

# Skillstreaming for Early Childhood

## *Group I: Beginning Social Skills*

1. Listening
2. Using Nice Talk
3. Using Brave Talk
4. Saying Thank You
5. Rewarding Yourself
6. Asking for Help
7. Asking a Favor
8. Ignoring

## *Group II: School-Related Skills*

9. Asking a Question
10. Following Directions
11. Trying When It's Hard
12. Interrupting

## *Group III: Friendship-Making Skills*

13. Greeting Others
14. Reading Others
15. Joining In
16. Waiting Your Turn
17. Sharing
18. Offering Help
19. Asking Someone to Play
20. Playing a Game

## *Group IV: Skills for Dealing with Feelings*

21. Knowing Your Feelings
22. Feeling Left Out
23. Asking to Talk
24. Dealing With Fear
25. Deciding How Someone Feels
26. Showing Affection

## *Group IV: Skill Alternatives to Aggression*

27. Dealing With Teasing
28. Dealing With Feeling Mad
29. Deciding If It's Fair
30. Solving a Problem
31. Accepting Consequences

## *Group V: Skills for Dealing with Stress*

32. Relaxing
33. Dealing With Mistakes
34. Being Honest
35. Knowing When to Tell
36. Dealing with Losing
37. Waiting to be First
38. Saying No
39. Accepting No
40. Deciding What to Do

McGinnis, E. & Goldstein, A. P. (2003). Skillstreaming the elementary child. rev. ed. Research Press.

# **Skillstreaming for Elementary Students**

## ***Group I: Classroom Survival Skills***

- 1. Listening**
- 2. Asking for Help**
- 3. Saying Thank You**
- 4. Bringing Materials to Class**
- 5. Following Instructions**
- 6. Completing Assignments**
- 7. Contributing to Discussions**
- 8. Offering Help to an Adult**
- 9. Asking a Question**
- 10. Ignoring Distractions**
- 11. Making Corrections**
- 12. Deciding on Something to Do**
- 13. Setting a Goal**

## ***Group II: Friendship-Making Skills***

- 14. Introducing Yourself**
- 15. Beginning a Conversation**
- 16. Ending a Conversation**
- 17. Joining In**
- 18. Playing a Game**
- 19. Asking a Favor**
- 20. Offering Help to a Classmate**
- 21. Giving a Compliment**
- 22. Accepting a Compliment**
- 23. Suggesting an Activity**
- 24. Sharing**
- 25. Apologizing**

## ***Group III: Skills for Dealing with Feelings***

- 26. Knowing Your Feelings**
- 27. Expressing Your Feelings**
- 28. Recognizing Another's Feelings**
- 29. Showing Understanding of Another's Feelings**
- 30. Expressing Concern for Another**
- 31. Dealing with Your Anger**
- 32. Dealing with Another's Anger**
- 33. Expressing Affection**
- 34. Dealing with Fear**
- 35. Rewarding Yourself**

## ***Group IV: Skill Alternatives to Aggression***

- 36. Using Self-Control**
- 37. Asking Permission**
- 38. Responding to Teasing**
- 39. Avoiding Trouble**
- 40. Staying Out of Fights**
- 41. Problem Solving**
- 42. Accepting Consequences**
- 43. Dealing with an Accusation**
- 44. Negotiating**

## ***Group V: Skills for Dealing with Stress***

- 45. Dealing with Boredom**
- 46. Deciding What Caused a Problem**
- 47. Making a Complaint**
- 48. Answering a Complaint**
- 49. Dealing with Losing**
- 50. Being a Good Sport**
- 51. Dealing with Being Left Out**
- 52. Dealing with Embarrassment**
- 53. Reacting to failure**
- 54. Accepting No**
- 55. Saying No**
- 56. Relaxing**
- 57. Dealing with Group Pressure**
- 58. Dealing with Wanting Something That Isn't Yours**
- 59. Making a Decision**
- 60. Being Honest**

McGinnis, E. & Goldstein, A. P. (1997). Skillstreaming the elementary child. rev. ed. Research Press.

# **Skillstreaming for Adolescents**

## ***Group I: Beginning Social Skills***

- 1. Listening**
- 2. Starting a Conversation**
- 3. Having a Conversation**
- 4. Asking a Question**
- 5. Saying Thank You**
- 6. Introducing Yourself**
- 7. Introducing Other People**
- 8. Giving a Compliment**

## ***Group II: Advanced Social Skills***

- 9. Asking for Help**
- 10. Joining In**
- 11. Giving Instructions**
- 12. Following Instructions**
- 13. Apologizing**
- 14. Convincing Others**

## ***Group III: Skills for Dealing with Feelings***

- 15. Knowing Your Feelings**
- 16. Expressing Your Feelings**
- 17. Understanding the Feelings of Others**
- 18. Dealing with Someone Else's Anger**
- 19. Expressing Affection**
- 20. Dealing with Fear**
- 21. Rewarding Yourself**

## ***Group IV: Skill Alternatives to Aggression***

- 22. Asking Permission**
- 23. Sharing Something**
- 24. Helping Others**
- 25. Negotiating**
- 26. Using Self-Control**
- 27. Standing Up for Your Rights**
- 28. Responding to Teasing**
- 29. Avoiding Trouble with Others**
- 30. Keeping Out of Fights**

## ***Group V: Skills for Dealing with Stress***

- 31. Making a Complaint**
- 32. Answering a Complaint**
- 33. Being a Good Sport**
- 34. Dealing with Embarrassment**
- 35. Dealing with Being Left Out**
- 36. Standing Up for a Friend**
- 37. Responding to Persuasion**
- 38. Responding to Failure**
- 39. Dealing with Contradictory Messages**
- 40. Dealing with an Accusation**
- 41. Getting Ready for a Difficult Conversation**
- 42. Dealing with Group Pressure**

## ***Group VI: Planning Skills***

- 43. Deciding on Something to Do**
- 44. Deciding What Caused a Problem**
- 45. Setting a Goal**
- 46. Deciding on Your Abilities**
- 47. Gathering Information**
- 48. Arranging Problems by Importance**
- 49. Making a Decision**
- 50. Concentrating on a Task**

Goldstein, A. P. & McGinnis, E. (1997)  
Skillstreaming the Adolescent. rev. ed.  
Research Press.