

# Social Skills Checklist

Think about your actions this week. Check the box if you did each skill. Then, write when you did the skill. If not, write an idea for how you could practice it next time.

I listened carefully when someone spoke to me.	<input type="checkbox"/>	
I started a conversation with someone new.	<input type="checkbox"/>	
I respected other people's personal space.	<input type="checkbox"/>	
I gave a compliment to a friend or classmate.	<input type="checkbox"/>	
I solved a disagreement in a positive way.	<input type="checkbox"/>	
I accepted a compliment politely.	<input type="checkbox"/>	

Reflect on your Social Skills Strengths and Goals

The social skill I feel most confident about is:

Listening

Sharing

Helping

Patience

Kindness

This is why I feel confident about this skill:

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The social skill I want to practice more is:

Listening

Sharing

Helping

Patience

Kindness

This is how I want to practice it:

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