

Social Skills

COMMUNAL LIVING SKILLS

Locating Your Missing Belongings

What to Do If You Think Somebody Has Something of Yours

Asking for Privacy

Checking Out Your Beliefs

Reminding Someone Not to Spread Germs

Eating and Drinking Politely

Social Skills

Locating Your Missing Belongings

- Step 1.** Ask yourself these questions:
- a. When did I have it last?
 - b. Was there anyone around me at that time?
- Step 2.** Take some time to look carefully for the item you cannot find.
- Step 3.** If you still have not found the item, ask someone for help. Say something like “Have you seen my _____? I am looking for it.”

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What to Do If You Think Somebody Has Something of Yours

- Step 1.** Using a calm voice, ask the person if he or she has the item.
Do not accuse the person.
- Step 2.** Listen to the person's answer.
- Step 3.** If you are not satisfied with his or her answer, ask a staff person or someone you trust for help.

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Asking for Privacy

- Step 1.** Identify the person you need to talk to about getting privacy.
- Step 2.** Choose the right time and place.
- Step 3.** Explain to the person that you need some private time.
- Step 4.** Tell the person of a time period when you will need privacy.

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Checking Out Your Beliefs

- Step 1.** Choose a person you trust to talk to.
- Step 2.** Tell the person what your belief is.
- Step 3.** Ask the person what his or her opinion is.
- Step 4.** Repeat back the opinion and thank him or her for their point of view.

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Reminding Someone Not to Spread Germs

- Step 1.** Look at the person.
- Step 2.** Tell the person how he or she is spreading germs: *Be specific.*
- Step 3.** Suggest what the person can do differently.
- Step 4.** Thank the person if he or she follows your suggestion. If your suggestion is not followed, tell someone in charge.

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Eating and Drinking Politely

- Step 1.** Take your time and check the temperature of the food or drink.
- Step 2.** Take small bites or sips, and chew all food thoroughly.
- Step 3.** Swallow what is in your mouth before speaking.
- Step 4.** Use a napkin to wipe hands and mouth.