
Grades PreK-K

Ready-to-Use Social Skills Lessons & Activities

Ruth Weltmann Begun

Grades PreK-K (50 lessons)
Papercover, 8 ½ x 11, 224 pages

Contents

Disciplinary Strategies

1. Understanding the Need for Rules
2. Avoiding Uncontrolled Negative Behavior

Thinking Before Acting

3. Fully Understanding the Situation Before Taking Action

Listening

4. Being a Good Listener
5. Ability to Sit and Listen Quietly
6. Ability to Listen/Participate in Class Discussion

Following Rules

7. Recognizing the Importance of Classroom Rules

Following Directions

8. Following Directions During Instruction and Clean-Up
9. Following Oral Directions
10. Following Clean-Up Directions

Respect for Others

11. Using Courtesy Words "Please," "May I," and "Thank You"
12. Using "Please, May I" Appropriately
13. Using the "Magic" Words "Please" and "Thank You"
14. Using the Courtesy Words "Excuse Me"
15. Using "I Am Sorry" and "Excuse Me" When Appropriate

Improving Self-Image

16. Feeling Good About Oneself
17. Expressing Good Things About Oneself
18. Expressing Our Special Likes and Dislikes
19. Understanding Our Uniqueness

Sharing

20. Understanding the Need for Sharing with Others

Accepting Consequences

21. Knowing and Accepting the Consequences of Our Actions
22. Accepting the Consequences for Breaking the Rules
23. Accepting the Consequences for Our Inappropriate Behavior

Self-Control

24. Remembering to Walk - Not Run - in the Classroom
25. Remembering to Walk - Not Run - in School
26. Using a Moderate Tone of Voice

Problem Solving

27. Choosing a Peaceful Approach to Problem Solving
28. Solving a Problem by Talking

Completing Assignments

29. Completing a Task and Putting Away Materials
30. Finishing Each Activity that is Started

Dealing with Name Calling

31. Responding Constructively to Name Calling

Dealing with Anger

32. Communicating Anger Using Words

Avoiding Tattling

33. Learning to Avoid Tattling
34. Stopping False Rumors

Accepting Change

35. Understanding and Accepting Change
36. Accepting and Adjusting to Change

Dealing with Feelings

37. Discriminating Between Happy and Sad Feelings
38. Expressing Feelings Openly
39. Recognizing Happy and Sad Feelings
40. Showing Empathy for the Feelings of Others

Accepting Differences

41. Understanding Differences and Similarities
42. Recognizing and Accepting Cultural Differences
43. Accepting the Uniqueness of Each Person

Getting Along with Others

44. Learning to Cooperate
45. Learning to Take Turns

Attending to Task

46. Ignoring Distractions

Dealing with Conflicts

47. Solving Problems Peaceably

Communicating with Others

48. How to Communicate to Make Friends

Dealing with Peer Pressure

49. Saying "No!" to Negative Peer Pressure
50. Making Independent Choices Despite Peer Pressure

Social Skills Task Review

- Part I: Topics for Circle Time Class Discussions on Reproducible Discussion Cards
- Part II: Review of Social Skills

Social Skills Family Training Booklet

- Introduction and "Family Letter"
- The Social Skills Song
- Our Family Social Skills Training Checklist
- Be a Role Model for Your Child
- Activity Page - "Toot Your Own Horn!"
- Fourteen Selected Social Skills with Suggested Activities

1. Giving Compliments
2. Asking Permission
3. Disciplinary Strategies
4. Respect for Others
5. Using Self-Control
6. Improving Self-Esteem
7. Expressing Feelings
8. Accepting Consequences
9. Reacting to Failure
10. Setting Goals
11. Dealing with Prejudice
12. Dealing with Anger
13. Dealing with Peer Pressure
14. Problem Solving

- Bubble Sheet: "Our 14 Social Skills"
- "Mirror, Mirror" Poem
- Bear-ry Good Award
- Keep Moving Award
- Family Time - Group Discussions
- What Makes You Happy?
- Parent-Teacher Communication
- Activity Color Page, Part I
- Activity Color Page, Part II
- Our Family Social Skills Training Checklist
- Guidelines for Caring Parents