

Grades 7-12

Ready-to-Use Social Skills Lessons & Activities

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Grades 7-12 (51 lessons)
Papercover, 8 ½ x 11, 240 pages

Contents

Listening

1. Being a Good Listener
2. Listening to Directions

Conversing

3. Starting a Conversation - How Would You Start?
4. Starting a Conversation - What Would You Say?
5. Asking for Help in Class
6. Asking for Help When Needed

Using Persuasion

7. Convincing Others to Do Right
8. Convincing Someone to Do the Right Thing

Dealing with Feelings

9. Knowing Your Feelings
10. Recognizing and Accepting Your Feelings
11. Expressing Your Feelings
12. Expressing Empathy for Others
13. Expressing Affection - How Do You Do
14. Expressing Affection - Words of Affection
15. Understanding Fear
16. Managing the Emotion (Fear)

Using Self-Rewards

17. Rewarding Yourself
18. Rewarding Yourself for Achievement

Helping Others

19. Responding to a Need for Help
20. Feeling Good About Helping

Solving Conflicts Peaceably

21. Using Negotiation to Settle Differences
22. Using Negotiation to Deal with Peer Pressure

Self-Control

23. Staying Calm Under Stress
24. Recognizing Loss of Self-Control
25. Avoiding Trouble with Others
26. Making Wise Decisions
27. Avoiding Fights
28. Settling Differences Without Fights

Keeping Your Composure

29. Dealing with Embarrassment
30. Managing Embarrassing Situations

Dealing with Peer Pressure

31. Coping with Being Left Out (Sex, Drugs)
32. Responding to Persuasion

Responding to Failure

33. Identifying Reasons for Failure
34. Managing Failure

Dealing with an Accusation

35. Reacting to an Accusation

Dealing with Group Pressure

36. Resisting Negative Pressure (Values Ranking)
37. Making Your Own Judgements

Problem-Solving

38. Deciding What Caused a Problem
39. Analyzing and Solving a Problem

Goal-Setting

40. Setting Goals for the Future
41. Setting Career Goals

Gathering Information

42. Using Multiple Resources
43. Identifying Resources

Setting Priorities

44. Prioritizing Activities
45. Putting Things in Order

Decision Making

46. Making a Decision

Getting and Keeping a Job

47. How to Apply for a Job
48. How to Conduct Yourself During a Job Interview
49. How to Keep a Job
50. How to Become a Supervisor
51. Code of Job Ethics - Part of Job Skills

Social Skills Task Review

- Part I: Social Skills-Related Questions in Worksheet Form
- Part II: Review of Social Skills Terms