

Personal and Social Capabilities

Darling Point Special School Social Skills Plan

Student: **Semester** **Year** ...
.....

Current skills are highlighted on the list below or on the ACARA continuum provided below.

Current teaching priorities are circled.

SELF AND OTHERS

- Awareness of self
- Awareness of others

GREETINGS

- Greeting others

PATIENCE

- Waiting
- Sharing
- Taking turns

FEELINGS AND EMOTIONS

- Recognise feelings and emotions in themselves
- Recognise feelings and emotions in others
- Express feelings and emotions in appropriate ways
- Name feelings and emotions.

COPING AND TOLERANCE

- Coping and tolerance skills regarding feelings and emotions
 - happiness
 - being told 'no' – accept 'no'
 - fear
 - frustration
 - anger
 - making a mistake
 - anxiety
 - new situation
 - unexpected events
 - crowds
 - less preferred activities

SOCIAL COMMUNICATION

- Effective communication
- Start conversations
- Continue conversations, and
- End conversations.
 - Look at the person who is talking
 - Think about what is being said
 - Wait your turn to speak
 - Say what you want to say
- Listening and active listening
- Ask for help when needed
- Say 'no' politely

PLAY AND LEISURE SKILLS

- Play skills
- Developing an increasing repertoire of fun and play/leisure skills
- Following directions

MANAGING CONFLICT

- Conflict resolution

HIGHER ORDER SOCIAL SKILLS

- Empathy
- Relationship management
- Collaborating and Cooperating
- Respecting boundaries
- Respecting wishes of others
- Tell the difference between friendly joking and mean teasing
- Problem solving
- Apologizing