

## Social Skills: Overview

*“To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.” – Tony Robbins*

**SOCIAL SKILLS: *The ability to establish and maintain healthy and supportive relationships and to effectively navigate diverse settings and groups.***

Social Skills include the personal ability to communicate clearly, actively listen, cooperate, collaborate to solve problems, negotiate conflict effectively, navigate differing social and cultural settings, provide leadership, seek opportunities to be service-minded, and solution-focused.

Such as:

- Communicate effectively
- Develop positive relationships
- Demonstrate diverse and cultural awareness
- Practice teamwork and collaborative problem-solving
- Resolve conflict constructively
- Resist negative social pressure
- Demonstrate personal leadership skills in groups
- Focus on solutions
- Find opportunities to serve
- Champion the rights of others




















*“Every conflict we face in life is rich with positive and negative potential. It can be a source of inspiration, enlightenment, learning, transformation, and growth-or rage, fear, shame, entrapment, and resistance. The choice is not up to our opponents, but to us, and our willingness to face and work through them.” -- Kenneth Cloke*

*“Whether they stem from business or personal situations, our relationships are what support us, connect us, and allow us to progress in all aspects of our lives.” — Michelle Tillis Lederman*













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For Parents & Professionals	For Parents of Young Children	For School
 <p><a href="#"><u>Relationship Skills</u></a> Video by PBS</p>	 <p><a href="#"><u>Respectful Behavior</u></a> Article by Sesame Street</p>	 <p><a href="#"><u>Your Best Communication Skills</u></a> Worksheet by Elias &amp; Tobias</p>
 <p><a href="#"><u>Your Best Communication Skills</u></a> Worksheet by Elias &amp; Tobias</p>	 <p><a href="#"><u>Care &amp; Share</u></a> Article by Sesame Street</p>	 <p><a href="#"><u>The Power of Relationships in Schools</u></a> Video by Edutopia</p>
 <p><a href="#"><u>Effective Listening</u></a> Article by MCEC</p>	 <p><a href="#"><u>Helping Kids Reach Out</u></a> Article by Sesame Street</p>	 <p><a href="#"><u>5 Problem Solving Activities for Classrooms</u></a> Article by Resilient Educator</p>
	 <p><a href="#"><u>Social Skills</u></a> Online Toolkit by PBS</p>  <p><a href="#"><u>Friendship Coupons</u></a> Printable by Sesame Street</p>  <p><a href="#"><u>Caring &amp; Sharing</u></a> Video by Sesame Street</p>  <p><a href="#"><u>Becoming an Upstander</u></a> Video by Sesame Street</p>  <p><a href="#"><u>Helping Kids Resolve Conflict</u></a> Video by Sesame Street</p>  <p><a href="#"><u>C is for Caring</u></a> Printable by Sesame Street</p>  <p><a href="#"><u>The Little Neighbor's Club</u></a> Interactive Activity by Sesame Street</p>  <p><a href="#"><u>Showing We Care</u></a> Printable by Sesame Street</p>	













## Social Skills: Strategies & Tools

For Parents & Professionals	For Parents of Young Children	For School
	 <a href="#"><u>Taking Care of Yourself</u></a> <i>Article by Sesame Street</i>	
	 <a href="#"><u>Talking About Feelings</u></a> <i>Printable by Sesame Street</i>	
	 <a href="#"><u>Show Your Love</u></a> <i>Article by Sesame Street</i>	
	 <a href="#"><u>Little Moments</u></a> <i>Article by Sesame Street</i>	
	 <a href="#"><u>The Dad Difference</u></a> <i>Article by Sesame Street</i>	
	 <a href="#"><u>Silly Power</u></a> <i>Video by Sesame Street</i>	
	 <a href="#"><u>All in the Family</u></a> <i>Printable by Sesame Street</i>	
	 <a href="#"><u>Mommy Memories</u></a> <i>Printable by Sesame Street</i>	
	 <a href="#"><u>"I Love You Because" Garden</u></a> <i>Printable by Sesame Street</i>	
	 <a href="#"><u>Family Together Time</u></a> <i>Printable by Sesame Street</i>	



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	 <a href="#"><u>Reminding Kids They're Loved</u></a> <i>Printable by Sesame Street</i>	
	 <a href="#"><u>Exploring Kids' Circle of Care</u></a> <i>Printable by Sesame Street</i>	
	 <a href="#"><u>Offering Comfort</u></a> <i>Video by Sesame Street</i>	
	 <a href="#"><u>Finding Comfort with Family and Friends</u></a> <i>Video by Sesame Street</i>	
	 <a href="#"><u>Showing That You Care</u></a> <i>Video by Sesame Street</i>	
	 <a href="#"><u>Furry Fuzzy Hugs</u></a> <i>Video by Sesame Street</i>	
	 <a href="#"><u>Sibling Rivalry</u></a> <i>Article by Sesame Street</i>	
	 <a href="#"><u>Abby's Amazing Friends</u></a> <i>Printable by Sesame Street</i>	
	 <a href="#"><u>Positive Problem Solving</u></a> <i>Printable by Sesame Street</i>	
	 <a href="#"><u>Sharing Cookies</u></a> <i>Printable by Sesame Street</i>	



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