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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 build relationships and express our feelings effectively.

KEY CONCEPTS

Active Listening

Paying full attention to someone when they speak, showing you care about their words.

Non-Verbal Communication

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

Empathy

Understanding and sharing the feelings of others, which helps build strong connections.

Conflict Resolution

Finding peaceful solutions to disagreements, ensuring everyone feels heard and respected.

Politeness

Using good manners and respectful language to make interactions pleasant and positive.

EXAMPLES

- Listening carefully when a friend shares a story.
- Using a smile and eye contact during a conversation.
- Apologizing when you accidentally hurt someone's feelings.

MEMORY TIPS

- ★ Remember 'LEAP' for Listening, Empathy, Active participation, Politeness.
- ★ Think of a smile as a 'social key' that opens friendly doors.
- ★ Use the acronym 'C.E.N.T.' for Conflict resolution: Calm, Express, Negotiate, Trust.

COMMON MISTAKES

- ✗ Interrupting others while they are speaking.
- ✗ Ignoring body language cues during conversations.
- ✗ Not considering how others might feel in a situation.

QUICK RECAP

Social skills are essential for effective communication and building friendships. Key aspects include active listening, empathy, and conflict resolution. Remember to practice these skills in daily interactions.