Self-Esteem Group

(Adapted from the Boys Town Social Skills)

Goals

1. To promote healthy relationships through social interaction.
2. Provide students a safe, discipline free environment to practice social skills.
3. Students will gain skills to make and keep friends.

Note: for younger kiddos, you may need to read text shown in the videos (especially if using the PBIS videos)

**Session 1**

Begin with a review of group norms (handout: what happens in group stays in group; be respectful; always try your best and participate.). Discuss the purpose of the group (building social skills). Build rapport through a get to know you activity. Animal card activity: students draw a note card with a picture of an animal on it (see bottom of lesson plan for animals to print and glue on notecards). Each person pretends to be the animal on his/her card. Discuss how it felt funny to be silly and was fun at the same time. Encourage kiddos to participate in everything the group does, even if it feels awkward. Tell students how the group will work: each week we will learn one new social skill and practice. Using the social skills poster, introduce this week’s social skill: Introducing Yourself. This skill has five steps:

1. Look at the person.
2. Use a pleasant voice.
3. Offer a greeting. Say “Hi, my name is…”
4. Shake the person’s hand.
5. When you leave, say, “It was nice to meet you.”

Watch the video “Social Skills- Greeting Others.” Stop after each example and discuss. <https://www.youtube.com/watch?v=_CJaMMUiN5A>

Watch the video “Social Skills: Greeting someone.” Stop after each example and discuss. <https://www.youtube.com/watch?v=g57ufLcYD8E>

Have students practice. Ask students to practice this skill as many times as they can before next week, so they can share how it goes!

**Session 2**

Review norms. Review social skill from last week, and have students tell about a time they used the skill. Introduce this week’s social skill: Talking with Others. This skill has four steps:

1. Look at the person.
2. Use a pleasant voice.
3. Ask questions.
4. Don’t interrupt.

Watch the video “Social Skills Video: Making Connected Comments”. Stop after each example and discuss. [https://www.youtube.com/watch?v=9GofBaXi2sE](https://www.youtube.com/watch?v=9GofBaXi2sE%20)

Have students practice. Talk about listening with your body, too. Ask students to practice this skill as many times as they can before next week, so they can share how it goes!

**Session 3**

Review norms. Review social skill from last week, and have students tell about a time they used the skill. Introduce this week’s social skill: Making an Apology. This skill has six steps:

1. Look at the person.
2. Use a serious, sincere voice.
3. Say “I’m sorry for…” or “I want to apologize for…”
4. Don’t make excuses.
5. Explain how you plan to do better in the future.
6. Say “Thanks for listening.”

Watch the video “PBIS Video of Making an Apology.” Stop after each rationale and discuss. <https://www.youtube.com/watch?v=FxZNaZYioOI>

Have students practice. Ask students to practice this skill as many times as they can before next week, so they can share how it goes!

**Session 4**

Review norms. Review social skill from last week, and have students tell about a time they used the skill. Introduce this week’s social skill: Accepting No for an Answer. This skill has four steps:

1. Look at the person.
2. Say, “okay”.
3. Stay calm.
4. If you disagree, ask later.

Watch the video “Social Skills Accepting No.” Stop after each example and discuss. <https://www.youtube.com/watch?v=CPp1y7hNXSM> or “Accepting No for an Answer” <https://www.youtube.com/watch?v=dhye6khuQP8>

Have students practice. Ask students to practice this skill as many times as they can before next week, so they can share how it goes! Remind students that next week is our last group meeting.

**Session 5**

Review norms. Review social skill from last week, and have students tell about a time they used the skill. Introduce this week’s social skill: Making a Request. This skill has five steps:

1. Look at the person.
2. Use a clear, pleasant voice.
3. Explain exactly what you are asking for. Say “please”.
4. If the answer is “Yes,” say, “Thank You.”
5. If not, remember to accept “no” for an answer.

Watch the video “PBIS Skill Asking Permission.” Stop after each example and discuss. <https://www.youtube.com/watch?v=aLPWZJdwDlo>

Have students practice. Ask students to practice this skill as many times as they can before next week, so they can share how it goes!

**Session 6**

Review norms. Review social skill from last week, and have students tell about a time they used the skill. Introduce this week’s social skill: Disagreeing Appropriately. This skill has six steps:

1. Look at the person.
2. Use a clear, pleasant voice.
3. Say, “I understand how you feel.”
4. Tell why you feel differently.
5. Give a reason.
6. Listen to the other person.

Watch the video “Disagreeing Appropriately” Stop after each example and discuss. <https://www.youtube.com/watch?v=cDqX6CLSNN4> or Social Skill-Disagreeing Appropriately (yes, it’s misspelled in the title) <https://www.youtube.com/watch?v=zVHxhmOcvYQ>

Have students practice. Ask students to practice this skill as many times as they can before next week, so they can share how it goes! This is the last group! Review what students learned and how they will keep using the skills.











