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# Beginner lessons for Social Skills

Build Strong Social Skills for Lifelong Friendships!

## DEFINITION

> Social skills are the abilities we use to interact and communicate with others. They help us form relationships and navigate social situations effectively.

## KEY CONCEPTS

### Active Listening

This means paying full attention when someone is speaking, showing interest through nodding or responding.

### Empathy

Empathy is understanding and sharing the feelings of others, which helps build strong connections.

### Nonverbal Communication

Body language, facial expressions, and eye contact are important cues that convey messages without words.

### Sharing and Turn-Taking

These skills involve allowing others to speak or play, which fosters cooperation and respect.

### Conflict Resolution

This is the ability to resolve disagreements peacefully and find solutions that work for everyone.

## EXAMPLES

→ Practicing eye contact during conversations.

→ Taking turns while playing a game.

→ Expressing how a friend might feel in a situation.

## MEMORY TIPS

★ Remember the acronym 'A.E.N.C.' for Active listening, Empathy, Nonverbal communication, and Conflict resolution.

★ Visualize a friendly circle to recall sharing and turn-taking.

★ Think of a 'listening ear' to remind you of active listening.

## COMMON MISTAKES

✗ Interrupting others while they are speaking.

✗ Not recognizing nonverbal cues.

✗ Avoiding eye contact during conversations.

## QUICK RECAP

Social skills are essential for effective communication and building relationships. Focus on active listening, empathy, and nonverbal cues to enhance your interactions. Remember to practice sharing and resolving conflicts peacefully.