

WELL-BEING NEWSLETTER

SOCIAL SKILLS

GOOD SOCIAL SKILLS ALLOW CHILDREN TO ENJOY BETTER PEER RELATIONSHIPS. THE BENEFITS OF ROBUST SOCIAL SKILLS REACH FAR BEYOND SOCIAL ACCEPTANCE. CHILDREN WITH BETTER SOCIAL SKILLS ARE LIKELY TO REAP IMMEDIATE BENEFITS. FOR EXAMPLE, ONE STUDY FOUND THAT GOOD SOCIAL SKILLS MAY REDUCE STRESS IN CHILDREN WHO ARE IN PRESCHOOL SETTINGS AND TRYING NEW ACTIVITIES.

SOCIAL SKILLS ARE A SET OF SKILLS THAT NEED ONGOING REFINEMENT AS YOUR CHILDREN GET OLDER. THEY AREN'T SOMETHING YOUR CHILD EITHER HAS OR DOESN'T HAVE. THESE ARE SKILLS THAT CAN BE LEARNED AND STRENGTHENED WITH EFFORT AND PRACTICE.

PLAYING GAMES AND BOARD GAMES ARE AN EXCELLENT WAY TO LEARN SOCIAL SKILLS SUCH AS:

LISTENING
 FOLLOWING DIRECTIONS
 IGNORING DISTRACTIONS
 USING MANNERS SHOWING
 EMPATHY
 WAITING YOUR TURN
 DEALING WITH LOSING - RESILIENCE

GAMES TO PLAY AT

HOME
 DOBBLE
 UNO
 SNAP
 EYE SPY
 SCRABBLE
 CHESS
 JENGA
 GUESS WHO



BENEFITS

SOCIAL SKILLS GIVE CHILDREN A WIDE RANGE OF BENEFITS. THEY ARE LINKED TO GREATER SUCCESS IN SCHOOL AND BETTER RELATIONSHIPS WITH PEERS.

- BETTER EDUCATIONAL AND CAREER OUTCOMES
- BETTER SUCCESS IN LIFE
- STRONGER FRIENDSHIPS