

## Social Skills Lessons and Activities

*Social Skills Lessons and Activities* is a collection of age-appropriate lessons to build self-esteem, self-control, and respect for the rights of others. Each volume has over 50 lesson plans with reproducible activity sheets. Each eight-step lesson plan provides well-balanced learning experiences. Lessons cover purpose, introduction, skill components, modeling the skill, behavioral rehearsal, practice, independent use, and continuation. Each unit includes an introduction to the curriculum and lesson format, brief guidelines for using the activities most effectively, reproducible cards for circle-time class discussions, and a family training booklet with suggestions for teaching social skills at home. Activity topics include discipline, thinking before acting, listening, following directions, improving self-image, accepting consequences, problem solving, self-control, completing assignments, dealing with anger, dealing with feelings, accepting change, staying on task, and dealing with peer pressure. The curriculum is great for social skills inclusion activities. The lessons and activities are divided into PreK-K, Grades 1-3, Grades 4-6, and Grades 7-12.

Begun, R. W. (1995). *Social skills lessons and activities*. West Nyack, NY: Center for Applied Research in Education.