Attainment's

EXPLORE Social Skills

2nd Edition

Judi Kinney

Explore Social Skills
2nd Edition

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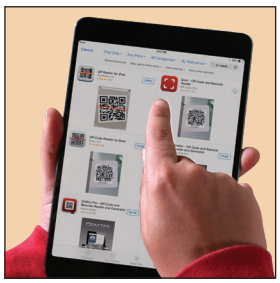
Teacher Note:

Mobile access to Explore Social Success video clips

To access segments from the Explore Social Success video, we've provided Quick Reference Codes (QR Codes) that link to unlisted YouTube channels. These QR Codes are found in this book on introductory chapter pages.

To access QR codes, download a free app on your device.

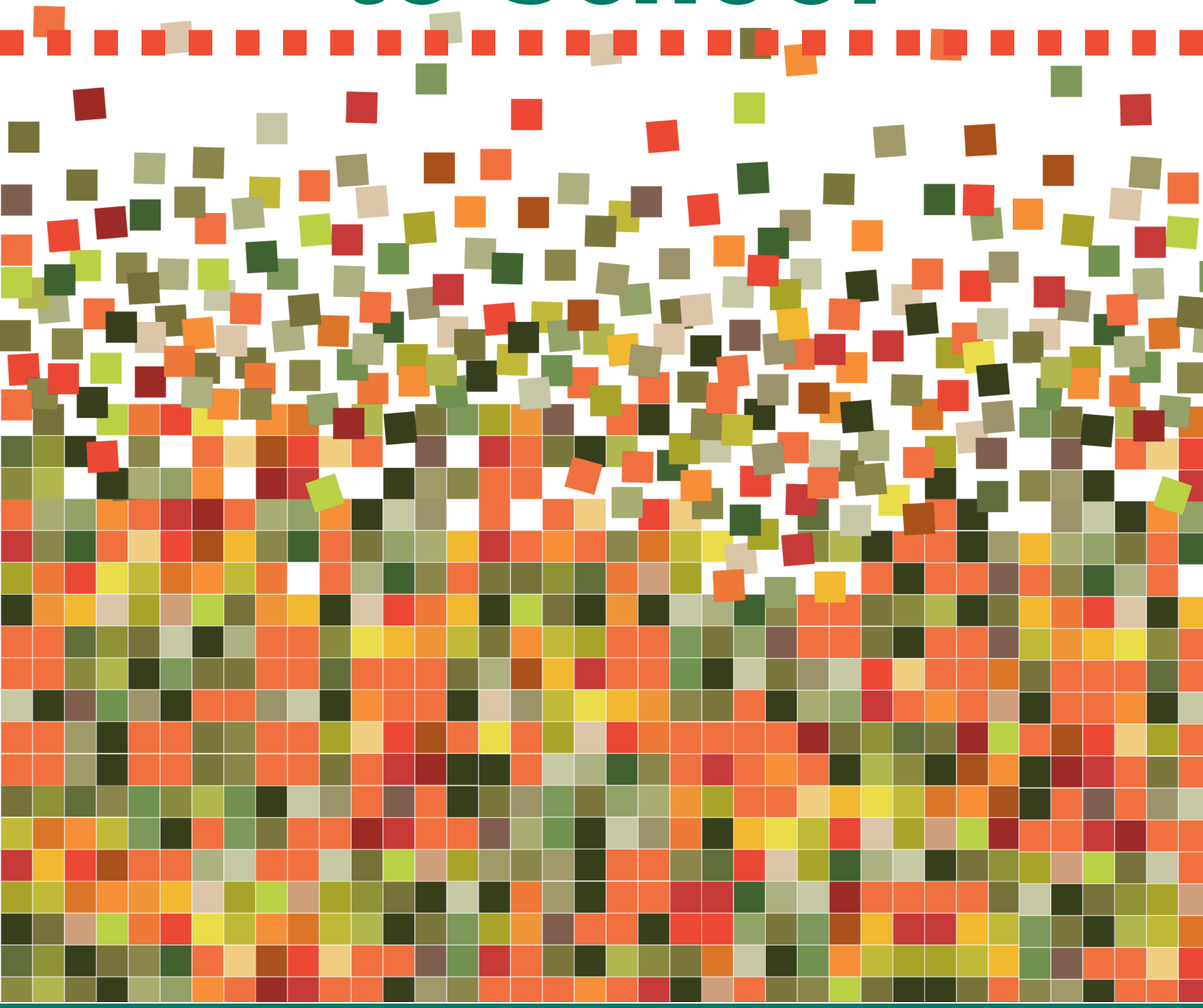


Use the built-in camera to scan the code.

It will take you to the video on YouTube.

To try it out, scan this QR Code to view the Riding the Bus video.

On the Way to School



Getting Ready for School

self-talk story

I have trouble getting ready for school. I'm sleepy and sometimes get up late. I can't always find my homework and my teachers are unhappy with me when I leave it at home. I need to follow a plan for getting organized and being ready for school.

steps

1. I get up when the alarm clock rings.
2. I wash, use deodorant, and brush my teeth and hair.
3. I get dressed and check myself in the mirror.
4. I eat breakfast.
5. I get all of my homework and put it in my backpack.
6. I say goodbye and leave on time.

1. I get up when the alarm clock rings.

2. I wash, use deodorant, and brush my teeth and hair.

3. I get dressed and check myself in the mirror.

4

I eat breakfast.

5

I get all of my homework and put it in my backpack.

6

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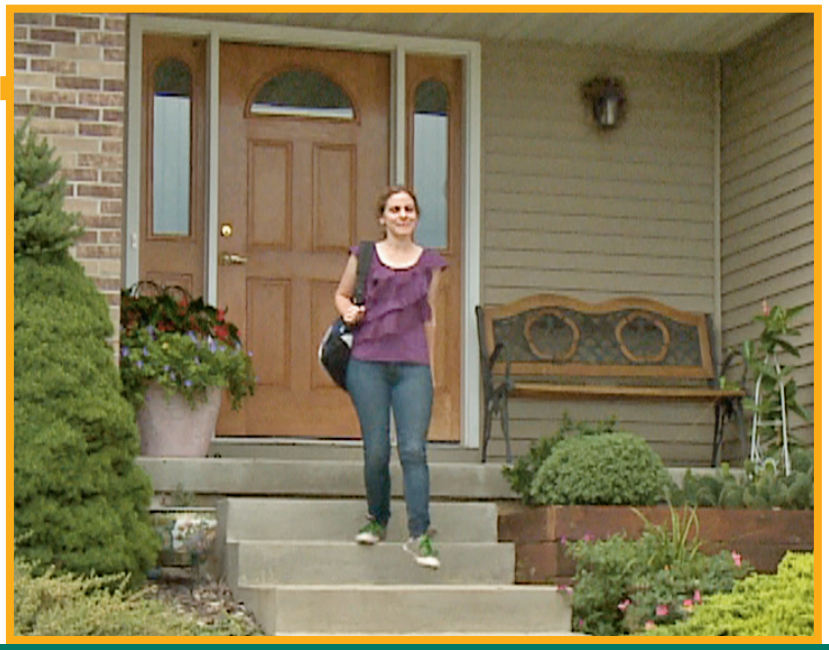


self-monitoring checklist

M	Tu	W	Th	F	Waiting for the Bus
☐	☐	☐	☐	☐	1. I get up when the alarm clock rings.
☐	☐	☐	☐	☐	2. I wash, use deodorant, and brush my teeth and hair.
☐	☐	☐	☐	☐	3. I get dressed and check myself in the mirror.
☐	☐	☐	☐	☐	4. I eat breakfast.
☐	☐	☐	☐	☐	5. I get all of my homework and put it in my backpack.
☐	☐	☐	☐	☐	6. I say goodbye and leave on time.

Problem 1. The alarm rings but you have trouble getting up and are often late. Tell one thing you can do.

Comment _____

_____

_____

Problem 2. Every morning you have trouble finding your backpack. Tell one thing you can do.

Comment _____

_____

_____

Walking to School

self-talk story

I walk to school every day. I remember to stay on the sidewalks, watch for people in front of me, and greet friends when I see them. I avoid sending text messages on my phone while walking so I can watch for people and cars. I cross the street at the crosswalks, look for cars, and stay in the crosswalks. I try to get to school as quickly as possible.

steps

1. I stay on the sidewalks.
2. I greet my friends.
3. I look for moving cars before crossing the street.
4. I use crosswalks and traffic lights.
5. I avoid sending text messages while crossing the street.
6. I get to school before the bell rings.

1. I stay on the sidewalks.

2. I greet my friends.

3. I look for moving cars before crossing the street.

4

I use crosswalks and traffic lights.

5

I avoid sending text messages while crossing the street.

6

I get to school before the bell rings.

self-monitoring checklist

M	Tu	W	Th	F	Walking to School
☐	☐	☐	☐	☐	1. I stay on the sidewalks.
☐	☐	☐	☐	☐	2. I greet my friends.
☐	☐	☐	☐	☐	3. I look for moving cars before crossing the street.
☐	☐	☐	☐	☐	4. I use crosswalks and traffic lights.
☐	☐	☐	☐	☐	5. I avoid sending text messages while crossing the street.
☐	☐	☐	☐	☐	6. I get to school before the bell rings.

Problem 1. You are walking with a friend to school. Your friend wants to cross a street when the Don't Walk signal is flashing. Tell one thing you can do.

Comment _____

_____

_____

Problem 2. You are about to cross the street and your friend sends you a text message. Tell one thing you can do.

Comment _____

_____

_____

Riding the Bus

self-talk story

I get on the bus with my backpack and ride to school following the bus rules. After I board the bus, I greet the driver and find an empty seat. I stay in my seat and talk quietly to my friends about okay things. I use ear buds if I listen to music. I get off the bus at school.

steps

1. I make sure I have my backpack.
2. I get on the bus and greet the driver with respect.
3. I sit down quietly and stay in my seat.
4. I talk quietly to my friends about okay things.
5. I can listen to music.
6. I get off when the bus stops at school.

1 I make sure I have my backpack.

2 I get on the bus and greet the driver with respect.

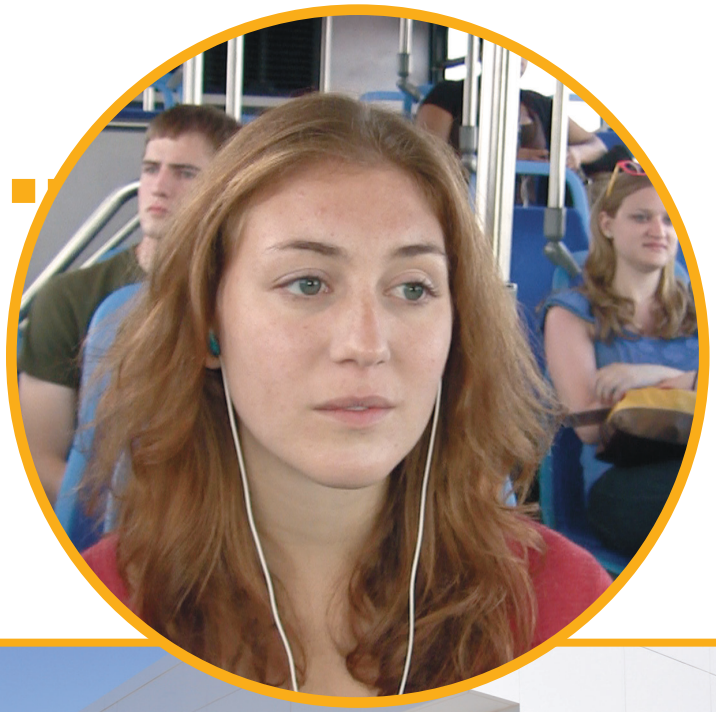
3 I sit down quietly and stay in my seat.

4

I talk quietly to my friends about okay things.

5

I can listen to music.



6

I get off when the bus stops at school.

self-monitoring checklist

M	Tu	W	Th	F	Riding the Bus
☐	☐	☐	☐	☐	1. I make sure I have my backpack.
☐	☐	☐	☐	☐	2. I get on the bus and greet the driver with respect.
☐	☐	☐	☐	☐	3. I sit down quietly and stay in my seat.
☐	☐	☐	☐	☐	4. I talk quietly to my friends about okay things.
☐	☐	☐	☐	☐	5. I can listen to music.
☐	☐	☐	☐	☐	6. I get off when the bus stops at school.

Problem 1. You want to sit at the back of the bus but students who sit there pick on people near them. Tell one thing you can do.

Comment _____

_____

Problem 2. The bus ride to school is long and you have trouble staying in your seat. Other students complain about you moving around. Tell one thing you can do.

Comment _____

_____

Riding in a Car

self-talk story

I like having a ride to school. I get into the car and buckle my seatbelt. I use this time to go over my day's schedule. I talk about okay things to the other people in the car. Sometimes sitting for a long time is hard for me. I can listen to music but I need to follow the rules and not distract the driver. I thank the driver for bringing me to school.

steps

1. I get my backpack.
2. I decide where to sit, in the front or the back seat.
3. I buckle my seat belt.
4. I talk about okay things.
5. I don't distract the driver.
6. I thank the driver when I get to school.

1 I get my backpack.

2 I decide where to sit, in the front or the back seat.

3 I buckle my seat belt.

4

I talk about okay things.

5

I don't distract the driver.

6

I thank the driver when I get to school.

self-monitoring checklist

M	Tu	W	Th	F	Riding in a Car
☐	☐	☐	☐	☐	1. I get my backpack.
☐	☐	☐	☐	☐	2. I decide where to sit, in the front or the back seat.
☐	☐	☐	☐	☐	3. I buckle my seat belt.
☐	☐	☐	☐	☐	4. I talk about okay things.
☐	☐	☐	☐	☐	5. I don't distract the driver.
☐	☐	☐	☐	☐	6. I thank the driver when I get to school.

Problem 1. You and your brother like to sit in the front seat and argue over it. Tell one thing you can do.

Comment _____

_____

_____

Problem 2. The person driving you to school doesn't like your music. Tell one thing you can do.

Comment _____

_____

_____