




K-8 Life Skills
Social Skills &
Reinforcements

HOW TO CONTACT US


Kristen McKearney
Brook Valley South
Level III Placement
K-8 Life Skills Classroom
kmckearney@esu3.org

Steph Kopecky
Brook Valley South
Level III Placement
K-8 Life Skills Classroom
skopeccky@esu3.org



WHY SOCIAL SKILLS INSTRUCTION?

- *All environments are social
- *If a student learns incidentally, he/she would already have learned these skills (obviously that is not the case!)
- *It provides strategies to present and replace problem behaviors
 - *Social Skills instruction teaches students appropriate interpersonal communication skills, self-discipline and problem solving skills.
- *Poor social-behavioral skills correlate highly with low academic achievement.

Social Skills

Daily Social Skills taught

- During Morning Meeting
- SHARK group (Social Skills Group)
- During Closing Circle

Opportunities to practice Social Skills taught

- ALL DAY LONG
- Easy to squeeze in during transition times, recess, breaks, or lunch

Topics

Unexpected/Expected
Behaviors

Zones of
Regulations

Little Deal/Big Deal

Breathing/Meditation

Size of Reaction

Listen To My Body

Expected/Unexpected Behaviors

- ❖ **Expected** - These are things we do or say that others may think are friendly, helpful, and respectful to other
- ❖ **Unexpected** - These are things we do or say that others may think are unfriendly, hurtful, unusual and disrespectful



Adult Interactions

Following directions

Showing love

Not listening

Having an attitude

Talking

Peer Interactions

Being turns

Working together

Helping someone

Spitting

Pushing the food

Swearing

Using toys

Classroom Behaviors

Picking up our toys

Subbing hand

Running hand

Being passive

Using good manners

Using your listening ears

Knowing safety words

Using soap

Washing our hands

Tracking in mud

Shoving in toy

Using tools

I SPY

SOCIAL D



SHARK



N





Zones



Zones - Blue, Green, Yellow, Red

- Teach colors, feelings, tools, and PRACTICE
- Zones should be individualized, feeling and tools will not be the same for everyone
- Visuals, Visuals, Visuals



Zones of Regulation was written and created by Leah Kuypers

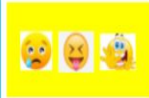
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What ZONE am I in?

Gratitude Tuesday!

Today is World Gratitude Day! When we show gratitude, it can help us be happier, more focused, and in the green zone!

Tell us 1 thing that makes you feel grateful!



Aidan

When I feel

- too much energy
- too silly!
- excited
- nervous
- hyper

I am in the YELLOW ZONE. I can use my tools:

- walk
- headphones
- take deep breath
- read
- squeeze fidget

My tools help me get back into the GREEN ZONE

red zone



yellow zone



green zone



blue zone



ZONES

Blue

Green

Yellow

Red



Big Deal Little Deal

Little Deal

- I could solve problem myself
- It will take less than an hour to solve
- I can move on with my day and not be upset
- There is less than 3 people involved

Big Deal

- Someone is hurt
- It could be dangerous
- It is an emergency

Breathing/Meditation

Breathing - When you breathe deeply it sends a message to your brain to calm down and relax

Meditation - a set of techniques that are for your mind and body to find more awareness and focus your attention.

Websites/Apps

- ★ Smiling Minds - FREE
- ★ Cosmic Kids Videos
- ★ Calm app - FREE for teachers
- ★ YouTube - can find a lot of quick meditations for kids here



Books

- ★ Moody Cow Meditates by Kerry Lee MacLean
- ★ Breathe like a Bear by Kira Willey
- ★ Breathe by Ines Castel-Branco
- ★ Master of Mindfulness by Jon Kabat-Zinn, PhD
- ★ My Magic Breath by Nick Ortner and Alison Taylor
- ★ The Magic Bubbles by Isabel Otter

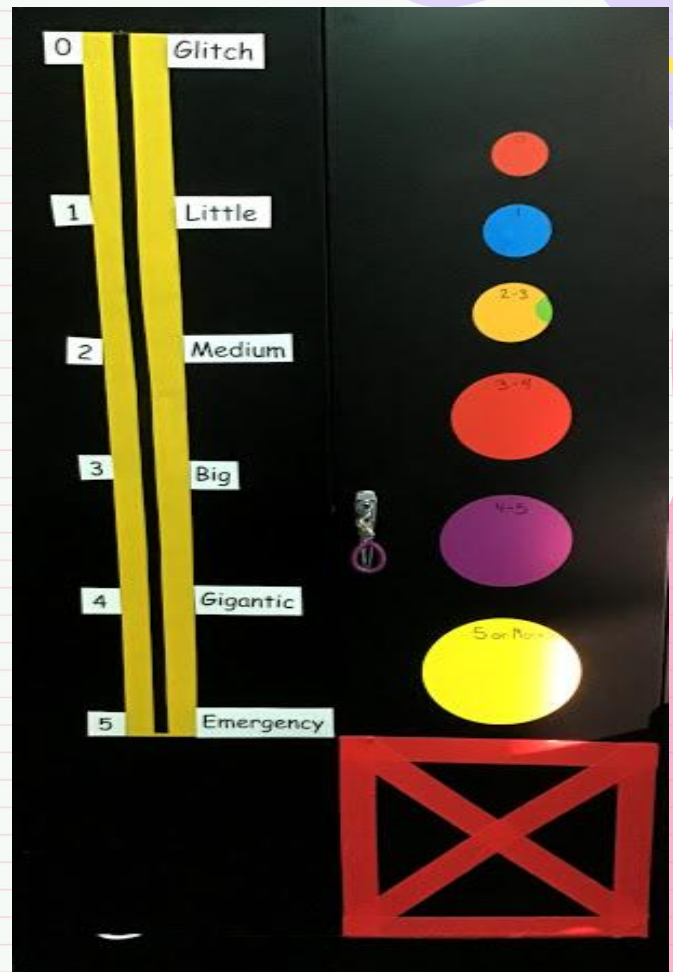


Size of Reaction

What is your body and mind doing when a problem happens?

Does it match what the problem was?

If it doesn't what should the reaction have been?

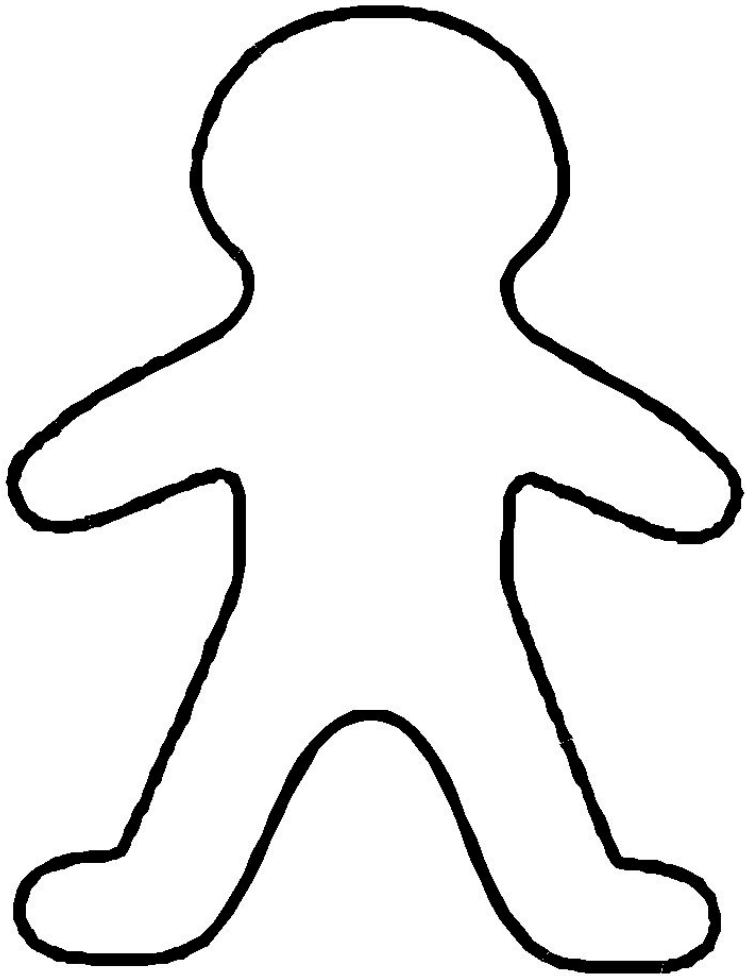


Listen to My Body

How does my body feel?

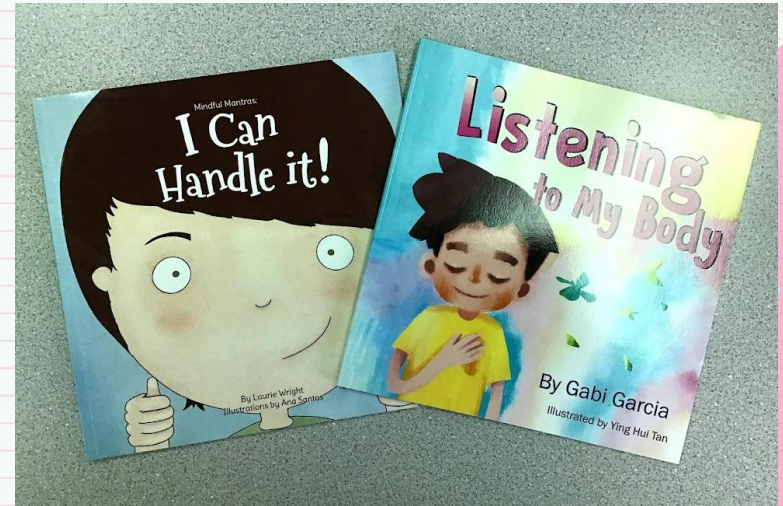
- Does my face get red and hot when I am upset
- How does my stomach feel?
- What do my muscle do?
- What do my hands do?

We go through all body parts and attach feelings to each.



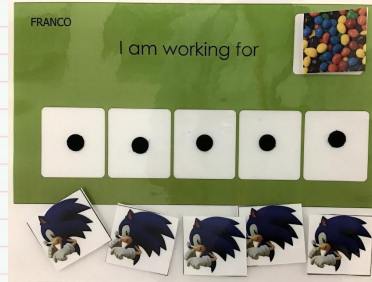
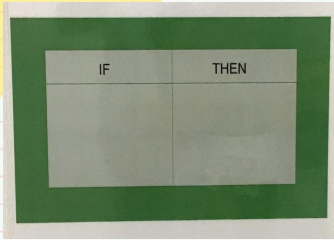
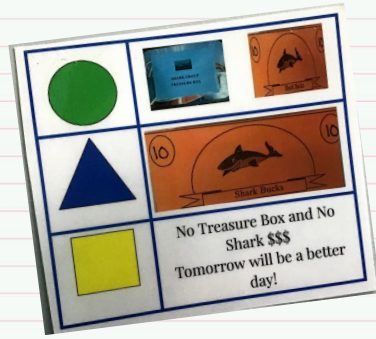
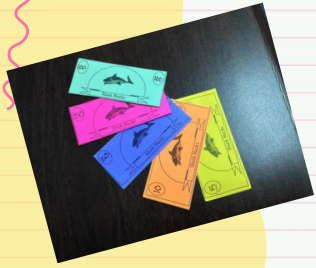
Books

- ★ Listening to My Body by Gabi Garcia
- ★ I Can Handle It by Laurie Wright



Reinforcement

- ❖ Frequently
- ❖ Individualized and group reinforcements
- ❖ Tangible/intangible
- ❖ Visuals Visuals Visuals
- ❖ If Then - short task with quick reinforcement
- ❖ Frequent opportunities for reinforcements
- ❖ Reinforcements can be tied to a classroom level system



WH

- *Understanding terms - who, what, when, where, why
- *Answering questions involving /wh/ words
- *Constant teaching, modeling, practicing, repetition
- *Board, visuals, story maps, WH boards, etc



Other Favorite Lesson

- ❖ BRAIN - learn ALL about the brain using books:
 - **A Walk in the Rain with a Brain**
 - **Your Fantastic Elastic Brain**
- ❖ Size of Reaction Lessons using books:
 - **What if Everybody Did? By Jo Ann Stover**
 - **What is Everybody Did That? By Ellen Javernick**
- ❖ Teaching all things behavior with books:
 - **Superflex... Social Thinking books**
- ❖ Mindfulness Practice and Lessons using books:
 - **I Am Human, I Am Peace, I Am Yoga, I Am Love by Susan Verde**



QUESTIONS

Credits

- Presentation template by Slidesgo