

Social Skills Needs Assessment for Parents



Purpose: To identify main areas for your child's improvement in developing (Friendly Behaviors) and maintaining (Self Control) positive peer relationships.

Directions:

Check three high-priority skills that your child needs. (Can check more if needed).

A. Friendly Behaviors ("Making Friends")	
1. Initiating friendships (joining, greeting, inviting)	
2. Making conversation (listening, understanding, questioning)	
3. Social cooperating (taking turns, sharing, helping)	
4. Responding to others (eye contact, noticing, reading cues)	
5. Showing care/empathy (consideration, supporting, apologizing)	
6. Encouraging/complimenting	
7. Letting others have their way/accepting differences	
8. Other:	

B. Self-Control Over Impulses and Emotions ("Keeping Friends")	
1. Inhibition and delay/self-regulation of impulsivity	
2. Anger management	
3. Relaxation/stress management	
4. Respectful self-assertion	
5. Learning optimism/overcoming negative self-worth	
6. Handling teasing/peer rejection	
7. Accepting and giving feedback/strengths and weaknesses	
8. Other:	

Friendly Behaviors Checklist for 1st-3rd Graders



Directions (for child):

For each friendly behavior listed below, decide if you are good at it or if you could use some work on it. If you think you are just ok but could do better, mark in the middle.

A. Friendly Behaviors		
	I am good at	I need to work on
1. Giving compliments		
2. Inviting others to play		
3. Being a good listener (not doing all the talking)		
4. Letting a friend go first		
5. Sharing things		
6. Apologizing if I make a mistake		
7. Letting others have their way sometimes		
8. Showing appreciation to a friend		
9. Playing by the rules		
10. Noticing other kids' reactions to my behavior		