

Social Skills Outside Practice Record

Reporting Pain and Other Physical Symptoms

The steps are:

Step 1. Choose an appropriate person to speak to.

Step 2. Tell the person that you are not feeling well.

Step 3. Describe the symptoms (e.g. pain, dizziness) to that person.

Step 4. Listen to that person's response and ask for help if you need it.

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