# Social Skills Checklist

**NAME**__________________________________________  **DATE**__________

- □ Listening
- □ Starting a Conversation
- □ Ending a Conversation
- □ Introducing Self
- □ Introducing Other People
- □ Asking For Help
- □ Apologizing
- □ Sharing
- □ Helping Others
- □ Appropriate Body Language
- □ Understanding Personal Space
- □ Making and Maintaining Friends
- □ Handling Losing
- □ Giving Instructions
- □ Negotiating
- □ Handling Bullying
- □ Accepting Consequences
- □ Recognizing Trouble Situations
- □ Completing Tasks Without Assistance
- □ Well Rounded Play Skills
- □ Flexibility
- □ Expressing Emotions Appropriately
- □ Recognizing Emotions in Others
- □ Expressing Concern for Others
- □ Emotion/Situation Appropriateness
- □ Handling Anger Related Feelings
- □ Dealing with Accusation
- □ Self Relaxation Techniques
- □ Other__________________________________________

- □ Asking Questions
- □ Smiling
- □ Saying Thank You
- □ Making Eye Contact
- □ Basic Boundaries
- □ Following Instructions
- □ Asking Permission
- □ Joining in a Group
- □ Taking Turns
- □ Appropriate Tone of Voice
- □ Two Way Conversation
- □ Public Boundaries
- □ Handling Winning
- □ Convincing Others
- □ Using Self Control
- □ Giving Compliments
- □ Managing Disagreements
- □ Understanding Humor
- □ Initiating Tasks
- □ Problem Solving
- □ Advanced Boundaries
- □ Knowing Emotions
- □ Expressing Affection
- □ Handling Anxiety
- □ Showing Compassion
- □ Avoiding Fights
- □ Standing Up for Others
- □ Accepting No

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