

Social Skills

WHAT ARE THEY AND WHY ARE THEY IMPORTANT?

What are Social Skills?

Social skills are the skills we use everyday to interact and communicate with others. They include verbal and non-verbal communication, such as speech, gesture, facial expression and body language.

A person who has strong social skills has the knowledge of how to act, and interact, appropriately in social situations.

Why are Social Skills Important?

Strong social skills can significantly improve...

Social-emotional/coping skills
Academic Achievement
Conduct in school, home and community
Attitudes about self and others
Social interactions
Communication
Healthy Relationships

Social Skills

Listening
Following Directions
Positive Communication
Emotional Regulation
Being a Friend
Respecting Differences
Asking for Help
Resolving Conflict
Helping Others

Parent Resources

Edutopia

<https://www.edutopia.org/SEL-parents-resources>

Scholastic Parents

<https://www.scholastic.com/parents/home.html>