

Social Skills Checklist: SELF

Name: _____ Date: _____

Often Sometimes Rarely

Often	Sometimes	Rarely	
			Cooperation Skills:
			I make new friends easily.
			I ask someone to hang out with me.
			I join in groups easily.
			I play games with others.
			I accept winning or losing well.
			Other kids seem to like me.
			I am happy to follow someone else's rules/games.
			I take turns.
			I share.
			I compromise.
			I am agreeable.
			I smile at others.
			I respect someone's personal space.
			Friendship Management:
			I listen to other's opinions without correcting them.
			I can share a friend.
			I get attention in positive ways.
			I am good at solving problems.
			I get help to solve problems when I need to.
			I learn from my past experiences so I don't make the same mistakes.
			I say no to people when it's important to say no.
			I know what emotions I feel and can share them with others.
			I feel included by other kids.
			I stay friends with people for a long time.
			I avoid being rude or hurting other people's feelings.
			I avoid exaggerating or bragging.
			I apologize when I make mistakes.
			I compliment others.
			I have a good idea of what other people think of me.
			I am comfortable talking with my family.
			I am comfortable meeting and talking with my peers.
			I negotiate and compromise to settle disagreements.
			I get invited to go out with peers or go to parties with peers.

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			Emotional Management:
			I recognize feelings in others.
			I can figure out what others are thinking.
			I know when I am getting too silly or weird.
			I know when I am getting stressed.
			I know when I am getting angry.
			I have ways to calm myself down.
			I talk to others when I'm upset.
			I know how to act in most situations.
			It's easy for me to change activities or schedules.
			I try even when work is hard.
			I have ways to deal with my mistakes.
			I can start working easily.
			I can try something new easily.
			Conflict Management :
			I can accept "No" for an answer.
			I accept apologies – forgive and forget.
			I go through a day without being teased.
			I have ways to deal with teasing that seem to work.
			I accept criticism.
			I am respectful of my teachers and parents .
			I apologize when I make mistakes.
			I think carefully before I do something.
			I accept consequences.
			I avoid arguing with my peers.
			I avoid arguing with parents .
			I avoid arguing with teachers.

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			Communication Skills:
			I give good eye contact.
			I show that I am listening with my body language.
			I use a warm fuzzy tone of voice.
			It is easy for me to express my ideas in words.
			I greet people.
			I wait my turn to talk.
			I stay on topic with others.
			I listen to others and remember what they say.
			I know how to start conversations with peers.
			I ask questions to get to know someone.
			I introduce myself to others.
			I know when to stop talking and give others a turn.
			I talk about what someone else is interested in.
			I know there are some things I should not talk about.
			I say supportive things to others.

These are some things that I feel are difficult for me:
