

Social Skills Outside Practice Record

Making Requests

The steps are:

Step 1. Look at the person.

Step 2. Say exactly what you would like the person to do.

Step 3. Tell the person how it would make you feel.

In making your request, use phrases like:

“I would like you to _____.”

“I would really appreciate it if you would do _____.”

“It’s very important to me that you help me with _____.”

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