

OPA Social Skills “Helpful Hints”

"Social skills" means productive/positive interaction with others. We promote this through:

- Manners and positive interaction with others
 - approaching others in social acceptable ways
 - asking for permission rather than acting
 - making and keeping friends
 - sharing toys/materials
- Appropriate classroom behavior
 - work habits/academic ‘survival’ skills
 - listening
 - attending to task
 - following directions
 - seeking attention properly
 - accepting the consequences of one's behavior
- Better ways to handle frustration/anger
 - counting to 10 before reacting
 - distracting oneself with a pleasurable task or fidget object
 - learning an internal dialog to cool oneself down and reflect upon the best course of action
- Acceptable ways to resolve conflict with others
 - using words instead of physical contact
 - seeking the assistance of the teacher or conflict resolution team



When we find ourselves in conflict, we use the ‘choices wheel’ to make the best decision we can.

While the teaching of social skills takes time during the school day, over the weeks and months where we promote this, we find we gain back lost academic instructional time as our students display more acceptable behavior. Our school life becomes easier and more rewarding. The same applies not only to the ‘school-based’, but also the ‘outside’, lives of our students.

Student Signature:
