

Activities for Developing Social Skills



1. Listening skills

Discuss what constitutes 'Good Listening' skills within class and set some rules e.g.

- Good looking (at the person who is talking)
- Good sitting (no fidgeting, crossed legs, feet flat on the floor)
- Hand up to speak (no calling out)
- Take turns
- Think about what is being said (no day dreaming)

Try to give positive rules e.g. "Do X." rather than "Don't do Y." wherever possible.
Add more rules as required.

When the rules are broken, give the student(s) feedback about what they have done or ask their peers to suggest what is wrong e.g. "Did you put your hand up?"

Also, give praise when the rules are followed and specify what was good e.g. "That was really good listening, you sat with crossed legs and didn't shout out."

2. Turn-taking

During circle time a 'speaking' object could be passed around. This would have to be something that is not distracting for the child. No one may speak unless they are holding the object.

3. Topic maintenance

Only accept language that is appropriate to the conversation.
If the child changes the topic, tell him what he has done and redirect him to the current topic e.g. "You're talking about your dog but we are thinking about Victorians now. You can tell me about your dog later."

4. Giving concise information

Remind him that it is alright to answer with one or two words.
When he is answering a question, stop him once he has given the requested information. Tell him that he has said enough and repeat the facts that he gave you e.g. "Good, (you will have to interrupt) that's fine, you've told me where they left the car, that's all I need to know."

Social skills groups

Targets for the group could be: Greeting others, Starting a conversation, Responding to others, Maintaining a conversation, Sharing and taking turns, Interrupting a conversation, Asking for help, Identifying and expressing emotions, Repairing a conversation, Use of non-verbal communication, Interaction styles to match situations, Jokes and idioms etc.

Find more information and advice on the NHS Speech and Language Therapy Service in Bedfordshire and Luton on the website or Facebook page:
www.childspeechbedfordshire.co.uk



www.facebook.com/paedstlutonbedfordshire

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Or search: 'Children's Speech and Language Therapy in Luton and Bedfordshire'

There are also many published social skills programmes that provide ideas on working on self-awareness as well as other areas which can be purchased.



- Kelly, A 2016 – Talkabout
- Kelly, A 2012 – Talkabout for Children 3 – Developing friendship skills
- Kelly, A 2011 – Talkabout for Children 2 – Developing social skills
- Kelly, A 2011 – Talkabout for Children 2 – Developing self awareness and self esteem
- Kelly, A 2011 – Talkabout games

All available from

www.routledge.com/collections/1116

[4](#)

- Aarons, M & Gittens T 2003 – Social Skills Programmes

Available from Amazon

- Rinaldi, W 1995 – Social Use of Language Programmes

Available from

<http://www.wendyrinaldi.com/wr-sulp-spj.shtml>

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