ONE PAGE SUMMARY

Kids Learning › Communication Skills › Social Skills

What is Social Skills

Mastering Social Skills for Better Friendships!

DEFINITION

> Social skills are the abilities we use to communicate and interact with others. They help us make friends and build relationships.

KEY CONCEPTS

Active Listening

This means paying full attention when someone is speaking and responding thoughtfully.

Nonverbal Communication

Using body language, facial expressions, and gestures to convey messages without words.

Empathy

Understanding and sharing the feelings of others, which helps us connect better.

Conflict Resolution

Finding peaceful solutions to disagreements or arguments with others.

Assertiveness

Expressing your thoughts and feelings confidently while respecting others.

EXAMPLES

→ Listening carefully when a friend shares a story.

→ Using eye contact and smiles while talking.

→ Apologizing sincerely after a misunderstanding.

MEMORY TIPS

★ Remember 'LEAP' for Listen, Empathize, Assert, and Problem-solve.

★ Think of a 'smile' as a universal sign of friendliness.

★ Use the acronym 'CARE' for Communicate, Acknowledge, Respect, and Engage.

COMMON MISTAKES

✗ Interrupting others while they are speaking.

✗ Ignoring body language cues from friends.

✗ Not considering others' feelings during disagreements.

QUICK RECAP

Social skills are essential for effective communication and building friendships. Key aspects include active listening, empathy, and conflict resolution. Practice these skills to enhance your interactions with others.