Social Skills Outside Practice Record
Expressing Positive Feelings

The steps are:

Step 1. Look at the person.

Step 2. Tell the person exactly what it was that pleased you.

Step 3. Tell him or her how it made you feel.

Name: ______________________ Date Assigned: ______________________

Person Assisting with Outside Practice:

Skill Being Practiced:

Brief description of assignment (my plan):

Date practiced: ______________ Location: ______________________

Briefly describe what took place:

How effective were you at using the skill during the outside practice? Please check one:
  ___ 1. not at all effective
  ___ 2. a little effective
  ___ 3. moderately effective
  ___ 4. very effective
  ___ 5. highly effective