

10 Top Tips To Help, Improve Your Preteen's Social Skills



CARRIE UTTECHT
ELEVATE SOCIAL
SKILLS

TABLE OF CONTENTS

INTRODUCTION

1. ENCOURAGE OPEN COMMUNICATION

Activity

2. TEACH EMPATHY AND PERSPECTIVE TAKING

Activity

3. PRACTICE ACTIVE LISTENING

Activity

4. ROLE-PLAY SOCIAL SCENARIOS

Activity

5. PROMOTE GROUP ACTIVITIES

Activity

6. ADDRESS DIGITAL ETIQUETTE

Activity

7. MODEL POSITIVE SOCIAL SKILLS

Activity

8. PROVIDE CONSTRUCTIVE FEEDBACK

Activity

9. ENCOURAGE PROBLEM SOLVING SKILLS

Activity

10. FOSTER A SUPPORTIVE ENVIRONMENT

Activity

ABOUT THE AUTHOR

[LEARN MORE](#)

Introduction



WELCOME

Improving social skills in preteens involves guidance, practice, and a supportive environment. By nurturing empathy, active listening, and positive social interactions, preteens can develop the necessary skills to navigate social situations confidently and build meaningful relationships.

Activity

Make sure you watch for "activity" in this section. This will give you directions on the upcoming activity.

1. ENCOURAGE OPEN COMMUNICATION



Activity

Foster an environment where your preteen feels comfortable discussing their feelings and experiences. Encourage them to share their thoughts openly and listen attentively without judgment.

Have your preteen fill out the feelings Check-in jar in the following activity to better understand how they are feeling about the day.

activity

CHECK-IN

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



Angry

Happy

Sad

Nervous

Excited

Calm

2. TEACH EMPATHY AND PERSPECTIVE-TAKING



Help your preteen understand others' perspectives and feelings. Encourage them to consider how their actions and words might impact others. Engaging in discussions about empathy and kindness helps develop strong social connections. Empathy is the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experiences of others.

Activity

Read the situations on the following activity with your preteen. Let them choose a feeling for the situation and an act of kindness.

Activity

Empathy and Perspective Taking Practice

Look at the situations below. Then match each situation to the correct perspective and show of empathy. Write your answers in the answer boxes.

Situations

There is a new student in your class, and it is his first day.

A girl in your class fell at recess and got her pants wet.

You see a boy sitting by himself at recess.

Your friend studied really hard for the spelling test, but got a bad grade.

Your friend keeps trying, but can't figure out the right answer on homework.

How are they feeling?

How can you show kindness?

Perspective Taking - Pick a Feeling

- A. Disappointed
- B. Sad
- C. Embarrassed
- D. Nervous
- E. Mad
- F. Proud
- G. Frustrated
- H. Lonely

Showing Empathy - Pick an act of kindness

1. Ask him to play soccer with you.
2. Tell him that you are proud of him..
3. Help them get the right answer.
4. Help them study for the next test.
5. Try to help her dry her pants.
6. Talk to him to make him feel comfortable.

3. PRACTICE ACTIVE LISTENING



Guide your preteen to actively listen when communicating with others. Encourage them to maintain eye contact, nod, and ask relevant questions to show genuine interest in what others have to say.

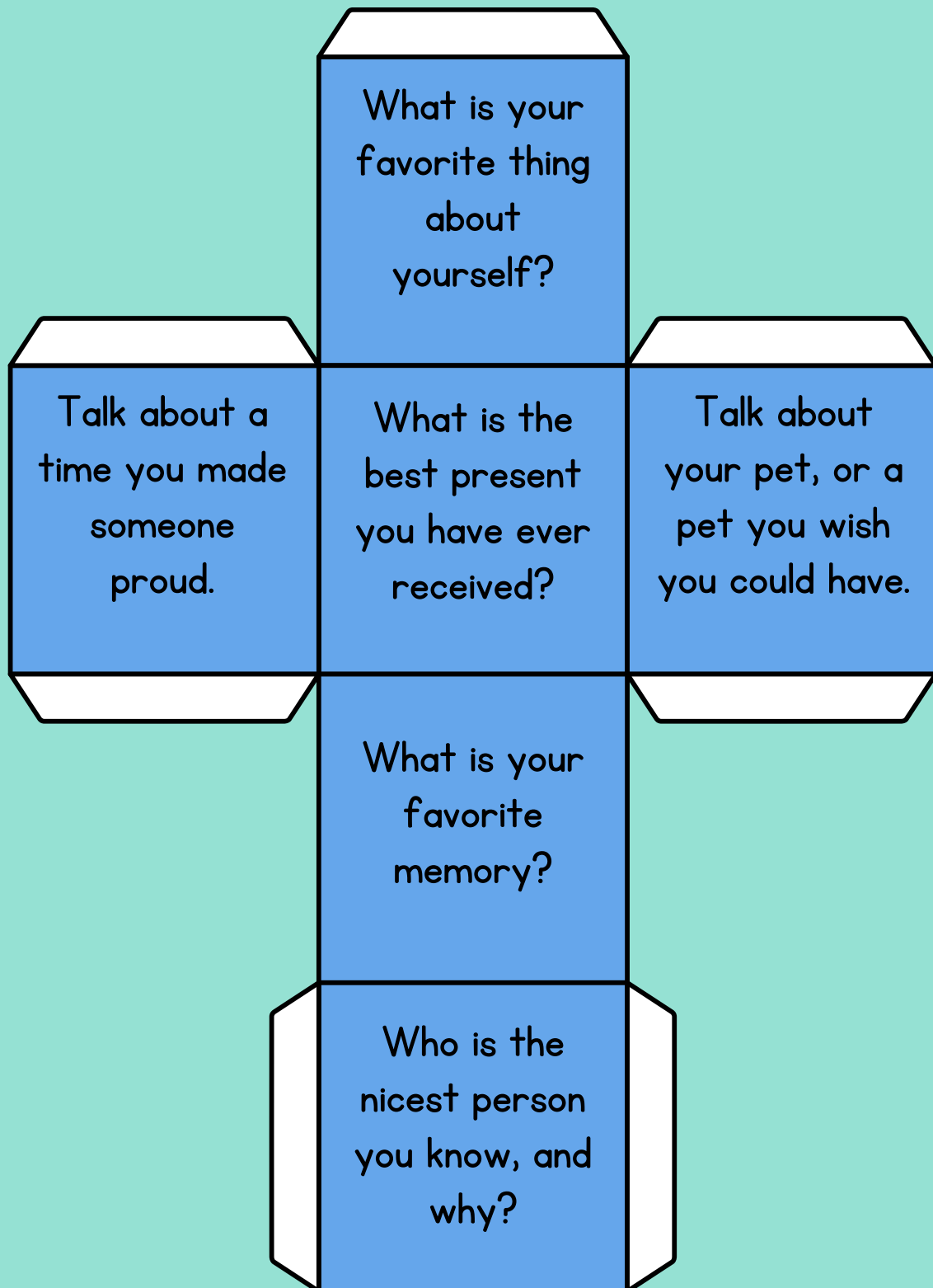
Activity

Print out the following activity. Cut and tape together to make a chit chat cube. Next, roll it to pick a conversation starter and then practice active listening.

activity

CHIT CHAT CUBE

Use this conversation starter to work on active listening. Print, cut out, fold, and tape to make a cube. Then roll to play.



4. ROLE-PLAY SOCIAL SCENARIOS



Role-playing various social situations can be incredibly beneficial. Practice scenarios like introducing themselves, joining a group, or handling conflicts. This helps build confidence in social interactions.

Activity

Create a social situation strategy plan with the next activity and then role play to practice.

Activity

SOCIAL ACTION PLAN AND ROLE PLAY

ACTION PLAN

Write down different strategies that you want to try when it comes to managing difficult emotions or situations. Make a list of your own ideas too on the next page! Then practice by role playing how you will respond with a family member.

1

What is your strategy going to be if you get rejected?

2

What is your strategy going to be if you get angry at a friend or family member?

3

What is your strategy going to be if you make a mistake at school?

SOCIAL SCENARIOS

YOUR TURN: WRITE DOWN SOME SOCIAL SITUATIONS YOU WOULD LIKE TO PRACTICE.

Situation

Situation

Situation

5. PROMOTE GROUP ACTIVITIES



Encourage participation in group activities or clubs related to their interests. Group settings provide opportunities to interact with peers, fostering teamwork, and social skills.

Activity

In the next activity, brainstorm a list of group activities or clubs you would like to try or join. Remember, just because you list them doesn't mean you have to do them.

6. ADDRESS DIGITAL ETIQUETTE



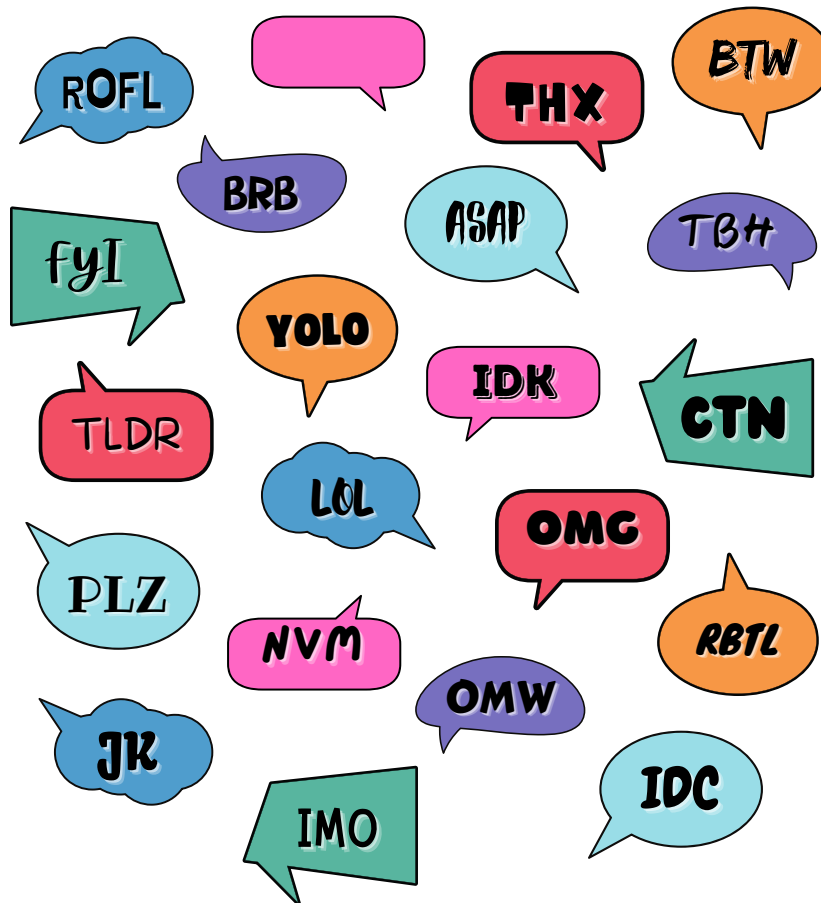
Teach your preteen about responsible online behavior, including how to communicate respectfully in digital spaces. Emphasize the importance of kindness and understanding in both offline and online interactions.

Activity

In the next activities, practice internet acronyms and discuss internet safety with your preteen..

Activity

INTERNET ACRONYMS



Write the internet acronyms next to their meanings below.

- | | |
|----------------------|-------------------------------------|
| _____ in my opinion | _____ be right back |
| _____ i don't care | _____ laugh out loud |
| _____ just kidding | _____ oh my god/gosh |
| _____ thanks | _____ you only live once |
| _____ please | _____ as soon as possible |
| _____ never mind | _____ to be honest |
| _____ on my way | _____ for your information |
| _____ by the way | _____ read between the lines |
| _____ i don't know | _____ too long; didn't read |
| _____ can't talk now | _____ rolling on the floor laughing |
| | _____ talk to you later |

Activity

INTERNET SAFTEY



My favorite thing about being online is:

I use the internet to:

Ways to stay safe online:

I should always:

I should never:

7. MODEL POSITIVE SOCIAL SKILLS



Be a role model by demonstrating good social behavior. Show empathy, active listening, and respectful communication in your interactions with others, providing a positive example for your preteen.

Activity

Print off a few copies of the following activity and have the whole family complete a self-reflection journal page and share with each other.

Activity

Date: _____

SELF REFLECTION JOURNAL

How am I feeling today?



Great



Good



Okay



Not Good

A POSITIVE THING ABOUT TODAY IS...

Handwritten-style lines for notes.

TODAY, I'M GRATEFUL FOR...

THIS COULD HAVE GONE BETTER....

GOAL FOR TOMORROW...

8. PROVIDE CONSTRUCTIVE FEEDBACK



Offer gentle guidance and constructive feedback when needed. Encourage your preteen to reflect on their interactions and discuss how they might improve in specific social situations.

Activity

In the next activity, sort the phrases into relevant mindsets, creating a list of attitudes representing both ends of the mindset spectrum.

Activity

GROWTH MINDSET

Sort the phrases into relevant mindsets, creating a list of attitudes representing both ends of the mindset spectrum.

FIXED MINDSET

GROWTH MINDSET



I don't need to practice.

I will keep trying.

I can't change how smart I was born.

I learn from others.

Mistakes are bad so I avoid them.

I can work hard to get better.

I'll never be good at this.

I can train my brain.

I want to learn.

Mistakes are learning opportunities.

I ignore useful feedback.

I avoid things that require effort.

9. ENCOURAGE PROBLEM SOLVING SKILLS



Help your preteen develop problem-solving skills for social conflicts. Teach them how to negotiate, compromise, and find solutions when faced with disagreements.

Activity

Practice problem solving by using the following activity to "unravel a reaction" to a social situation. It's a good way to process feelings and problem solve for next time.

Activity

UNRAVELLING MY REACTION

WHAT HAPPENED

HOW I FELT



WHAT I THOUGHT

MY REACTION



WAS MY REACTION APPROPRIATE?

10. FOSTER A SUPPORTIVE ENVIRONMENT



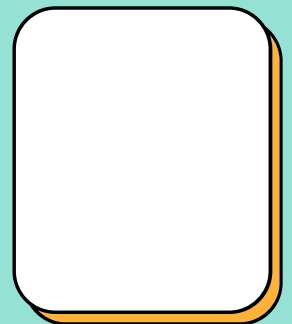
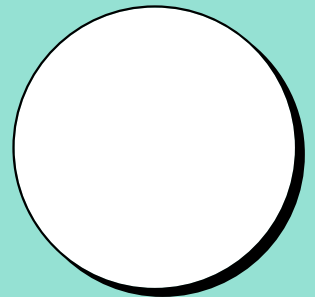
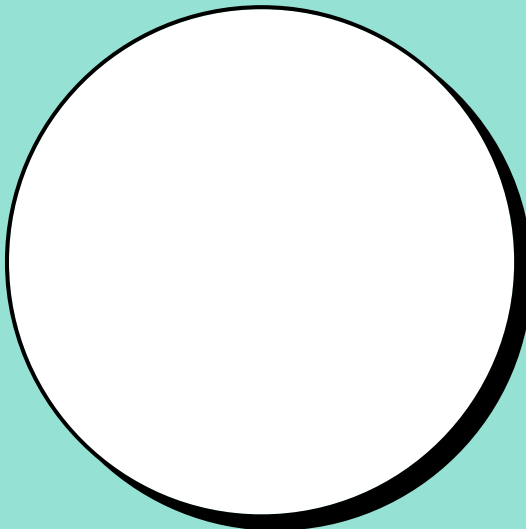
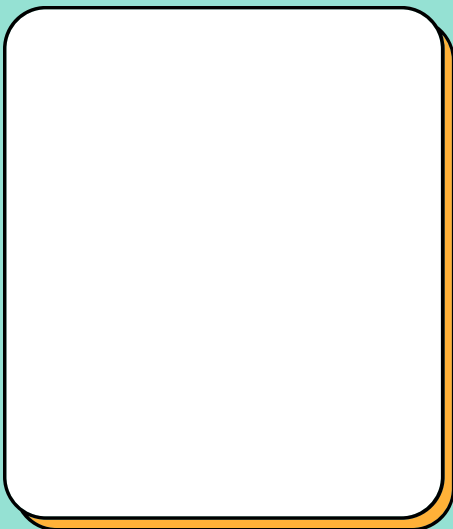
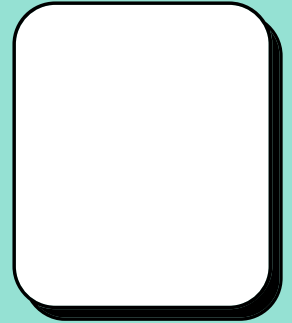
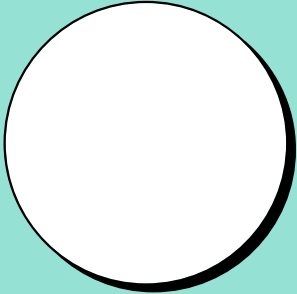
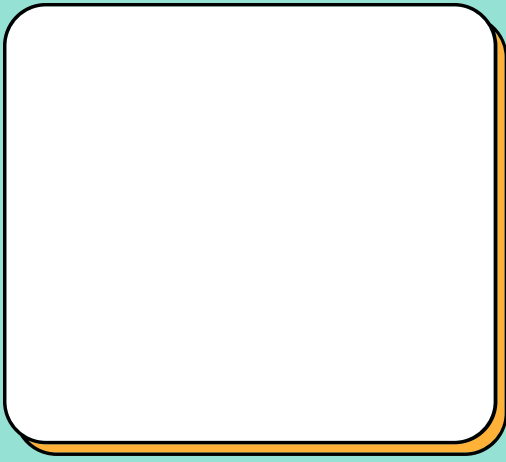
Create a supportive environment at home where your preteen feels comfortable expressing themselves and seeking guidance when facing social challenges.

Activity

On the next activity, work with your child to write down all the amazing qualities and attributes they have.

Make sure to write their name in the middle of the page.

Activity



About

THE AUTHOR

Elevate Social Skills offers community-based educational programs and classes designed to teach kids and teens social skills, emotional intelligence, and how to build and maintain friendships.

Carrie Uttecht is a PEERS® Social Skills Certified Provider, Special Education Teacher, and Parent.



WOULD YOU LIKE MORE
INFORMATION ON SOCIAL
SKILLS?

VISIT US ONLINE AT:
www.elevatesocialskills.com
elevatesocialskills@gmail.com



Copyright © Carrie Uttecht, Elevate Social Skills LLC, 2023

All rights reserved. No parts of this book may be copied, distributed, or published in any form without permission from the publisher. For permissions contact: elevatesocialskills@gmail.com

ISBN: 9798873949397

Published by Carrie Uttecht, Elevate Social Skills LLC, www.ElevateSocialSkills.com