

SOCIAL SKILLS

ACTIVITIES FOR KIDS

50 Fun Exercises for Making Friends,
Talking and Listening,
and Understanding Social Rules



Natasha Daniels,
LCSW



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and Understanding Social Rules*

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Illustrated by Sarah Rebar



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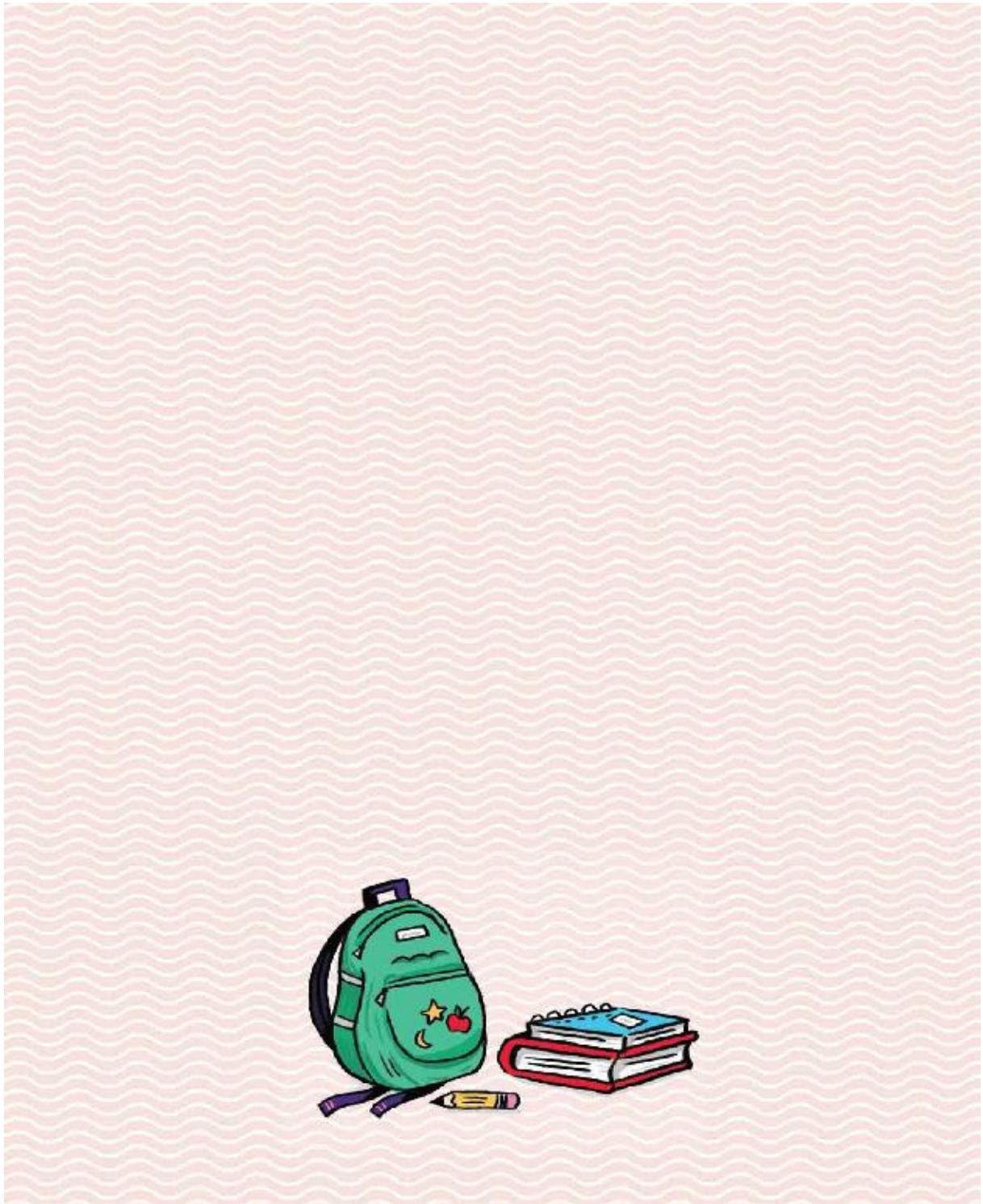
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**To Chloe, Xander, and Alexis,
who make my life sparkle.**







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Introduction FOR PARENTS



As a parent, you know that **EVERY CHILD IS UNIQUE**. They all come with their own amazing talents, skills, and personalities. Some kids are awesome at math, while other kids might need a little tutoring. Some kids can pick up a pencil and draw from their imagination, while other kids could use some coaching.

Just as with language, math, or art, kids have different abilities when it comes to social skills. Some children can intuitively sense how other people are feeling, while other children might need to develop those skills. Some kids naturally make friends, while others need to be taught skills on how to develop friendships. You are probably very much aware of where your child stands in this area, and where they could use some help. I'm here to tell you that this stuff can be learned—and it can really change a kid's confidence level and success in social situations.

And as with teaching math concepts or reading comprehension, social skills can be broken down into bite-size pieces that your child can digest and learn from. With this book and you as a supportive guide, your child can develop the essential social skills needed to be socially successful at school, in family situations, and out and about in the community.

Like any other skill, practice makes perfect. So I encourage you to read along, then help your child learn the skills outlined in this book and do the activities with them. Your child may be able to do them alone, but the skills taught in this book will become more solidified if you partner with your child to help them along the way.

Your child didn't learn how to read overnight—you remember how it took time and practice. They had to learn their letters before they could learn their words. Social skills are very much the same way. Your child will learn the building blocks of social interactions one step at a time, and each block will build on another.

It's also important to remember that kids learn at their own pace. Some kids will take these skills and run with them, while others might take some more time. Don't forget to celebrate the small steps along the way with

high-fives, fist bumps, words of encouragement, and hugs! These small steps lead to big changes over time.

If your child continues to struggle even after working through the activities in this book, don't be afraid to consider professional help. A good child therapist can offer ongoing support and guidance to help you and your child navigate through these issues.

Now let's stop all this chitchat and get busy arming your child with social skills for confidence and success, shall we?

Hello, FRIEND!



MAKING FRIENDS CAN BE HARD. I know—really hard. It can be frustrating watching everyone around you make friends while you continue to struggle. I get it! When I was a child, my family moved around often. I found myself constantly in new schools, surrounded by new faces. I didn't know how to make friends. I waited hopelessly, wishing someone would approach me and try to be my friend. It rarely happened, so I often felt awkward and alone.

I don't want that to be your story. I wish someone had helped me build my confidence. I wish someone had encouraged me to make some brave moves. I wish someone had taught me how to start and keep conversations going, even with people I didn't know.

People with great social skills aren't in a secret club that you can't be a part of, even though it can feel that way sometimes. You can learn social skills! I didn't have this book, but eventually I learned how to grow my social skills. I learned what things were holding me back and how to fight through my fears. I even learned how to start conversations and finally, thankfully, how to make and keep friendships going.

Luckily, you don't have to wait as long as I did to get your social skill wings! I have written this book to teach you all the social skills you'll need right now to thrive in school, at home, and around the neighborhood.

First, I will teach you how to figure out what skills you already have, and what skills you will want to develop. I'm going to help you learn how to make friends and keep friends, and how to handle all the strange things that can happen in between (like when to tell on others, how to handle gossip, and tons more). And the best part? We are going to do it in a fun, sometimes silly way, because learning new skills should never be boring!

One thing: It is important that you go through this book in order. Have you ever built a tower of blocks? Each block holds the other one up, right? Well, the same is true about this book. I've included 50 activities, which are things you can do on your own or with a family member. You will also find bonus activities that will help you test out your social skills in social situations. Each skill you learn builds on top of another. So if you want your tower to be strong and solid, don't skip any of the building blocks in

this book. Do one activity at a time and then move on to the next one.

Okay, one other thing: You can't be a great ninja if you practice your ninja moves only once a month, right? Well, you also can't rock your social skills if you don't practice them. Practice makes perfect. So don't forget to do all your activities and practice the skills I teach you in each one.

Do you want to know who is awesome? You! Because you want to supercharge your social skills, and you are taking a giant step in the right direction.

Are you ready to get started? Let's do this!