

Skillstreaming the Elementary School Child

A Guide for Teaching Prosocial Skills

“There are a multitude of social skills programs on the market. . . . This program cuts out the gimmicks, and hammers home what is really needed: Identify the skill that is missing in the student, model it for the student, role-play it with the student, and provide opportunities for them to generalize it to real life situations.”

Nan Gordon, *Communique*

Introduction

Why Teach Social Skills?

What Is Skillstreaming?

Skills for Elementary School Children

Understanding Violence and Aggression

Included in This Book

PART I

Skillstreaming Program Content and Implementation

Chapter 1—Effective Skillstreaming Arrangements

Group Leader Selection and Preparation

Student Selection, Grouping, and Preparation

Support Staff and Program Coordinator Roles

Specific Instructional Concerns

Instructional Variations

Chapter 2—Skillstreaming Teaching Procedures

Core Teaching Procedures

Steps in the Skillstreaming Session

Implementation Integrity

Chapter 3—Sample Skillstreaming Session

Introduction to Skillstreaming

Skill Instruction

Chapter 4—Refining Skill Use

Cognitive-Behavioral Strategies

Factors in Successful Skill Use

Skill Shifting, Combinations, Adaptation, and Development

Chapter 5—Teaching for Skill Generalization

Transfer-Enhancing Procedures

Maintenance-Enhancing Procedures

Chapter 6—Managing Behavior Problems

Universal Strategies

Targeted Interventions

Individual Interventions

Chapter 7—Building Positive Relationships with Parents

Parenting and Children's Aggression

Parent Involvement in Skillstreaming

Levels of Parent Involvement

PART 2

Skill Outlines and Homework Reports

Homework Reports follow each skill.

Group I—Classroom Survival Skills

1. Listening
2. Asking for Help
3. Saying Thank You
4. Bringing Materials to Class
5. Following Instructions
6. Completing Assignments
7. Contributing to Discussions
8. Offering Help to an Adult

9. Asking a Question
10. Ignoring Distractions
11. Making Corrections
12. Deciding on Something to Do
13. Setting a Goal

Group II—Friendship-Making Skills

14. Introducing Yourself
15. Beginning a Conversation
16. Ending a Conversation
17. Joining In
18. Playing a Game
19. Asking a Favor
20. Offering Help to a Classmate
21. Giving a Compliment
22. Accepting a Compliment
23. Suggesting an Activity
24. Sharing
25. Apologizing

Group III—Skills for Dealing with Feelings

26. Knowing Your Feelings
27. Expressing Your Feelings
28. Recognizing Another's Feelings
29. Showing Understanding of Another's Feelings
30. Expressing Concern for Another
31. Dealing with Your Anger
32. Dealing with Another's Anger
33. Expressing Affection
34. Dealing with Fear
35. Rewarding Yourself

Group IV—Skill Alternatives to Aggression

36. Using Self-Control
37. Asking Permission
38. Responding to Teasing
39. Avoiding Trouble
40. Staying Out of Fights
41. Problem Solving
42. Accepting Consequences
43. Dealing with an Accusation
44. Negotiating

Group V—Skills for Dealing with Stress

45. Dealing with Boredom
46. Deciding What Caused a Problem
47. Making a Complaint
48. Answering a Complaint
49. Dealing with Losing
50. Being a Good Sport
51. Dealing with Being Left Out
52. Dealing with Embarrassment
53. Reacting to Failure
54. Accepting No
55. Saying No
56. Relaxing
57. Dealing with Group Pressure
58. Dealing with Wanting Something That Isn't Yours
59. Making a Decision
60. Being Honest