




K-8 Life Skills  
Social Skills &  
Reinforcements

## HOW TO CONTACT US

  
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## WHY SOCIAL SKILLS INSTRUCTION?

- \*All environments are social
- \*If a student learns incidentally, he/she would already have learned these skills (obviously that is not the case!)
- \*It provides strategies to present and replace problem behaviors
  - \*Social Skills instruction teaches students appropriate interpersonal communication skills, self-discipline and problem solving skills.
- \*Poor social-behavioral skills correlate highly with low academic achievement.

# Social Skills

## Daily Social Skills taught

- During Morning Meeting
- SHARK group (Social Skills Group)
- During Closing Circle

## Opportunities to practice Social Skills taught

- ALL DAY LONG
- Easy to squeeze in during transition times, recess, breaks, or lunch

# Topics

Unexpected/Expected  
Behaviors

Zones of  
Regulations

Little Deal/Big Deal

Breathing/Meditation

Size of Reaction

Listen To My Body

## Expected/Unexpected Behaviors

- ❖ **Expected** - These are things we do or say that others may think are friendly, helpful, and respectful to other
- ❖ **Unexpected** - These are things we do or say that others may think are unfriendly, hurtful, unusual and disrespectful



**Adult Interactions**

**Following directions**

**Showing love**

**Not listening**

**Having an attitude**

**Talking**

**Peer Interactions**

**Being turns**

**Working together**

**Helping someone**

**Spitting**

**Pushing the food**

**Swearing**

**Using toys**

**Classroom Behaviors**

**Picking up our toys**

**Subbing hand**

**Running hand**

**Being passive**

**Using good manners**

**Using your listening ears**

**Knowing safety words**

**Using soap**

**Washing our hands**

**Tracking in mud**

**Shoving in toy**

**Using a toy**

**Using a toy**



I S P Y

S O C I A L D



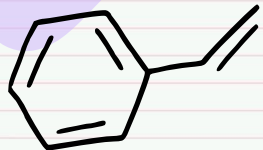
SHARK



N







# Zones



## Zones - Blue, Green, Yellow, Red

- Teach colors, feelings, tools, and PRACTICE
- Zones should be individualized, feeling and tools will not be the same for everyone
- Visuals, Visuals, Visuals



Zones of Regulation was written and created by Leah Kuypers

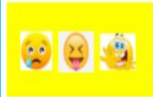
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What ZONE am I in?

Gratitude Tuesday!

Today is World Gratitude Day! When we show gratitude, it can help us be happier, more focused, and in the green zone!

Tell us 1 thing that makes you feel grateful!



Four empty rectangular boxes for writing answers to the gratitude questions.

Aidan

When I feel



I am in the YELLOW ZONE. I can use my tools:



My tools help me get back into the GREEN ZONE

red zone



yellow zone



green zone



blue zone



ZONES

Blue

Green

Yellow

Red



# Big Deal Little Deal

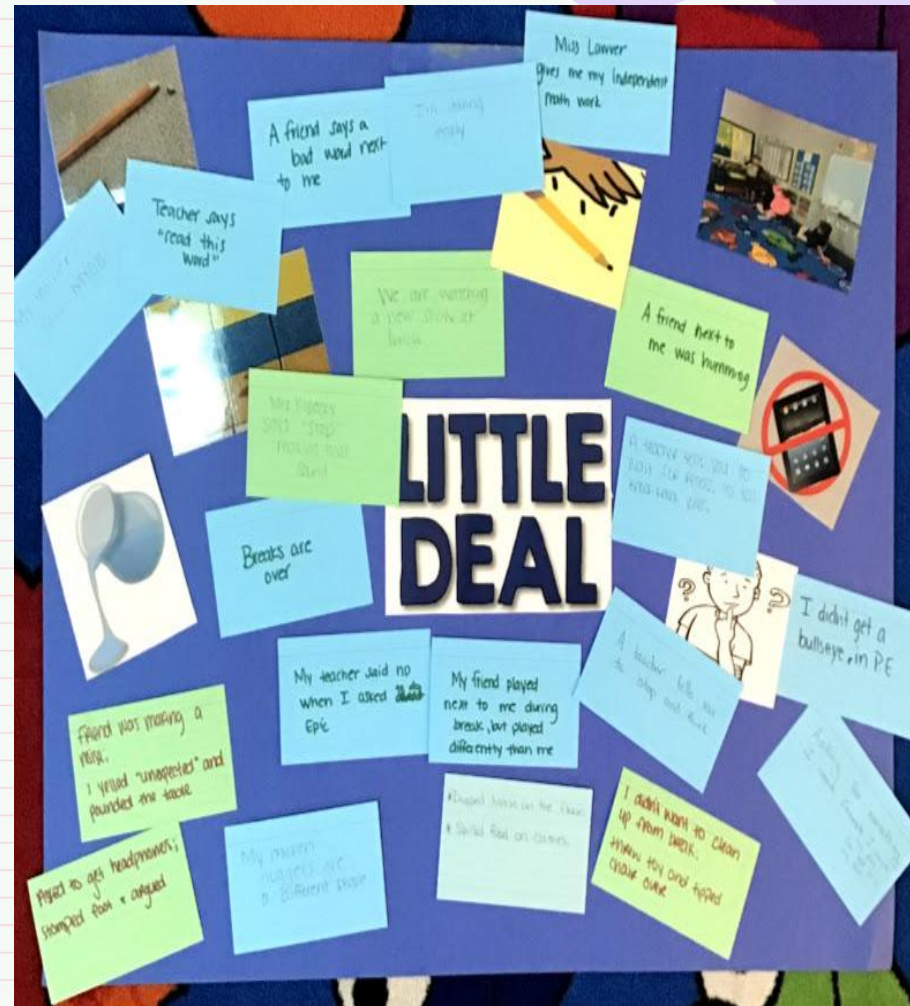
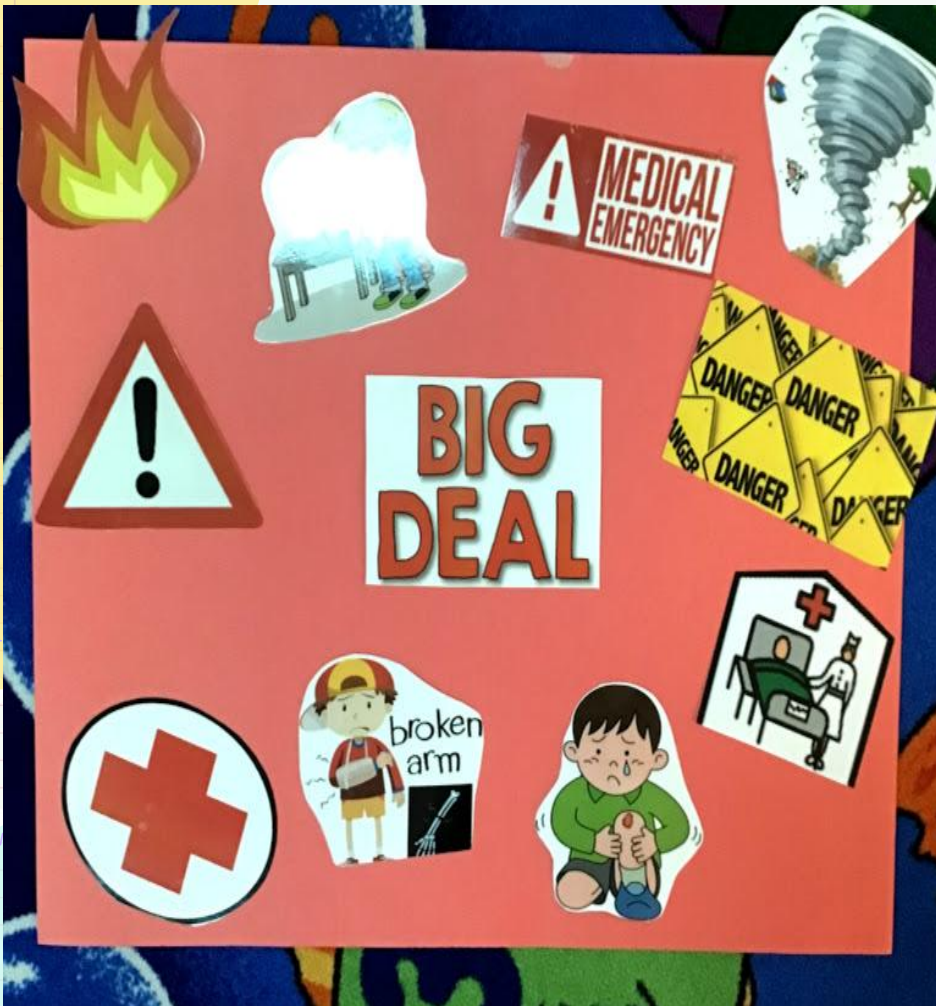
## Little Deal

- I could solve problem myself
- It will take less than an hour to solve
- I can move on with my day and not be upset
- There is less than 3 people involved

## Big Deal

- Someone is hurt
- It could be dangerous
- It is an emergency





# Breathing/Meditation

**Breathing** - When you breathe deeply it sends a message to your brain to calm down and relax

**Meditation** - a set of techniques that are for your mind and body to find more awareness and focus your attention.

# Websites/Apps

- ★ Smiling Minds - FREE
- ★ Cosmic Kids Videos
- ★ Calm app - FREE for teachers
- ★ YouTube - can find a lot of quick meditations for kids here



# Books

- ★ Moody Cow Meditates by Kerry Lee MacLean
- ★ Breathe like a Bear by Kira Willey
- ★ Breathe by Ines Castel-Branco
- ★ Master of Mindfulness by Jon Kabat-Zinn, PhD
- ★ My Magic Breath by Nick Ortner and Alison Taylor
- ★ The Magic Bubbles by Isabel Otter



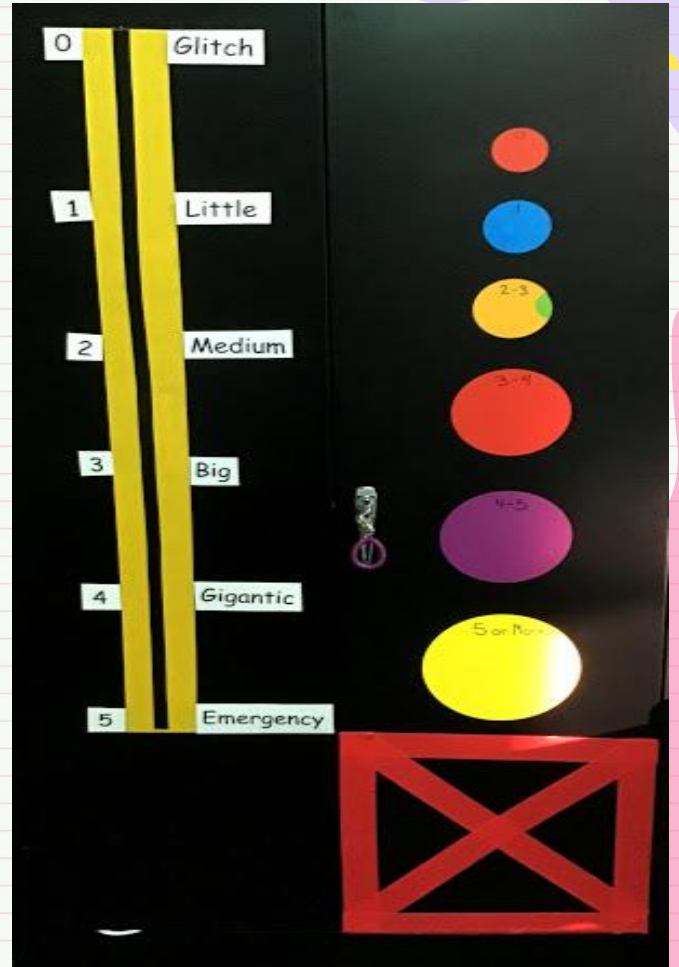


## Size of Reaction

What is your body and mind doing when a problem happens?

Does it match what the problem was?

If it doesn't what should the reaction have been?

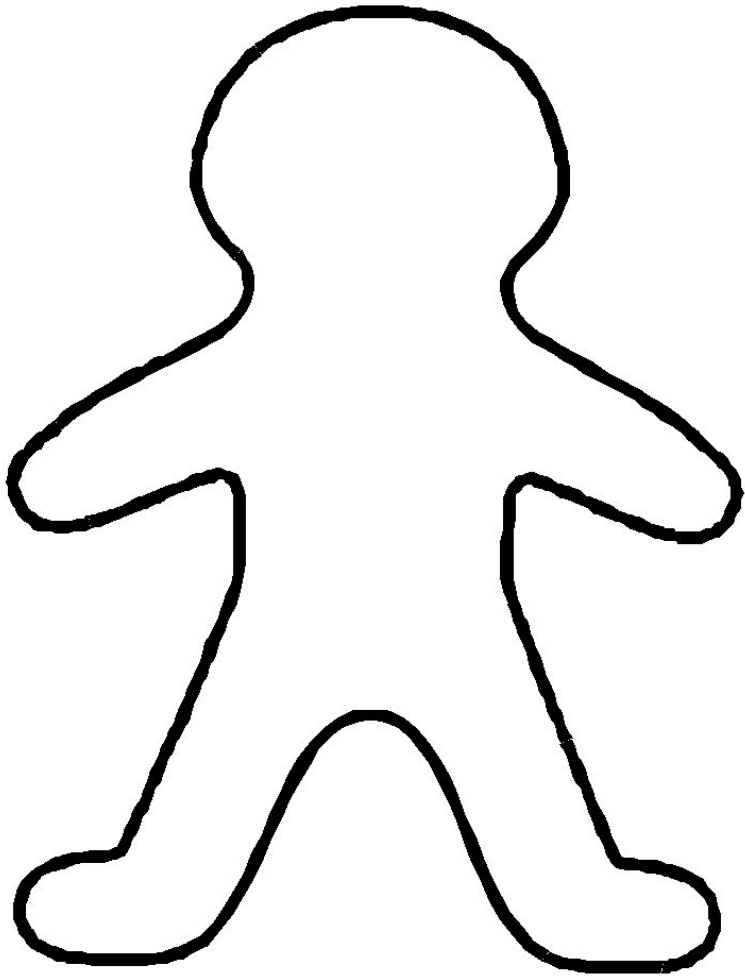


## Listen to My Body

How does my body feel?

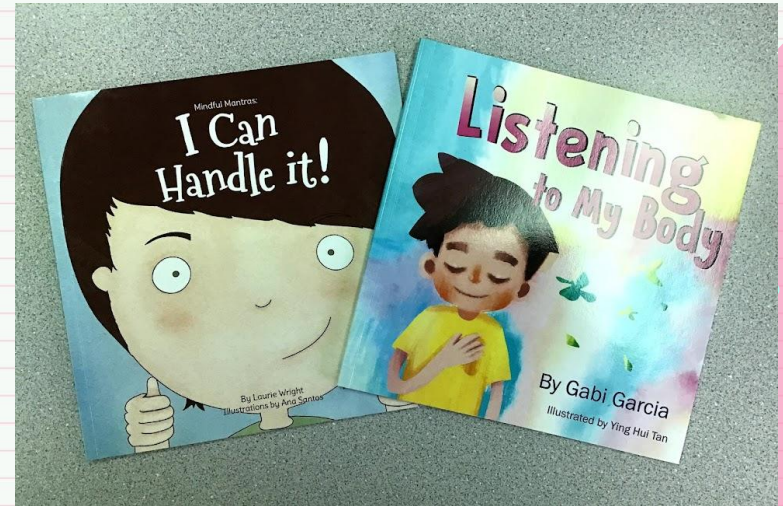
- Does my face get red and hot when I am upset
- How does my stomach feel?
- What do my muscle do?
- What do my hands do?

We go through all body parts and attach feelings to each.



## Books

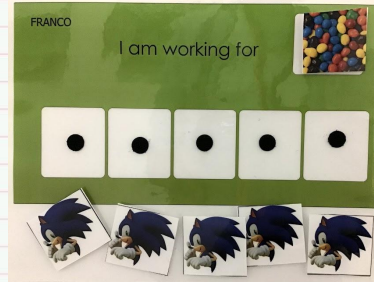
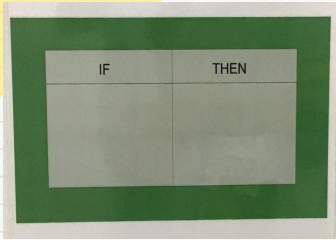
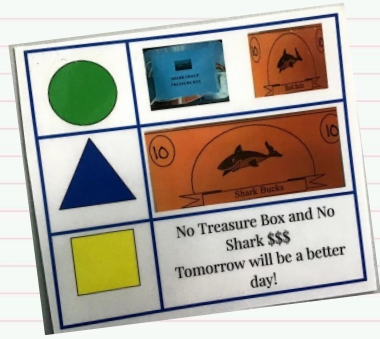
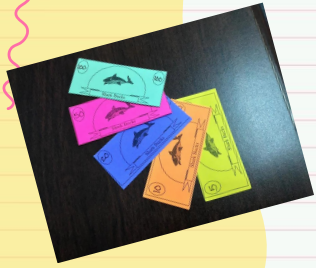
- ★ Listening to My Body by Gabi Garcia
- ★ I Can Handle It by Laurie Wright



# Reinforcement

- ❖ Frequently
- ❖ Individualized and group reinforcements
- ❖ Tangible/intangible
- ❖ Visuals Visuals Visuals
- ❖ If Then - short task with quick reinforcement
- ❖ Frequent opportunities for reinforcements
- ❖ Reinforcements can be tied to a classroom level system







# WH

- \*Understanding terms - who, what, when, where, why
- \*Answering questions involving /wh/ words
- \*Constant teaching, modeling, practicing, repetition
- \*Board, visuals, story maps, WH boards, etc



# Other Favorite Lesson

- ❖ BRAIN - learn ALL about the brain using books:
  - **A Walk in the Rain with a Brain**
  - **Your Fantastic Elastic Brain**
- ❖ Size of Reaction Lessons using books:
  - **What if Everybody Did? By Jo Ann Stover**
  - **What is Everybody Did That? By Ellen Javernick**
- ❖ Teaching all things behavior with books:
  - **Superflex... Social Thinking books**
- ❖ Mindfulness Practice and Lessons using books:
  - **I Am Human, I Am Peace, I Am Yoga, I Am Love by Susan Verde**



QUESTIONS

# Credits

- Presentation template by Slidesgo