

**Activities to Foster Socially and Emotionally Age  
Appropriate Behavior during Natural Environment  
Play including Recess and Centers**

Pointing to or acknowledging peer

Acknowledging peer when approached by peer

Tapping or touching peer on shoulder to get attention

Making eye contact

Sustaining eye contact

Accepting an item

Giving an item

Reciprocal play with a toy

Hand holding

Appropriate use of toys

Exploring environmental stimuli

Using play scripts

Imitating language

Imitating Gross Motor Actions

Imitating Actions with objects

Imitating Play Sequences

Following rules of play

Following simple instructions

Following multiple step instructions

Problem Solving

Compromising

Requesting help of a peer

Accepting help from a peer

Answering questions

---

Responding to comments

Sharing

Turn taking

Joining in play

Initiating play

Sustaining play with peer

Sustaining independent play

Initiating conversation by commenting

Initiating questions

Responding to questions and then commenting

Responding to question and then questioning

Partaking in multiple reciprocal exchange

---

## Ideas for promoting Social Skills during Gross Motor and Small Group Play

### 1. Parachute or Stretchy Band Games

Including vocabulary such as stop, go, freeze, run, jump, walk, shake, arms up, arms down, turn, wiggle, . Row, row, row your boat, wheels on bus while holding parachute . Practice intraverbal, filling in the words, Teach vocabulary and then have students help give commands to peers.

- ### 2. **Dance songs** that are age appropriate social songs. Use kidsbop music. Children hold hands and can do cha cha slide in a circle. Holding hands, move in real close on cha cha, etc. Limbo, hokey pokey. Kids

**Cooperative Play Skills**

- \_\_\_ 24. Asking Someone to Play
- \_\_\_ 25. Joining Others in Play
- \_\_\_ 26. Compromising
- \_\_\_ 27. Sharing
- \_\_\_ 28. Taking Turns
- \_\_\_ 29. Playing a Game
- \_\_\_ 30. Dealing with Losing
- \_\_\_ 31. Dealing with Winning
- \_\_\_ 32. Ending a Play Activity

**Friendship Management**

- \_\_\_ 33. Informal Versus Formal Behavior
- \_\_\_ 34. Respecting Personal Boundaries
- \_\_\_ 35. Facts Versus Opinions (Respecting Others' Opinions)
- \_\_\_ 36. Sharing a Friend
- \_\_\_ 37. Getting Attention in Positive Ways
- \_\_\_ 38. Don't Be the "Rule Police"
- \_\_\_ 39. Offering Help
- \_\_\_ 40. When to Tell on Someone
- \_\_\_ 41. Modesty
- \_\_\_ 42. Asking Someone Out on a Date
- \_\_\_ 43. Appropriate Touch
- \_\_\_ 44. Dealing with Peer Pressure
- \_\_\_ 45. Dealing with Rumors
- \_\_\_ 46. Calling a Friend on the Telephone
- \_\_\_ 47. Answering the Telephone

ASSESSMENT FOR SOCIAL SKILLS TRAINING

**Emotion Management Skills**

**Self-Regulation**

- \_\_\_ 48. Recognizing Feelings
- \_\_\_ 49. Feelings Thermometer
- \_\_\_ 50. Keeping Calm
- \_\_\_ 51. Problem Solving
- \_\_\_ 52. Talking to Others When Upset
- \_\_\_ 53. Dealing with Family Problems
- \_\_\_ 54. Understanding Anger
- \_\_\_ 55. Dealing with Making a Mistake
- \_\_\_ 56. Trying When Work Is Hard
- \_\_\_ 57. Trying Something New

**Empathy**

- \_\_\_ 58. Showing Understanding for Others' Feelings: Preschool-Elementary
- \_\_\_ 59. Showing Understanding for Others' Feelings: Preadolescent-Adulthood
- \_\_\_ 60. Cheering up a Friend

**Conflict Management**

- \_\_\_ 61. Asserting Yourself
- \_\_\_ 62. Accepting No for an Answer
- \_\_\_ 63. Dealing with Teasing - K-4th Grade
- \_\_\_ 64. Dealing with Teasing - 5th Grade and Up
- \_\_\_ 65. More Words to Deal with Teasing
- \_\_\_ 66. Dealing with Being Left Out
- \_\_\_ 67. Avoiding Being "Set Up"
- \_\_\_ 68. Giving Criticism in a Positive Way
- \_\_\_ 69. Accepting Criticism
- \_\_\_ 70. Having a Respectful Attitude