



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 4th-5th graders

Directions (for child):

For each social 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.

Name: _____

Date: _____

A. Friendly Behaviors		
	I am good at	I need to work on
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. Being able to stop saying or doing something when I need to		
2. Anger management		
3. Relaxation/stress management		
4. Respectful self-assertion		
5. Feeling good about myself and about how things will go		
6. Handling teasing/peer rejection		
7. Accepting and giving feedback/strengths and weaknesses		
8. Other:		