

Social Skills Resources for Online Learning



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Elementary

- **Autism Teaching Strategies** (by Joel Shaul)- <http://autismteachingstrategies.com/free-social-skills-downloads-2/>
Search free social skills downloads. Lessons include posters, games and videos free to download. Some of the topics include: Communication/relationships, emotions, communication/relationships/emotions. Most of the content will need you as a teacher to print the material and then send to parents or students to use.
- **Everyday Speech** <https://everydayspeech.com/social-skills-games/>
Share materials for free through the COVID-19 shutdown. Interactive social skill games. Some of the topics include self-esteem, perspective taking, hygiene, conversations, initiating a conversation and more. Also, free videos online.
- **Handy Handouts for Parents** <https://www.handyhandouts.com/search.aspx?searchstr=Social+Skills>
Free educational handouts for teachers and parents to use to teach social skills. Some of the topics include sharing, good manners, personal space, giving a compliment, social distancing, and internet safety. All resources are in English and some are in Spanish.
- **Jill Kuzma's SLP Social and Emotional Skills Sharing** <https://jillkuzma.wordpress.com/>
Each lesson has a PDF file free to download. Topics include perspective taking, conversation, emotions, friendships, executive function, and receptive and expressive language.
- **Pathway 2 Success** <https://www.thepathway2success.com/free-social-emotional-learning-resources/>
100 plus free social emotional learning resources. Some of the topics include self-awareness, positive affirmation, gratitude, calming posters, kindness activities, perspective taking, decision making and more.
- **PBIS World** <https://www.pbisworld.com/tier-1/teach-social-skills/>
List of social skills plus resources to teach for elementary and middle school.
- **Scholastic for Parents: Social Skills Grade by Grade** <https://www.scholastic.com/parents/family-life/parent-child/social-skills-grade-grade.html>
For each grade, there are topics that are defined and suggestions provided on how to teach. Parents can look at grades before and after their own child's grade to focus.
- **Silas: Improve Life Outcomes** https://curriculum.silassolutions.com/elearning_resources/
The team at Silas has put together some free social animations, SEL lessons, and parent sheets to use for home instructions. The current topics are why can't I have my party, coping skills, social distancing, distance learning, and I am so bored. In addition, the website has five-day lessons on what makes me angry and on integrity. Check back often to see more lessons as the team develops more.

- **Social Skills Video Modeling Series** <https://www.tdsocialskills.com/>
Some of the videos are free on YouTube and some are at cost. There are File Factor Lessons in Word for free downloads.
- **TeachTown Social Skills** <http://web.teachtown.com/clinicians/teachtown-social-skills/>
TeachTown uses video modeling curriculum for students to learn social skills. Skills include following rules, interpersonal skills, self-regulation and coping, good communication, and friendship. Free for 30 days.
- **The Character Tree** <https://characterree.com>
Video to teach perseverance, curiosity, and kindness with supplemental resources to print for free.
- **Zoo U: An Evidence Based, Online Social Skills Game** free until 06/30/2020.
<https://www.centervention.com/social-skills-game/>
Social and emotional skills taught include communication, cooperation, emotion regulation, empathy, impulse control, and social initiation.

Apps for Elementary (Under \$10)

- **Avokiddo Emotions** (Grades PreK-K) For Google Play and Apple products
Hilarious animals help kids identify emotions. Cost: \$2.99
- **Daniel Tiger’s Grr-ific Feelings** (Grades PreK-K) for Android and iPad, Kindle Fire
Songs and activities help kids express, recognize, and understand emotions. Cost: \$2.99
- **KLOOG Social Skills Series** (multi-age) <http://kloogsocialskills.com/>
Uses a cartoon-based platform but is not overly “childish” for older users. Cost Free at the App Store & Google Play.
 - **Mission Rescue KLOOG** (search Social Skills for Autism)
 - **KLOOG2: Return to Zugopolis**
 - **KLOOG3: Cosmic Classroom**
- **Hall of Heroes** (Grades 5-8)
In game format to teach students preparing for the transition to middle school how to cooperate and develop friendships. Cost: Free
- **Model Me Going Places 2** <https://apps.apple.com/us/app/model-me-going-places-2/id375669988?ign-mpt=uo%3D8>
Free currently. Great visual teaching tool for helping children learn how to go to the hairdresser, mall, doctor, playground, grocery store, and restaurant. Only for iPhone or iPad.
- **Social Adventures** (Grades K-3) iPad, iPhone, iPod Touch
Daily activities and short lessons to explore social situations to solve. Cost: \$7.99
- **Stop, Breathe & Think** (Grades 3-12)
Guides students in meditation and promotes compassion. Cost: Free

Secondary

- **4 Social/Emotional Skills You Can Easily Practice with Teens** <https://nobelcoaching.com/emotional-skills/>
This particular article focuses on the following topics: Social communication skill (Listening), Social communication skill (Assertiveness), Emotional skill (Emotional self-awareness), and Social/emotional skills (Understanding nonverbal communication).
- **5 Great Activities to Do with Your Social Skills Group (Adolescents/Teens)** <https://educationandbehavior.com/social-skills-activities-for-teens/>
Review and make recommendations based on the home environment. This site also offers other links and information that you may find helpful.
- **12 Ways to Improve Social Skills and Make You Sociable Anytime** <https://www.lifehack.org/articles/communication/12-ways-improve-social-skills-and-make-you-sociable-anytime.html>
This article provides tips for anyone who feels “awkward” when it comes to social interactions. The tips can be redrafted to address students across environments.
- **17 Social Skills Activities for Kids (multi-age)** <https://veryspecialtales.com/social-skills-activities-for-kids/>
Topics include verbal communication, nonverbal communication skills, nonverbal communication & emotions/feelings, listening, emotions, participating, and caring.
- **101 Ways to Teach Children Social Skills** <http://www.socialworkerstoolbox.com/101-ways-teach-children-social-skills-ready-use-reproducible-activity-book/> by Lawrence E. Shapiro, Ph.D.
You can download as a PDF. Topics include Communication, Nonverbal communication, Being part of a group, Expressing your feelings, Caring about yourself & others, Problem solving, Listening: A two-way street, Standing up for yourself, and Managing conflict.
- **ADDITUDE (Inside the ADHD mind)** <https://www.additudemag.com/slideshows/educational-apps-for-kids-with-adhd-social-skills/>
This resource has great information on ADHD, as well as free downloads, webinars and tools.
- **Do2:Learn** <https://do2learn.com/SocialSkills/overview.htm>
Includes strategies/activities/etc. around 5 main topics: *Communication Skills, Social Behavior, Social Skills Toolbox, Emotions Color Wheel and Social Emotional Skills.*
- **Emotional Intelligence Activities for Teens Ages 13 – 18** <https://positivepsychology.com/emotional-intelligence-exercises/>
This is a user-friendly article that contains tips, activities, worksheets in PDF form, PowerPoints and more. Some of the materials may be more usable than others, but a good resource.
- **Grades 6 – 8: Social – Emotional Skills** <https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/>
This article provides resources on the topics *Attitude Latitudes, Brain Freezers, Setting Boundaries, What Sets You Off?, and Resolving Conflicts.*
– Also provides other SEL sources...staff should check out the *Edutopia* link provided.
- **Model Me Kids** <https://www.modelmekids.com/index.html>
The site contains video clips of peers modeling social skills and is broken down into age ranges.

- **PBIS World** <https://www.pbisworld.com/tier-1/teach-social-skills/>
List of social skills plus resources to teach for elementary and middle school.
- **PEERS®** <https://www.semel.ucla.edu/peers>
The Program for the Education and Enrichment of Relational Skills (PEERS®), developed by Dr. Elizabeth Laugeson Director of the UCLA PEERS® Clinic. You will find role play videos under the resources tab. The site also provides other information in which you may be interested.
- **The Social Express** <https://socialexpress.com/#http://thesocialexpress.com/>
Animated and interactive lessons based in 3 programs...*The Social Express, Cool School, and Teen Career Path*. Cost: FREE until June 1st, 2020.
- **Social Work Tools and Resources** <http://www.socialworkerstoolbox.com/>
This site has free tools and resources that cover a variety of topics. View first to decide what may work for staff and students.
- **TEACHTown Middle School Social Skills** <http://web.teachtown.com/products/middle-school-social-skills/> free for 30 days.
TeachTown uses video modeling curriculum for students to learn social skills. Skills include the following: interpreting body language, personal boundaries, social media and internet safety, and many more.
- **Teaching Social Skills to Today's Teenagers** <https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/>
This site offers podcasts, webinars and a blog by Roy Petitfils around working with teenagers in general, not specific to those with varying abilities.
- **ThoughtCo.** <https://www.thoughtco.com/social-skill-resources-for-special-education-3110734>
Focus topics: Teaching social skills; Proxemics: understanding personal space, teaching personal space to children with disabilities; *The Sandlot*: making friends, a social skills lesson, games to support social goals, and building social relationships. ThoughtCo. contains other links that you may also find helpful.
- **ThoughtCo.** <https://www.thoughtco.com/social-skills-worksheets-3111032>
This link provides *Practice Social Skills with Worksheets for Kids*. Includes Recipe for Making Friends, Pyramid of Friends, Responsibility Poem, Help Wanted: A Friend, My Qualities, Trust Me, Kinder and Friendlier, Nice Words Brainstorm, and Nice Words Word search.
- **Top 25 Social Skills Activities for Teens and Young Children** https://www.momjunction.com/articles/social-skills-activities-for-teens_00352014/#Socialskills1
This site includes some great ways to practice social skill development. Because of the current restrictions, view the activities and develop alternatives before sharing.
- **YouTube**...type in the search box 'Social Skills Channel' to find a list of many videos to teach social skills. Here is one to get you started about taking turns speaking - <https://www.youtube.com/watch?v=3RjRZ9jMfs0>
- **UCLA Tarjan Center Lecture Series** <https://www.semel.ucla.edu/tarjan/2019-2020-presentations>



Apps for Secondary (Under \$10)

- **How Would You Feel If...Fun Deck**
A colorful, educational social skills app that tracks responses and provides feedback for iPhone & iPad. Cost: \$2.99
- **KLOOG Social Skills Series** (multi-age) <http://kloogsocialskills.com/>
Uses a cartoon-based platform, but is not overly “childish” for older users. Free at the App Store & Google Play.
 - **Mission Rescue KLOOG** (search Social Skills for Autism)
 - **KLOOG2: Return to Zugopolis**
 - **KLOOG3: Cosmic Classroom**
- **Middle School Confidential**
A collection of digitally rendered graphic novels designed for children aged 8-14. It aims to help tweens and teenagers tackle their lack of self-confidence with an easy-to-navigate story. Cost: \$6.99.
- **Social Comprehension**
This will help with their understanding of various social situations, teaching them how to interact and study with their peers. Social Comprehension also helps with reading comprehension, as they answer a series of questions following social stories. Can be purchased in the App Store for iPhone & iPad. Cost: \$3.99
- **SuperBetter**
Mobile app that turns everyday actions into video game objectives. It encourages its players to set reasonable goals for themselves and to maintain a healthy lifestyle. Teachers can suggest that their students use this app to help them plan homework, study, practice for an oral presentation to overcome anxiety, have healthy sleeping habits, maintain a positive attitude in class, or any other areas where they’re struggling or would like to develop better skills. Cost: FREE at the App Store & Google Play.

Social Emotional Learning

- **CASEL** <https://casel.org/>
 - **Coping with Stress and Anxiety** https://casel.org/sp_faq/coping-with-stress-and-anxiety/
 - **Guidelines for Coping** https://casel.org/sp_faq/guidelines-for-coping/
 - **Guidelines for Parents and Caregivers** https://casel.org/sp_faq/guidelines-for-parents-and-caregivers/
 - **Planning Activities at Home** https://casel.org/sp_faq/planning-activities-at-home/
 - **SEL-Related Approach** <https://casel.org/sel-related-approach/>
 - **Social Emotional Learning** (sample of teaching activities to support core) https://drive.google.com/file/d/1z5YDbDsK8fxv_qvVmOfYyubiiuEINt87/view
 - **Videos** <https://casel.org/resources-videos/>
 - *Blue words within the links are hyperlinks to more resources (activities/videos/etc.)
- **15 Activities for Teaching CASEL Core Competencies** <https://www.waterford.org/education/15-activities-for-teaching-casel-core-competencies/>
- **Evansville Vanderburgh School Corporation: SEL Virtual Learning at Home** <https://www.evscschools.com/SELVirtual>
Click on the blue word ‘click here’. There are activities for grades K-12 with additional resource links for mindful breathing, movement, and creating a quiet space idea. There are also other links for free or low-cost apps for anxiety. Great resource.

- **Hamilton Southeastern School Corporation** <https://www.hseschools.org/counseling/social-emotional>
Provides information for breathing strategies, calming down steps, and letting go of your worries.
- **Indiana Department of Education (IDOE)**
 - Pre-K – 12 Social-Emotional Learning Competencies <https://www.doe.in.gov/sites/default/files/sebw/sel-competencies-final.pdf>
 - Social-Emotional Learning Toolkit <https://www.doe.in.gov/sites/default/files/sebw/sel-toolkit-final-updated-cover.pdf>
 - Social-Emotional Learning Competencies PK – 12 Lesson Plans
<https://www.doe.in.gov/sites/default/files/sebw/sel-lesson-plans-pk-12-final-attachments.pdf>
- **Social Skill Curriculum for Individuals on the Autism Spectrum**
<https://www.iidc.indiana.edu/irca/articles/assets/socialskillscurriculum2018acc.pdf>
List of social skill curriculums available for grades K-12 and what they include. Many of the companies are providing free access online during the COVID-19 E-learning days.