**First Grade Social Skills Curriculum**

**Week 1: Introducing Yourself and Greeting Others**

* Introduce myself and have group members introduce themselves
* Go over rules of group
* Tell me a time when you have had to introduce yourself to someone
* Steps of Introducing Yourself
	+ Look at the person
	+ Smile
	+ Say “Hello, My name is…”
	+ Shake their hand
	+ Say “it’s nice to meet you”
* Greeting others
	+ List some times when it is appropriate to greet someone (brainstorm with group and write responses on whiteboard/smartboard)
* Role play introducing self and greeting others

**Activity:**

Use behavior bucks to reward group members for participation in lesson and demonstration of skills

**Week 2: Talking with Others**

* Appropriate voice volume
	+ Review scale of 1-4
* Joining a group
	+ Asking permission to enter a group
	+ Don’t interrupt if someone is talking
	+ Join in group discussion by staying on the topic of conversation
* Speaking slowly and clearly
* Communication—verbal and nonverbal
	+ Making eye contact
	+ Facing the person you are talking to
	+ Showing interest

**Activity:**

Play telephone game

**Week 3: Manners and Positive Interactions with Others**

* How to approach others in socially acceptable ways
* How to ask permission rather than acting impulsively
* How to make and keep friends
* Sharing toys and materials
* Make a list of manners on the whiteboard/smartboard

**Activity:**

Role-play using manners and positive interactions

**Week 4: Appropriate Classroom Behavior**

* Work habits
* Listening
* Staying on task
* Following directions
* Seeking attention properly
* Accepting the consequences of one’s behavior

**Week 5: Resolving Conflicts**

* Using words instead of physical contact
* Tattling vs. Seeking the teachers attention
* Mid-semester review

**Week 6: Feelings**

* Brainstorm different feelings that we have and how we express them
* The feelings we have in our body when we are feeling different emotions
* Use emotions chart to define and illustrate different emotions
* How to be aware of your own feelings and others feelings
* Understanding that others do not always feel the same as you
* Handling negative feelings

**Activity:**

Divide into groups based on preferences to illustrate that people can different preferences and still be friends

Discuss and draw feelings

**Week 7: Dealing with Stress**

* Have you ever made a mistake? How did you feel when you made the mistake?
* What to do when you make mistakes
* What is stress? What happens in your body when you feel stressed?
* Why do we get stressed?
* Handling teasing and taunting

**Week 8: Patience and Respect**

* What does patience mean? (waiting calmly and quietly)
* When should you be patient
* Practicing patience
* How to be patient
* What does respect mean?
* How do we show respect to others?
* What should we show respect to? (materials and things, other people’s property)
* Practice showing respect
* Point out things in classroom we should show respect to

**Week 9: Helping Others**

* Who helps you each day?
	+ Mom, dad, teacher, brother, sister
* What do they help you with?
* Try to remember a time when you helped a friend or family member do something
	+ How do you think they felt?
	+ How did you feel?
	+ How does it feel when someone helps you?
* How can we help others?
	+ At lunch?
	+ At school?
	+ On the playground?
	+ At home?

**Week 10: Wrap up and Review**

* Everyone tell something they have learned
* Review all skills
	+ Introducing yourself/Greeting others
	+ Talking with others
	+ Manners and positive interactions
	+ Appropriate classroom behavior
	+ Resolving conflicts
	+ Feelings
	+ Dealing with stress
	+ Patience and respect
	+ Helping others
* Pizza Party!
* Hand out prizes in order based on number of behavior bucks