coloring project by following directions (young kids can have an adult or older sibling read them the directions). 3. OR Classroom Listen Up Activity 4. OR Listening Activity -Camp (older - more challenging)
9	Gratitude	<p>*Watch Video: My Gratitude Jar Link: https://www.youtube.com/watch?v=6TYvJh5Cwww</p> <p>ACTIVITY HANDOUT:</p> <ol style="list-style-type: none"> 1. Make Your Own Gratitude Jar 2. Gratitude Jar Activity Page (Write in the Jar or draw pictures of what you are grateful for)
10	What Do I Value?	<p>ACTIVITY HANDOUT:</p> <ol style="list-style-type: none"> 1. 101 Social Skills (print off page 13): Have students complete the VALUES page and share their answers with a parent or friend.
11	You Are A Hero	<p>Video Link: Kid President: For the Heroes https://www.youtube.com/watch?v=tgF1Enrgo2g</p> <p>ACTIVITY HANDOUT:</p> <ol style="list-style-type: none"> 1. Superhero Posters: *Have students print off these posters and add some color and then hang them up in their rooms as an everyday reminder.
12	Big Feelings Come and Go	<p>Have students read the book at this link: https://protectchildren.ca/pdfs/C3P_BigFeelingsComeAndGo_storybook_en.pdf (this book is 54 pages for young kids)</p>
13	How Big is My Problem?	<p>Video: Big Problems and Small problems Link: https://www.youtube.com/watch?v=bvFiryg2dms</p>

		<p>ACTIVITY HANDOUT:</p> <ol style="list-style-type: none"> 1. How Big Is My Problem TASK POSTER 2. Big-Little Problem Sort: Print off and have students cut out and then sort each problem to the TWO mats: BIG PROBLEM or LITTLE PROBLEM OR 3. How Big Is My Problem Scenarios
14	Social Skills Game	<p>Play this social skills game with a sibling, friend and/or parents</p> <p>ACTIVITY HANDOUT:</p> <ol style="list-style-type: none"> 1. Social Skills Game
15	Interrupting	<p>Watch Video Choices:</p> <p>Interrupting Chicken Chicken: https://www.youtube.com/watch?v=Shq8G3QY9R0</p> <p>My Mouth is a Volcano: https://www.youtube.com/watch?v=TqLvnGr2JtA</p> <p>ACTIVITY HANDOUT:</p> <ol style="list-style-type: none"> 1. Read social story on interrupting 2. Interrupting Social Skills : You can just complete the question worksheet and sort activity (starts page 5). If kids do not want to cut out the scenarios and choose one at a time, you can instruct them to place a CHECK MARK on times it's ok to interrupt and write the letter "W" on times when it's best to wait.

MOVIES	WHAT CAN MY CHILD LEARN?
WONDER (PG)	Great movie about acceptance and being kind to others despite our physical differences *Can be found for free on AMAZON PRIME
INSIDE OUT (PG)	Inside Out is a fun and heart-warming movie about growing up and learning to identify and manage emotions. This movie is an excellent tool to use for teaching children how to deal effectively with their feelings and impulses.
Star Wars Episode V: The Empire Strikes Back (PG)	Both parents and kids are sure to enjoy this action-packed classic while also learning about self-control skills. Watch

	Luke Skywalker harness the Force, practice self-control, and learn discipline as he trains to become a Jedi knight under the guidance of Yoda.
Wizard of Oz (PG)	In the classic movie <i>The Wizard of Oz</i> , Dorothy finds herself in the magical land of Oz after getting caught in a tornado. In order to go home she must start on a journey to find the Wizard of Oz. Along the way she must stay focused on her goal despite constant distractions and mishaps.