

Basic Social Skills

Listening to others

- Maintain eye contact.
- Nod your head.
- Say “Okay” or “uh-huh.”
- Repeat what the other person said.

Making requests

- Look at the person
- Say exactly what you would like the person to do.
- Tell the person how it would make you feel.

Expressing positive feelings

- Look at the person.
- Tell them exactly what it was that pleased you.
- Tell the person how it made you feel.

Expressing negative feelings

- Look at the person. Speak calmly and firmly.
- Say exactly what the person did that upset you.
- Tell the person how it made you feel.

Refusing an unreasonable request

- Look at the person. Speak calmly and firmly.
- Tell the person that you are sorry but you are unable to do what they asked.