
Grades 1-3

Ready-to-Use Social Skills Lessons & Activities

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Grades 1-3 (68 lessons)
Papercover, 8 ½ x 11, 304 pages

Contents

Disciplinary Strategies/Corrective Actions

1. Accepting Disciplinary Actions
2. Recognizing the Need for Disciplinary Actions
3. Avoiding Negative Behavior

Thinking Before Acting

4. Finding all Facts before Acting
5. Fully Understanding a Situation before Acting
6. Assessing the Total Situation before Acting

Listening

7. Listening Attentively
8. Listening (for Prediction)
9. Listening for Specific Information
10. Listening for the Main Idea of a Story
11. Listening for Details (Writing)

Following Directions

12. Following Verbal Instructions
13. Following Instructions for Safety
14. Following Written Instructions
15. Following Verbal Directions at School
16. Following Directions at Play

Improving Self-Image

17. Feeling Good about Oneself
18. Expressing Good Things about Oneself
19. Feeling Positive about Oneself
20. Being Positive about Oneself
21. Rewarding Oneself

Accepting Consequences

22. Accepting the Consequences of Our Actions
23. Accepting Consequences for Breaking Rules
24. Accepting Consequences without Complaining

25. Formulating Verbal Apologies
26. Accepting Consequences for Accidents
27. Making Wise Choices

Problem Solving

28. Solving a Problem by Sharing
29. Using Problem-Solving Strategies
30. Thinking of Alternative Solutions
31. Applying Problem-Solving Techniques

Self-Control

32. Avoiding Fights
33. Expressing Anger Verbally

Completing Assignments

34. Completing an Assigned Job
35. Completing Assignments in a Given Time Period
36. Completing Assignments when You Make an Agreement
37. Completing Assignments Neatly and Accurately
38. Completing Assignments for Success
39. Completing Assignments at Home

Dealing with Anger

40. Expressing Your Own Anger (Mitzy & Fritzy I)
41. Handling Another Person's Anger (Mitzy & Fritzy II)
42. Using Nonthreatening Words

Dealing with Feelings

43. Expressing Feelings
44. Expressing Feelings (Mixed Emotions)

Accepting Change

45. Understanding the Need to Accept Change
46. Accepting and Adjusting to Change
47. Learning to Accept Change

Stopping False Rumors

48. Recognizing False Accusations and Rumors
49. Preventing False Rumors
50. Developing Strategies to Prevent False Rumors

Attending to Task

51. Learning to Ignore Distractions
52. Remaining on Task
53. Concentrating on One's Work
54. Ignoring Distractions in the Classroom
55. Ignoring Distractions (Review)

Respect for Others

56. Giving a Deserved Compliment
57. Giving a Compliment
58. Giving a Verbal Compliment
59. Asking Permission to Borrow Property
60. Asking Permission before Borrowing
61. Respecting Other's Property

Accepting Differences

62. Understanding Each Person's Uniqueness
63. Recognizing Individual Differences
64. Preventing Prejudice

Dealing with Peer Pressure

65. Learning to Say "No!"
66. Resisting Negative Pressure
67. Saying No to Doing Wrong
68. Avoiding a Wrong Choice

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" (reproducible)
- The Social Skills Song
- Our Family Social Skills Training Checklist
- Helpful Hints for Using This Book
- 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-Image
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