

# BOYS SOCIAL SKILLS GROUP

## OVERVIEW OF WHAT WE LEARNED!

- 1) DEVELOPED SKILLS FOR MAKING AND KEEPING NEW FRIENDS
- 2) LEARNED HOW TO START, MAINTAIN, AND STOP A CONVERSATION
- 3) LEARNED VERBAL AND NONVERBAL COMMUNICATION SKILLS
- 4) DEVELOPED PERSPECTIVE TAKING SKILLS
- 5) GAINED A BETTER UNDERSTANDING OF HUMOR
- 6) LEARNED SELF-CONTROL AND SELF-REGULATION SKILLS

## FRIENDSHIPS



### Choosing friends

- Identify "ingredients" that make a good friend

### Social problem solving

- Generate solutions and flexibly solve problems related to compromise
  - **Example:** What do you do when your friend wants to play tag but you want to play hide-and-seek?

### Conversations

- Conversation starters
  - Introducing yourself (e.g., "hi, my name is...")
  - Complimenting someone (e.g., "I like the color of your shoes")
  - Use of questions to initiate and maintain conversations
    - **Hint:** Ask enough questions but not too many - Goldilocks Questions!

### HELPFUL ACTIVITY:

Make a list of qualities that make a good friend

## SOCIAL CUES

### Identifying social cues and their meaning

- Facial expressions, body language, tone of voice
- Someone who is frowning might be sad
- Knowing when someone is listening to you (Hint: pay attention to social cues!)
- Active listening
  - Face the person, use directed eye contact, nod, comment!

### HELPFUL ACTIVITY: Social Cues guessing game



## HUMOR!

- What is humor vs. rudeness
- Rules for using humor appropriately:
  - Timing (when is it o.k. to tell a joke)
  - Age appropriate
  - Avoid insult jokes
  - Avoid inside jokes when talking to a group
  - Avoid potty humor
- Paying attention to feedback from peers
  - Are their facial expressions, body language, tone of voice indicating your joke was appropriate?



## SELF-CONTROL

- Identifying basic emotions: Happy, Sad, Fear, Anger, Surprise/Shock, Disgust
- Zones of Regulation
  - Blue Zone: Sad, Bored, Tired, Sick
  - Green Zone: Happy, Focused, Calm, Proud
  - Yellow Zone: Worried, Frustrated, Silly, Excited
  - Red Zone: Elated, Panicked, Angry, Terrified
- Cool down strategies
  - Deep breathing, take a walk, get a drink of water, write, etc.
- Controlling your Impulses
  - Stop, Think, and Go!



### HELPFUL ACTIVITY:

**STOP:** What are you thinking about doing?

**THINK:** What will happen if you do it? What will happen if you don't do it?

**GO:** What is the best choice