

# Planning a Social Coaching Mission Step

**Step 1: Identify a skill (or skills) you want to work on:**

## **Body Language**

- Making eye contact
- Using appropriate facial expressions

## **Conversation Skills**

- Starting conversations
- Holding conversations
- Topics of conversation

## **Friendship Skills**

- Offering help or items
- Invitations
- Asking to join in
- Giving compliments
- Expressing empathy

## **Assertiveness Skills**

- Asking for help
- Standing up for yourself
- Saying no
- Dealing with teasing or bullying

**Something else:** \_\_\_\_\_

**Step 2: Pick a time and place to practice this skill:** \_\_\_\_\_

**Step 3: Pick a reward for practicing the skill:** \_\_\_\_\_

**Step 4: Role-play with your child at the location**

**Step 5: Practice with a peer**

**Step 6: Continue social coaching as appropriate**

**Step 7: Provide the reward**

**Step 8: Reflect on the interaction (What went well? What didn't? Did anything unexpected happen?):**