



Social Skills

TIPS AND PRACTICE

Social Skills

Your child is not born with social skills

These should be taught

Practice makes perfect

Technology and Covid has caused a lack of interaction with others face to face, so skills have been lost or lack of practice

First Impressions

Can only be made once.

Chin Up and Smile

Try not to fidget or squirm it shows you are nervous or unsure

Stand up (Posture is important) and walk in with confidence

Speak strongly and with purpose

Relax and think positive (don't over try)

- when meeting someone, walking into a room of new people, or working with a group-think "they already like me", "this is going to be great!" "I can do anything."

Eye Contact -50/70 Rule

- ▶ Eye Contact is important but may be stressful or cause anxiety
- ▶ Try to hold eye contact 50 percent of the time when you're talking and 70 percent of the time when listening
- ▶ This takes focus and shows you are engaged and listening
- Trick - try to hold eye contact for about five to ten seconds at a time
- Casually look off to the side for a few seconds before resuming eye contact (look away and back slowly so you do not appear nervous or shy.)
- Practice with your student

Reciprocal Conversation

One of the basic rules of communication is to answer a question and then ask a question.

if someone asks, "How are you today," our kids should respond with "I'm great, how are you?"

"Do you have any big plans for summer break?" Our kids could respond by saying, "Yes, we're heading to the beach... how about you? What are your plans for summer?"

Overdo it and it could get a little weird, the general rule of thumb is to show just as much interest in others as they show in you. (What's even better is for our kids to show interest in others *first!*)

Phrases for any situation to use

If you are in an awkward conversation, you don't have to leave just use one of the following:

I agree to disagree

I am going to have to get back to you on that

Can we talk about something else

Where would you rather be right now

Let's put a pin in that

Give a compliment or ask a question

Body Language

Body language says a lot.

Think about it, these say I am not interested or not listening

No eye contact

Arms Folded

Slumped down when seated

Body half turned away from someone speaking to you

Both hands on your hips