

# SOCIAL SKILLS AT HOME

## What are social skills?

Social skills are one's ability to connect and collaborate with others. It involves learning about the importance about sharing, listening, and respecting others.

Social skills help children understand their emotions and deal with conflict.

**There are plenty of ways children can practice their social skills at home! Here are a few ideas:**

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## Sock Puppet Activity

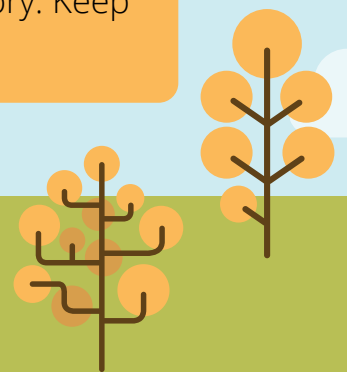
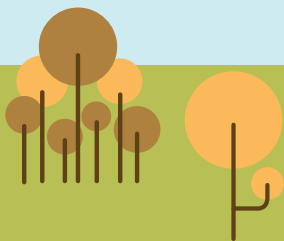
Start by making a puppet using an old, clean sock. Draw eyes on a piece of paper, cut them out and glue them to your puppet. Feel free to decorate your sock puppet by adding hair or a nose!

Once your sock puppets are complete, go ahead and role play different situations with your child. Some examples include buying candy at the store, teaching your friend how to ice fish, or pretending it is your first time on the playground and you have to introduce yourself.

## Continue My Story Activity

Taking turns telling short stories to each other is an excellent way for kids to practice listening, following directions, and taking turns. This is a fun game to play with multiple family members as well. One person in the group starts a story, then after a few minutes, the story teller randomly chooses another person to continue the story. Then after a few moments, another person in the group is asked to continue the story. Keep going until everyone has had a chance to share.

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## Kindness Bingo

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Learning about kindness provides children with the opportunity to think about the impacts of their actions on someone else's day. Doing so helps to develop important skills such as, self-awareness, self-motivation, and teamwork.

The Kindness Bingo Sheet is one activity kids can use to practice kindness regularly. The template can be printed or used as inspiration to create your own version of it. Every time a child completes an action, mark its box with an "X". Continue to do so until your child completes a column, row, or the entire card.

Shared my toys	Made someone smile	Took out the trash
Drew a picture for someone	Put away my toys	Apologized when I hurt someone
Listened to someone else's story without interrupting them	Helped clean the dishes	Played nicely with someone

