Social Skills

FOUR BASIC SOCIAL SKILLS

Listening to Others
Making Requests
Expressing Positive Feelings
Expressing Unpleasant Feelings
Social Skills

Listening to Others

Step 1. Maintain eye contact.

Step 2. Nod your head.

Step 3. Say “uh-huh” or “ok”

Step 4. Repeat what the person said.
Social Skills

Making Requests

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 _______”

“It’s very important to me that you help me with __________”
Social Skills

Expressing Positive Feelings

**Step 1.** Look at the person and SMILE!

**Step 2.** Tell the person specifically what they did that pleased you.

**Step 3.** Tell the person how it made you feel.
Social Skills

Expressing Unpleasant Feelings

Step 1. Look at the person. Speak calmly and firmly.

Step 2. Tell the person specifically what they did that upset you.

Step 3. Tell the person how it made you feel.

Step 4. Suggest how the person might avoid upsetting you in the future.