

## **Grades 4-6**

# **Ready-to-Use Social Skills Lessons & Activities**

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Grades 4-6 (68 lessons)  
Papercover, 8 ½ x 11, 304 pages

### **Contents**

#### **Disciplinary Strategies**

1. Learning Appropriate and Controlled Behavior
2. Recognizing the Need for Rules/Consequences
3. Accepting Appropriate Disciplinary Actions

#### **Thinking Before Acting**

4. Fully Understanding the Situation Before Taking Action
5. Getting All the Facts Before Acting
6. Avoiding Thoughtless Actions

#### **Listening**

7. Being a Good Listener
8. Following Verbal Directions
9. Ability to Sit and Listen Quietly
10. Paraphrasing What is Heard
11. Ability to Listen/Participate in Class Discussion
12. Attending to the Speaker

#### **Following Instructions**

13. Following Specific Instructions
14. Ability to Follow Verbal Directions

#### **Improving Self-Image**

15. Feeling Good About Oneself
16. Helping Another Person
17. Knowing Yourself
18. Recognizing Your Strengths and Weaknesses
19. Understanding Our Uniqueness
20. Recognizing One's Special Quality

#### **Accepting Consequences**

21. Accepting the Consequences for Breaking the Rules
22. Accepting the Consequences for Inappropriate Behavior
23. Accepting Consequences Without Anger
24. Responding Calmly to Failure

25. Accepting Consequences for Inappropriate Behavior
26. Using Problem-Solving Skills

### **Using Self-Control**

27. Refusing Requests in a Positive Manner
28. Applying Decision-Making Skills
29. Maintaining Self-Control
30. Remaining Calm Under Stress
31. Practicing Self-Restraint

### **Goal Setting**

32. Learning to Set a Goal
33. Setting Successive Goals
34. Setting and Achieving Goals

### **Completing Assignments**

35. Finishing Tasks on Time
36. An Assigned Task
37. Finishing Assignments on Time
38. Working to Complete Assignments

### **Problem Solving**

39. Listening Problem-Solving Steps
40. Making a Decision
41. Reviewing Problem-Solving Choices
42. Managing Conflict
43. Applying a Method to Solve Problems
44. Using a Plan to Solve Problems

### **Dealing with Anger**

45. Communicating Anger with Words
46. Controlling One's Anger
47. Using Self-Control Steps - Sorting Out Anger
48. Using Self-Control Steps - Resolving Anger
49. Recognizing Words that Spark Anger
50. Recognizing Another's Anger

### **Accepting Change**

51. Accepting Good or Bad Changes
52. Reacting to Change
53. Adjusting to Change

### **Dealing with Feelings**

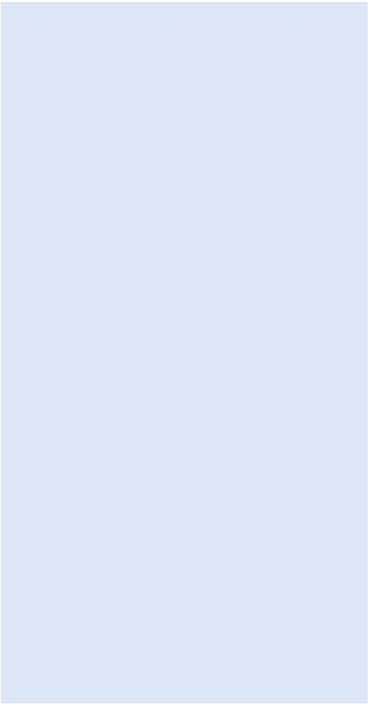
54. Showing that We Care
55. Demonstrating Sportsmanship
56. Recognizing Another's Emotions
57. Respecting Others' Viewpoints
58. Apologizing When at Fault
59. Complimenting Others
60. Practicing Active Listening
61. Identifying Emotional Tones
62. Expressing Understanding

### **Dealing with Prejudice**

63. Recognizing Individual Differences
64. Accepting Each Person's Uniqueness
65. Appreciating Our Differences

### **Dealing with Peer Pressure**

66. Saying "No" to Negative Peer Pressure
67. Ignoring Peer Pressure

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- 68. Saying "No" to Negative Group Pressure
  - 69. Resisting Negative Peer Pressure
  - 70. Knowing Your Own Unique Qualities
  - 71. Learning to Think Independently

**Stopping False Rumors**

- 72. Preventing the Spread of Rumors
- 73. Preventing False Rumors
- 74. Preventing Spreading of False Rumors

**Social Skills Task Review**

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

**Social Skills Family Training Booklet**

- Introduction and "Family Letter"