



MACARTHUR CHILDREN'S DEVELOPMENTAL CLINIC

SOCIAL SKILLS

What are *Social Skills*?

Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance. We need social skills to communicate our messages, thoughts and feelings with others.

Characteristics of Social Skills

- Social skills should be appropriate to the situation of communication
- Social skills are goal-directed – there should be a purpose when we communicate with others using our social skills
- Socially skilled behaviours - one may use more than one kind of behaviour at the same time, for the same goal
- Different social skills will be used for professional and personal communication
- Social skills can be learnt, usually through practice and/or experience and also taught (what are they, when and how to use them)

When do we need to use our social skills?

- Greetings and being polite – saying hello to people we know or new friends
- Cooperation – playing our part in a positive way, e.g. taking turns or doing our part during a shared task
- Sharing – sharing toys and book with peers at school and at home
- Participation - joining in and 'giving it a go' when we are learning new things
- Being patient – waiting for our turn
- Helping others – giving a hand to help peers in order to finish a task
- Following directions - learning to follow directions or rules at school or at a group setting
- Staying on task - getting our own job done and not stopping others from doing theirs
- Accepting differences - every person is unique and special and we all have feelings
- Listening - learning to be a 'good listener' when others are talking
- Positive communication and interaction - praising others to let them know when they have done well and not being mean when they haven't

The importance of Social Skills?

- Good and sufficient social skills can help one become a more confident and happier person who is easier to get along with
- The more connected we are to our friends, the easier we can build good relationships with people around us
- The better we adapt to our social environment, the higher the chance that we can be successful in our future

Social Skills can be taught, learned and practiced!