

# THANK YOU FOR YOUR PURCHASE!



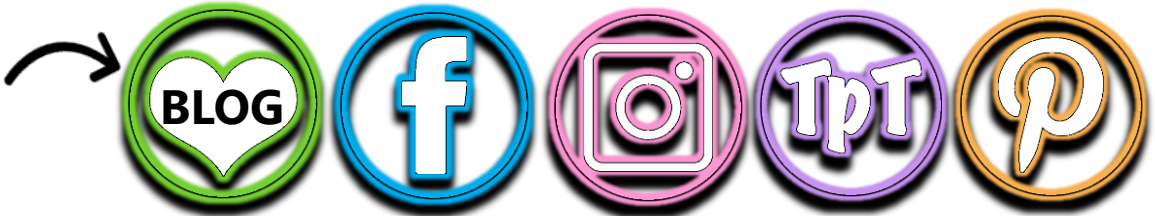
Did you know that when you leave feedback on TPT you earn credits towards future purchases?

★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

## LET'S BE FRIENDS

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Freebie  
Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:  
[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
*Ashley*

# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Social Skills](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# SEL IN A SNAP



## Social Skills

### Session Objective:

\*Students will identify social skills needed to do well in school, at home, and with peers.

### Materials:

\*Handouts, scissors, pencils, stapler.

### Guiding Questions:

\*What are some different social skills?  
\*How can social skills help us in our academic and social lives?

### Session Details

\*Prepare the workbook in advance. Print all pages and cut down the middle, in half, then put the pages back to back and staple them together forming the workbook for each student. Based on how much time you have, or the developmental level of your students, you may want to leave out a few skills and focus on the ones you find most important.

\*Say "Today we are going to learning to identify social skills. Social Skills are the abilities we use to communicate, interact, and build relationships with others. Social skills can help you do well in many areas of life. Once we understand the skills needed to be successful, we can work on improving our own skills." "Let's look at your workbook, you will see on the third and fourth pages, Social Traits and Social Practices. Traits are positive qualities we have within ourselves that help us to be successful. Practices are behaviors or actions we do that lead to success." Go through each page that talks about a different skill. "The first skill is Empathy." Go through what empathy is and how it helps us. On the next page, have students think about what empathy looks/feels like to them and when they should use empathy. Go through the rest of the skills.

### ASCA Standards Alignment:

\*Mindset: Belief in development of the whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

\*Behavior: Social Skills: Effective oral and written communication skills and listening skills (B-SS 1)

\*Behavior: Social Skills: Empathy (B-SS 4)

\*Behavior: Social Skills: Effective collaboration and cooperation skills (B-SS 6)

\*Behavior: Social Skills: Cultural awareness, sensitivity and responsiveness (B-SS 10)

### SEL Competencies:

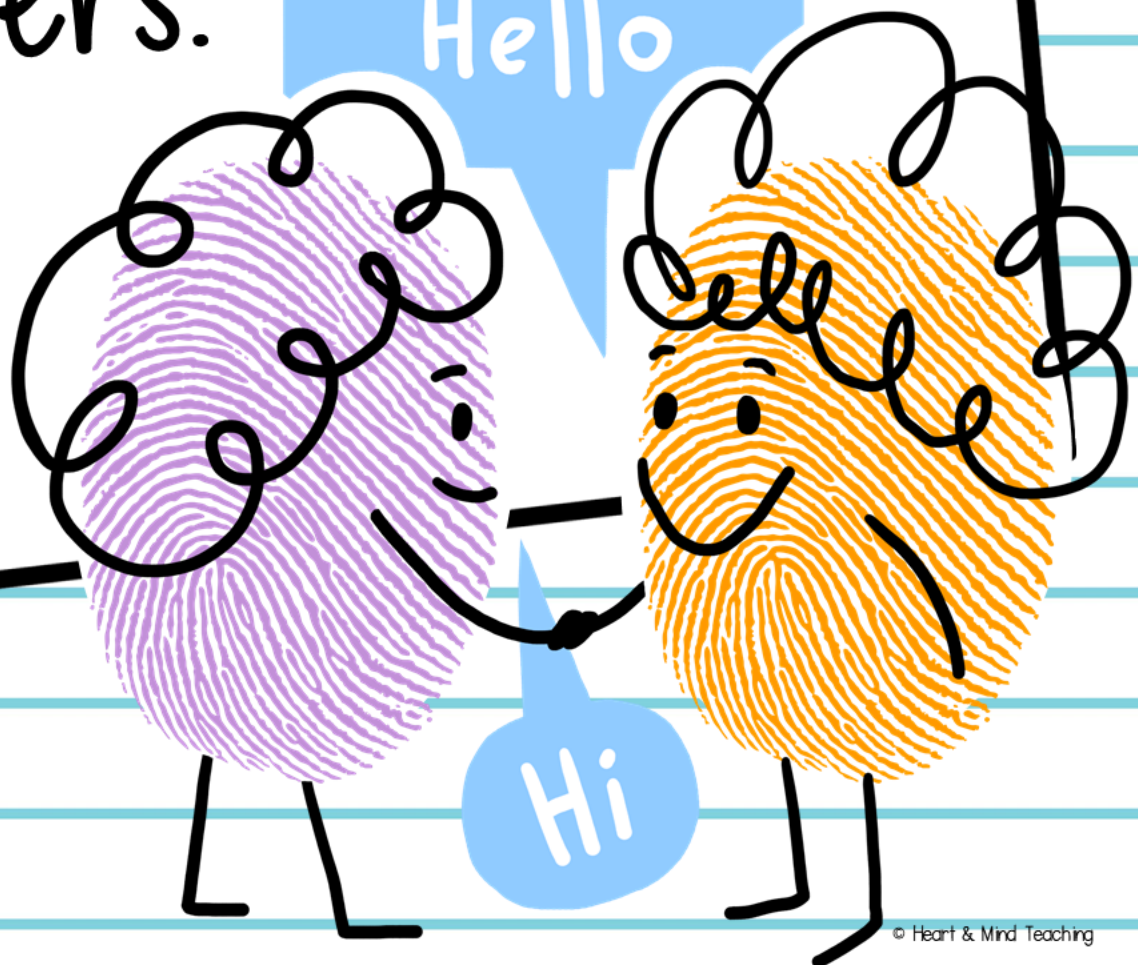
\*Social-awareness: Empathy, Perspective-taking, Appreciating Diversity, Respect for others.

\*Relationship skills-Communication, Relationship Building, Social Engagement, Teamwork.



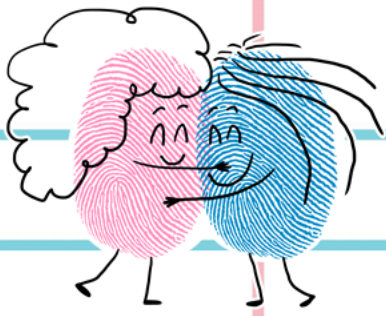
# ↪ Social Skills

The abilities we use to communicate, interact, and build relationships with others.

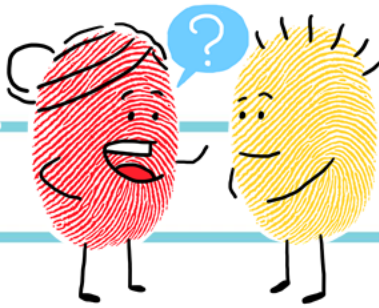




# Social Skills



Empathy



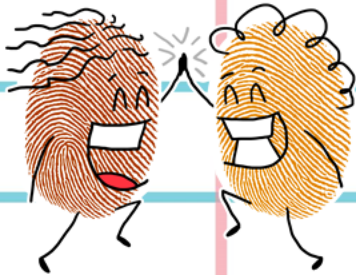
Active Listening



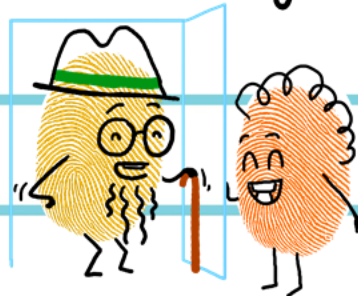
Verbal communication



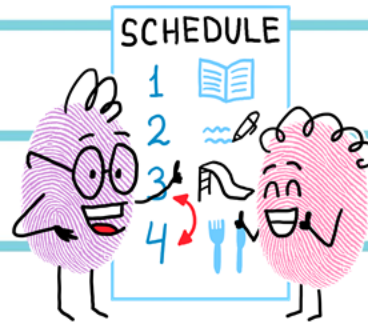
Non-verbal communication



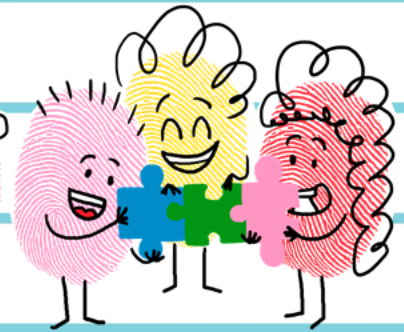
Teamwork



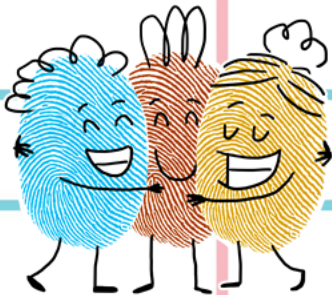
Respect



Adaptability



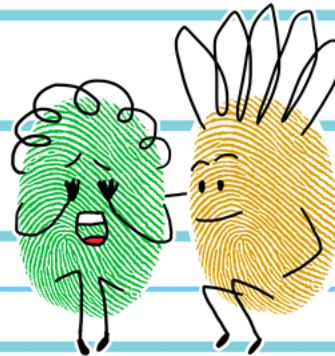
Cooperation



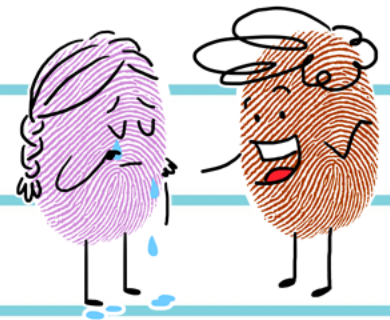
Cultural sensitivity



Manners



Perspective taking



Kindness



Patience



Sharing



Conflict resolution



Including others

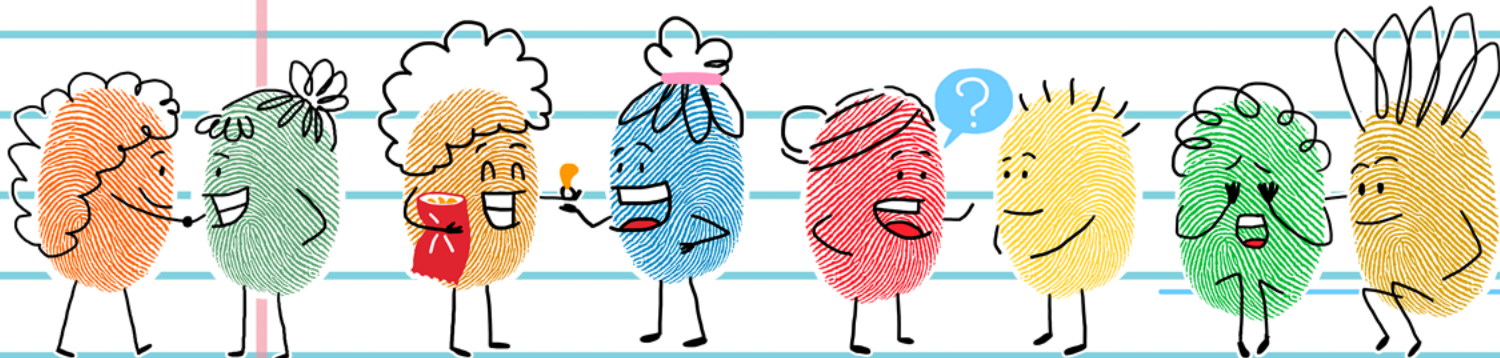


Social cues





# Social Skills

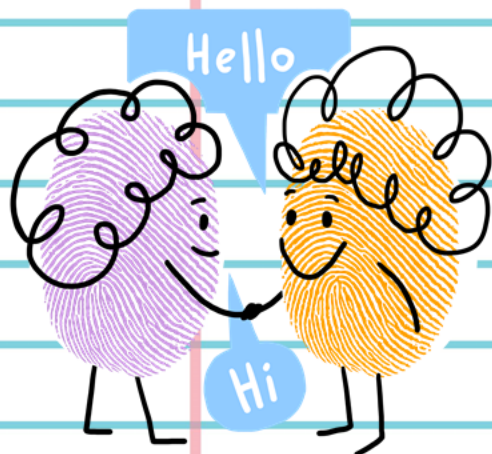


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## Social Skills:

The abilities we use to communicate, interact, and build relationships with others.



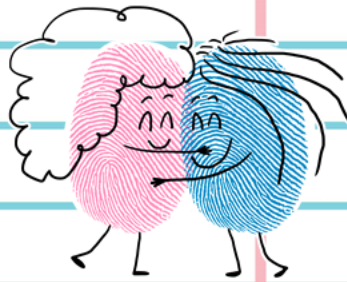
## Why is it important?

Social skills help us build relationships, work well in groups, and navigate social situations in positive ways. They help us express our thoughts clearly, listen actively, and understand others' perspectives. This leads to better understanding and fewer misunderstandings in conversations.

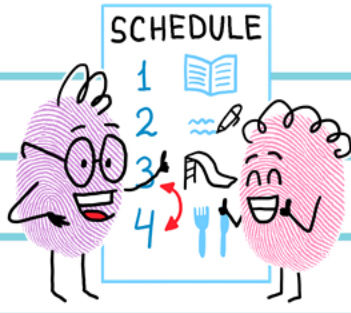
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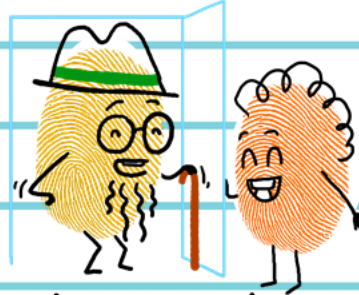
# Social Traits



Empathy



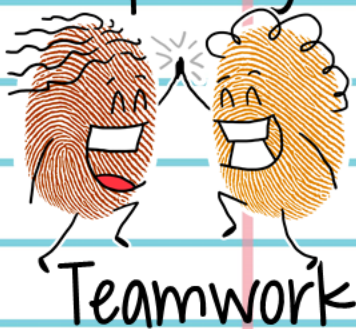
Adaptability



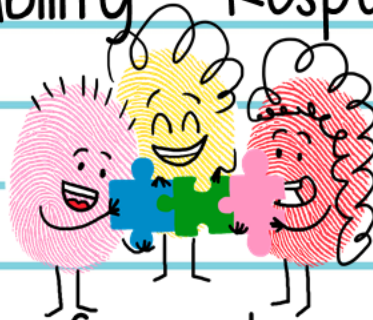
Respect



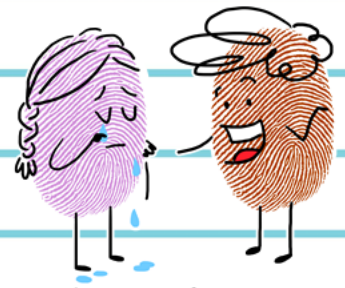
Patience



Teamwork



Cooperation

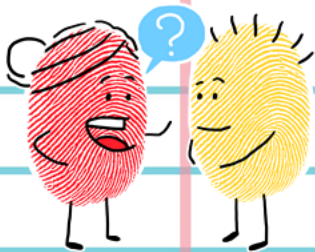


Kindness

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# Social Practices



Active Listening



Manners



Perspective-Taking



Social cues



Including others



Sharing



Conflict Resolution



Verbal Communication



Non-Verbal Communication

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# Social Skills

## EMPATHY

Why is it important?

- \* Builds strong and caring relationships.
- \* Makes others feel valued and understood.
- \* Creates a safe environment.



**Looks like:** Putting yourself in someone else's shoes to imagine what they might feel.



**Sounds like:** Validating feelings like "That sounds really hard" and asking if they want to talk.



**Feels like:** Feeling connected to others emotions.



## EMPATHY

I can show empathy when:

Empathy looks/feels like this to me:





# Social Skills

## ACTIVE LISTENING

Why is it important?

- \* Builds trust.
- \* Prevents misunderstandings
- \* Shows respect and empathy.
- \* People feel heard and supported.



**Looks like:** Making eye contact, nodding, avoiding distractions, leaning forward.



**Sounds like:** Asking follow up questions, paraphrasing ("So what I'm hearing is..")



**Feels like:** Your words matter and are being heard.



## ACTIVE LISTENING

I can use active listening when:



Active Listening looks/feels like this to me:



# Social Skills

## TEAMWORK

Why is it important?

- \*Encourages cooperation and collaboration.
- \*Builds stronger relationships.
- \*Helps solve problems.



**Looks like:** Sharing tasks fairly, helping each other, celebrating successes, contributing to a

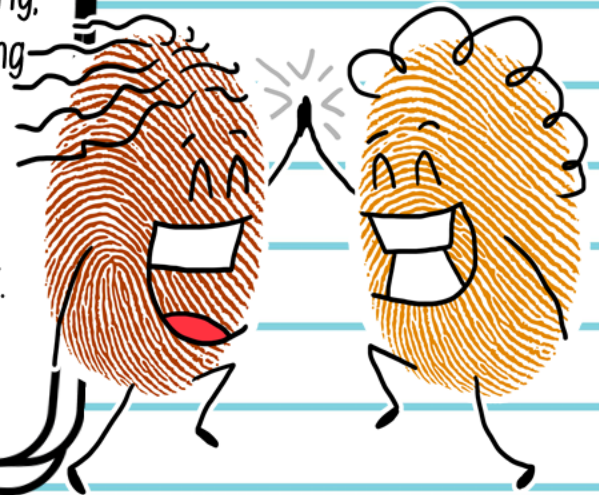


**shared goal**



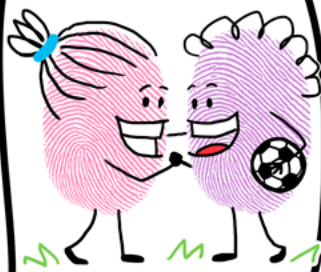
**Sounds like:** Listening to each other's ideas, helpful feedback.

**Feels like:** Supported and valued, included, appreciated.



## TEAMWORK

I can use teamwork when:



Teamwork looks/feels like this to me:





# Social Skills

## ADAPTABILITY

### Why is it important?

- \*It helps you cope with change.
- \*Makes you better at problem-solving and finding creative solutions.
- \*Builds confidence.



**Looks like:** Staying calm when plans change, quickly adjusting actions or ideas for a new situation.



**Sounds like:** Collaborating with others to find a way forward.



**Feels like:** Sense of resilience, a bit uncertain, empowered, open-minded, curious.

### SCHEDULE

1



2



3



4



## ADAPTABILITY

I can use adaptability when:

Adaptability looks/feels like this to me:





# Social Skills

## KINDNESS

### Why is it important?

- \*Strengthens friendships and relationships.
- \*Creates a positive and welcoming environment.
- \*Encourages others to be kind.



**Looks like:** Helping someone, sharing, smiling at someone, including others, comforting.



**Sounds like:** Giving compliments, offering help.

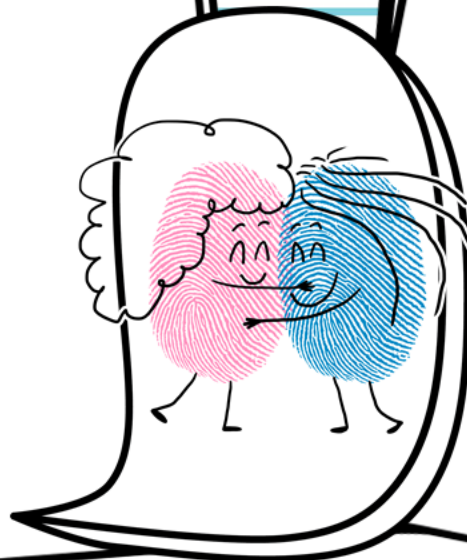


**Feels like:** connected to others, valued, loved and cared for, spreading joy and positivity.



## KINDNESS

I can use kindness when:



Kindness looks/feels like this to me:



# Social Skills

## MANNERS

Why is it important?

- \*They help you make a good impression.
- \*They show respect and kindness.
- \*They create a welcoming environment.



**Looks like:** Holding the door open for someone, waiting for your turn, cleaning up after yourself, polite eating habits.



**Sounds like:** Saying please, thank you, and excuse me.

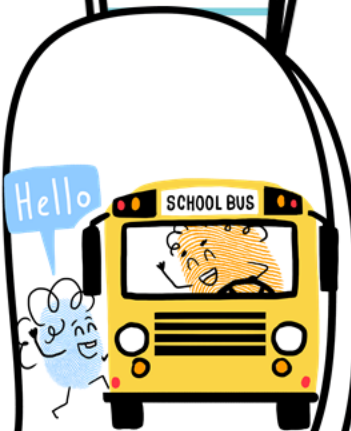


**Feels like:** respect, proud of yourself, sense of comfort.



I can use manners when:

Hello



## MANNERS

Manners looks/feels like this to me:





# Social Skills

## PERSPECTIVE-TAKING

Why is it important?

- \* Builds stronger relationships.
- \* Reduces conflicts and misunderstandings.
- \* Encourages empathy and kindness.



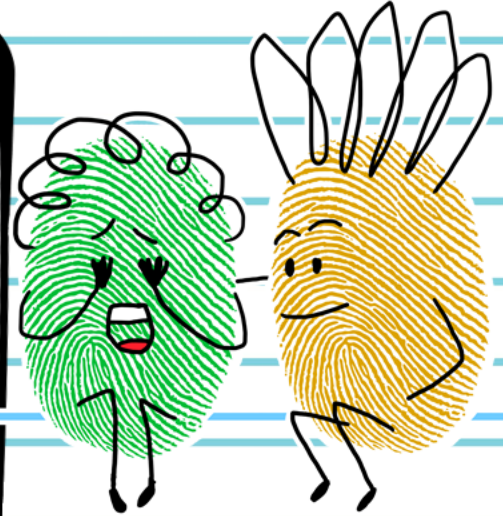
**Looks like:** Listening attentively, imagining what they must feel, respecting differences.



**Sounds like:** Asking thoughtful questions, listening to others.



**Feels like:** Connected to others, sense of empathy and compassion, open-minded.



## PERSPECTIVE-TAKING

I can use perspective-taking when:



Perspective-taking looks/feels like this to me:



# Social Skills

## SHARING

Why is it important?

- \* Builds strong friendships and relationships.
- \* Teaches patience and generosity.
- \* Makes activities more fun and fair.



**Looks like:** Handing a toy or item to a friend to use, dividing up snacks, taking turns.



**Sounds like:** Inviting someone to join your game, offering to share a toy or resource.



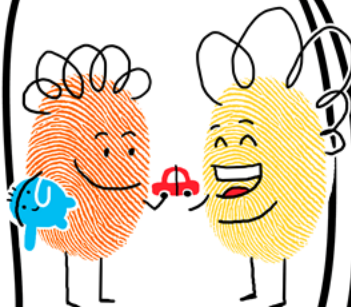
**Feels like:** Proud, sense of connection and friendship, fairness and teamwork, caring.



## SHARING

I can share when:

Sharing looks/feels like this to me:





# Social Skills

## VERBAL COMMUNICATION

Why is it important?

- \*Helps share ideas, needs, and feelings.
- \*Prevents misunderstandings
- \*Builds relationships and understanding.



**Looks like:** Speaking clearly and confidently, pausing to let others respond, facing the person.



**Sounds like:** Kind words, clear instructions, polite phrases.



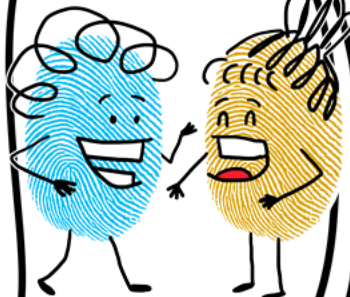
**Feels like:** Confident, understood, comfortable, connected.



## VERBAL COMMUNICATION

I can use verbal communication when:

Verbal Communication looks/feels like this to me:







# Social Skills

## NON-VERBAL COMMUNICATION

### Why is it important?

- \*Helps express emotions and thoughts beyond words.
- \*Helps with empathy.
- \*Strengthens verbal communication.



**Looks like:** Smiling, nodding, making eye contact, leaning in, pointing, shrugging, crossed arms, facial expressions, gestures.



**Sounds like:** Tone of voice, sighing, pauses or silence.



**Feels like:** heard, understood, connected, comfortable.



## NON-VERBAL COMMUNICATION

I can use non-verbal communication when:



Non-verbal communication looks/feels like this to me:



# Social Skills

## INCLUDING OTHERS

Why is it important?

- \* Builds a positive community and friendships.
- \* Makes activities more fun.
- \* Helps everyone feel respected and valued.



**Looks like:** Sharing toys, making space for someone to sit with you, smiling.



**Sounds like:** Inviting someone who is sitting alone to join you, asking for everyone's ideas.



**Feels like:** Proud, warm, happy, sense of connection with others, valued, seen, appreciated.



## INCLUDING OTHERS

I can include others when:

Including others looks/feels like this to me:







# Social Skills

## RESPECT

Why is it important?

- \*Creates trust and positive relationships.
- \*Builds a stronger relationship.
- \*Helps resolve conflicts peacefully.



**Looks like:** Giving personal space, taking care of shared spaces, cleaning up after yourself, following rules.



**Sounds like:** Listening, using polite and kind words, asking before borrowing.



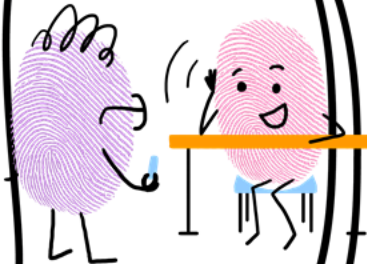
**Feels like:** safe, supported, proud, valued, comfortable.



## RESPECT

I can show respect when:

Respect looks/feels like this to me:





# Social Skills

## CONFLICT RESOLUTION

### Why is it important?

- \*It helps maintain positive relationships.
- \*Teaches problem-solving skills.
- \*Reduces feelings of anger, frustration, or hurt.



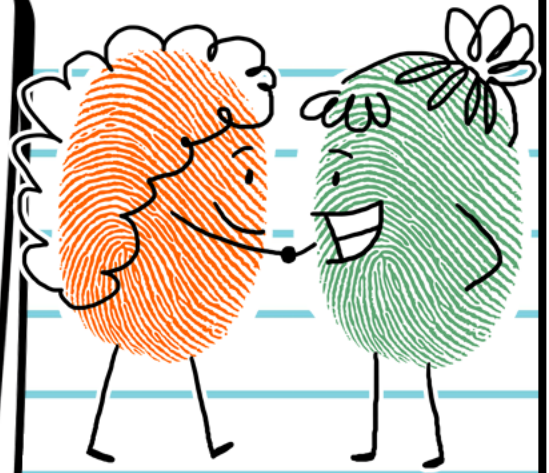
**Looks like:** Working together to find a solution, shaking hands, listening attentively, calm body language, eye contact.



**Sounds like:** Taking turns to talk, not interrupting, expressing empathy.



**Feels like:** Heard and understood, calm, safe, relieved, connected.



## CONFLICT RESOLUTION

I can use conflict resolution when:



Conflict resolution looks/feels like this to me:





# Social Skills

## COOPERATION

### Why is it important?

- \*Builds teamwork and communication skills.
- \*Helps people achieve goals together they couldn't do alone.



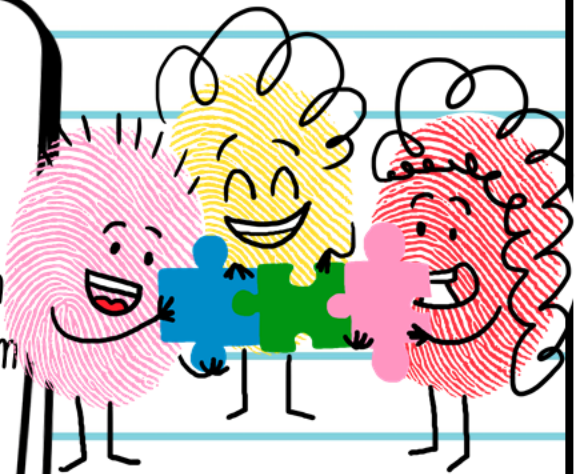
**Looks like:** Taking turns, sharing responsibilities, building together.



**Sounds like:** Listening to each other's ideas, celebrating team successes, offering help.



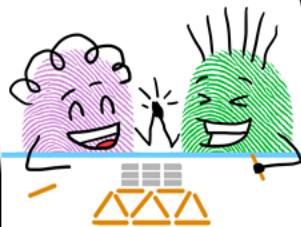
**Feels like:** Included, supported, encouraged, proud, helpful.



## COOPERATION

I can use cooperation when:

Cooperation looks/feels like this to me:





# Social Skills

## SOCIAL CUES

Why is it important?

- \*It helps us understand how to behave in different situations.
- \*Helps navigate conversations successfully.



**Looks like:** Facial expressions, eye contact, body posture, gestures, leaning in, nervous habits.



**Sounds like:** Tone of voice, pausing, silence, laughter, exclamations like "Wow!", or "Oh no!".



**Feels like:** Understood, when it mirrors your emotions, awkward if social cues are unclear.



## SOCIAL CUES

I can use social cues when:



Social cues look/feel like this to me:





# Social Skills

## CULTURAL SENSITIVITY

Why is it important?

- \*Fosters an inclusive environment.
- \*Promotes appreciation of diverse perspectives.
- \*Makes others feel accepted.



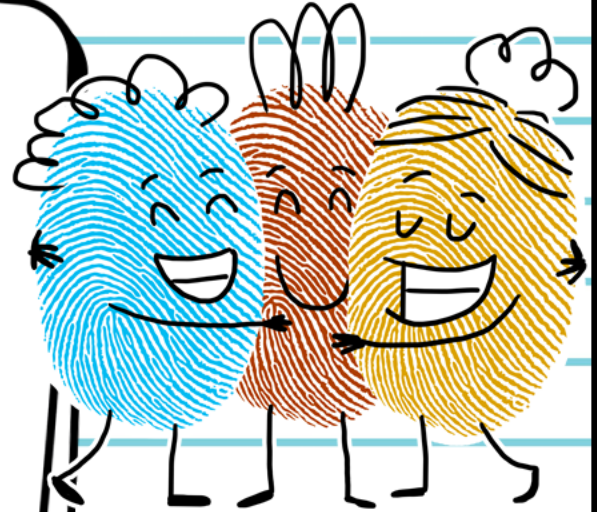
**Looks like:** Listen without making assumptions, adapting behaviors, avoid stereotyping.



**Sounds like:** Asking respectful questions, respectful body language.



**Feels like:** Welcomed, included, open-minded, safe, supported, respected and valued.



## CULTURAL SENSITIVITY

I can show cultural sensitivity when:

Cultural sensitivity looks/feels like this to me:





# Social Skills

## PATIENCE

Why is it important?

- \*Reduces stress and frustration.
- \*Strengthens self-control.
- \*Shows tolerance and understanding.



**Looks like:** Waiting calmly, taking deep breaths, staying focused.



**Sounds like:** Sitting quietly, waiting your turn to speak.



**Feels like:** Calm and in control, understanding, relaxed and peaceful, considerate, kind.



## PATIENCE

I can use patience when:

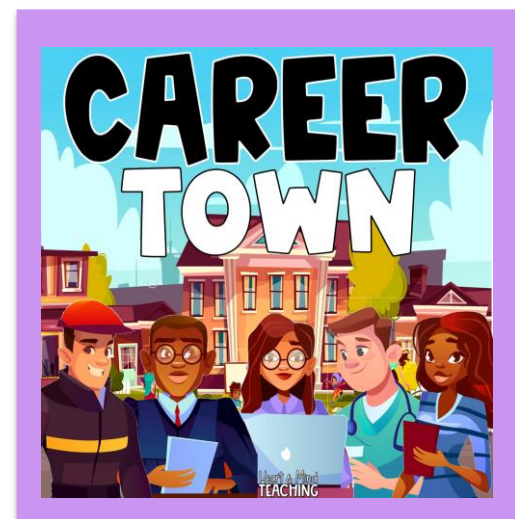
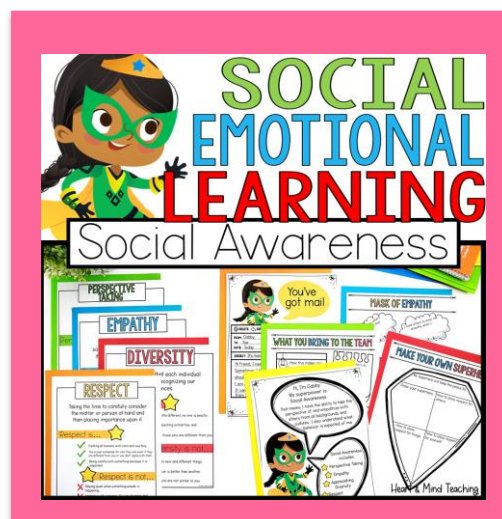
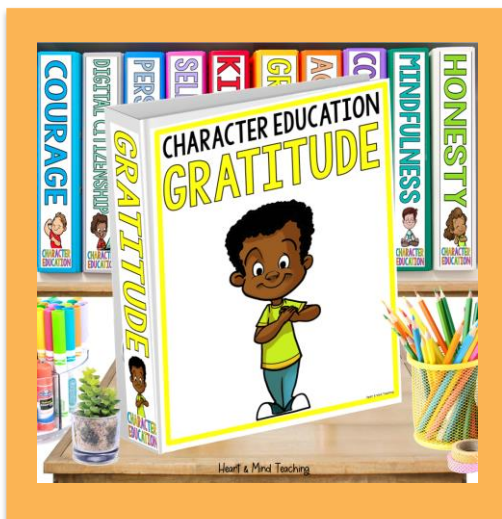
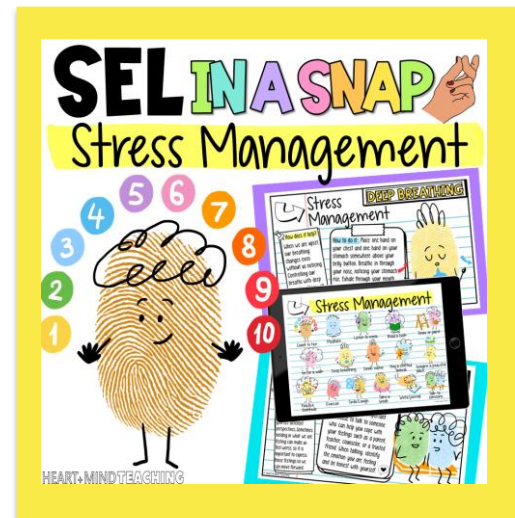
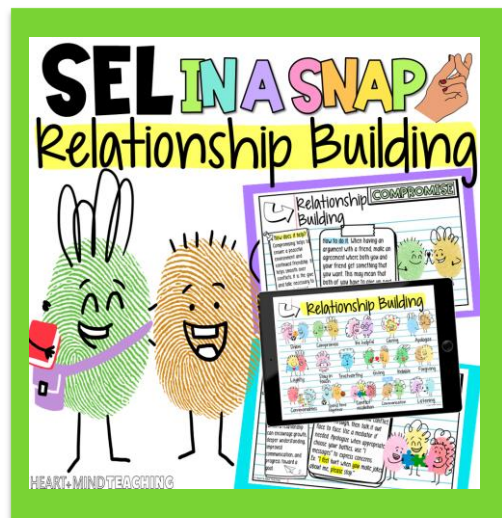
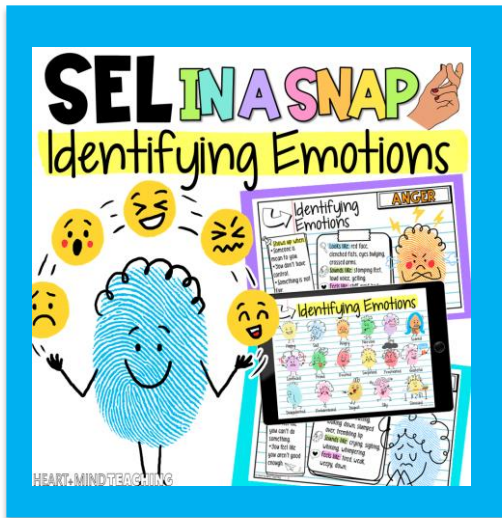


Patience looks/feels like this to me:



# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



**COUNSELOR**  
**Collab**  
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

**CLICK TO COLLAB**

## MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.



HEART+MIND  
TEACHING



# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

## LET'S BE FRIENDS

  
Ashley

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