

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 parent at the location

Step 5: Practice with a peer

Step 6: Continue social coaching as appropriate

Step 7: Get your reward!

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