

Social Skills Unit Plan: Self-Regulation & Life Skills

Day 1: Introduction to Social Skills

- Objective: Introduce the concept of social skills and their importance.
- Assessment: Observation of student participation in group discussions.
- Key Points: Listening, taking turns, and sharing.

Day 2: Identifying Emotions

- Objective: Recognize and name common emotions.
- Assessment: Drawing or pointing to faces displaying different emotions.
- Key Points: Identifying emotions in oneself and others.

Day 3: Self-Regulation Strategies

- Objective: Learn simple self-regulation techniques (e.g., deep breathing).
- Assessment: Role-playing scenarios where students practice using strategies.
- Key Points: Tools for calming down when feeling upset or frustrated.

Day 4: Turn-Taking Skills

- Objective: Practice waiting for turns during games or activities.
- Assessment: Observation of students' ability to take turns without interrupting.
- Key Points: Patience, sharing, and respecting others' time.

Day 5: Social Problem-Solving

- Objective: Introduce basic problem-solving skills in social situations.
- Assessment: Role-playing scenarios with different solutions.
- Key Points: Discussing solutions, compromising, and working together.

Day 6: Practicing Gratitude

- Objective: Understand the concept of gratitude and saying "thank you."
- Assessment: Participating in a gratitude circle or activity.
- Key Points: Showing appreciation and acknowledging acts of kindness.

Day 7: Understanding Empathy

- Objective: Develop empathy by recognizing others' feelings.
- Assessment: Engaging in empathy-building activities like sharing stories.
- Key Points: Putting oneself in others' shoes and showing compassion.

Day 8: Friendship Skills

- Objective: Learn about being a good friend and qualities of friendship.
- Assessment: Drawing or writing about what makes a good friend.
- Key Points: Listening, supporting, and being kind to friends.

Day 9: Communication Skills

- Objective: Practice effective communication through verbal and nonverbal cues.
- Assessment: Role-playing conversations to demonstrate active listening.
- Key Points: Speaking clearly, making eye contact, and using kind words.

Day 10: Conflict Resolution

- Objective: Introduce steps to resolve conflicts peacefully.
- Assessment: Role-playing conflicts and practicing solutions.
- Key Points: Listening to others' perspectives and finding compromises.

Day 11: Responsible Decision Making

- Objective: Understand consequences and making responsible choices.
- Assessment: Discussing scenarios and possible outcomes.
- Key Points: Thinking before acting, considering others, and making safe choices.

Day 12: Personal Space Awareness

- Objective: Learn about personal space and respecting boundaries.
- Assessment: Demonstrate understanding by role-playing personal space scenarios.
- Key Points: Respecting others' personal space, asking for permission.

Day 13: Time Management Skills

- Objective: Introduce basic concepts of time management and routines.
- Assessment: Creating a simple daily schedule or routine.
- Key Points: Following a schedule, managing time effectively.

Day 14: Healthy Habits & Self-Care

- Objective: Promote understanding of self-care and healthy habits.
- Assessment: Drawing healthy habits or self-care routines.
- Key Points: Eating well, staying active, getting enough rest.

Day 15: Respect & Inclusion

- Objective: Embrace diversity and practice respect for others.
- Assessment: Engaging in activities that celebrate differences.
- Key Points: Treating everyone with kindness and respect.

Day 16: Setting Goals

- Objective: Introduce the concept of setting achievable goals.
- Assessment: Drawing or writing about personal goals.
- Key Points: Setting goals, making plans to achieve them.

Day 17: Reflecting on Growth

- Objective: Reflect on personal growth and progress throughout the unit.
- Assessment: Written or drawn reflection on learning social skills.
- Key Points: Recognizing improvements, setting new goals.

Day 18: Culminating Activity

- Objective: Showcase learned social skills through a class activity or presentation.
- Assessment: Observe students' interactions and application of skills.
- Key Points: Celebrating growth and progress in social skills.

Culminating Activities Suggestions:

1. **Social Skills Showcase:** Students demonstrate their newfound social skills through skits or role-plays.
2. **Kindness Corner:** Create a kindness corner where students can share acts of kindness they've experienced.
3. **Friendship Party:** Celebrate friendship with a party where students practice social skills in a fun setting.

Standards Addressed:

- **Social-Emotional Development Standard:** Demonstrate understanding and application of social skills, self-regulation strategies, and responsible decision-making.