

Empathy & Respect

Managing Emotions

Problem Solving



Education

Being Responsible

What are Social Skills?

. Turtle Rock Elementary .

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Goals:

- Identify what social skills are
- Explain the advantages of well-developed social skills
- Identify social skills used for learning





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SOCIAL SKILLS

What are some social skills you know?

Listening with attention
Respecting and respecting
Understanding perspectives
Managing emotions
Solving problems
Being Responsible

- **Listening with attention**
- **Empathy and Respect**
- **Understanding perspectives**
- **Managing emotions**
- **Solving problems**
- **Being Responsible**



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Attentive Listening

Parts of the body that are
used for listening
attentively are...



Why should we practice
attentive listening?



How is it going to help
me?



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used for listening
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Next Time...




Empathy
&
Respect





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Empathy

We have already defined
empathy, but can you reflect
 on a time when you
experienced it?



Key Points to Empathy:

- Communicating feelings through Active Listening.
- Being Assertive
Practice
- Predicting Feelings
How can this help?
- Responding with Compassion

CMS

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EMOTION MANAGEMENT



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WHAT ARE EMOTIONS?

NEGATIVE...POSITIVE?

WHAT ARE WE SUPPOSED TO DO WITH THEM?

NEGATIVE...POSITIVE?

WHAT ARE WE SUPPOSED TO DO WITH THEM?



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WHAT HAPPENS IN YOUR BRAIN AND YOUR BODY?

STEPS FOR STRONG EMOTIONS

- STOP

USE A SIGNAL

- NAME YOUR FEELINGS

WHAT ARE YOU FEELING AT THAT MOMENT

- CALM DOWN

COUNT, BREATHE, USE POSITIVE SELF-TALK



Problem Solving

STEPS TO PROBLEM SOLVING

1. SAY THE PROBLEM!

What seems to be the problem?

2. THINK OF DIFFERENT SOLUTIONS TO THE PROBLEM.

What are some ideas we can come up with to solve our issue?

3. EXPLORE CONSEQUENCES

Now that we have come up with ideas, what are the consequences to each?

4. PICK THE BEST SOLUTION

What's the best solution/consequences for everyone.

Lets Practice!

Instructions:

- Organize a group of threes.
- Read your problem card.
- Pick your role.
- Practice the Problem Solving steps.

INCLUDE EVERYONE!

S.T.E.P

Say the problem

Think of solutions

Explore consequences

Pick the best solution

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