

Skillstreaming
.....
in Early Childhood

Student Workbook



Ellen McGinnis

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RESEARCH PRESS
PUBLISHERS

2612 North Mattis Avenue • Champaign, Illinois 61822 • [800] 519-2707 • www.researchpress.com



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5 4 3 2 1 13 14 15 16 17

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For ordering information, contact Research Press at the address given on the title page.

Composition by Precision Graphics, Inc.

Cover design by Linda Brown, Positive I.D. Graphic Design, Inc.

Printed by Malloy, Inc.

ISBN 978-0-87822-676-4 (Set: Group Leader's Guide and 10 Student Workbooks)

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Introduction for Parents

This workbook is about learning “people skills” through Skillstreaming. Skillstreaming is a proven group approach designed to help your child learn social skills that will help him or her get along better with others, have more success in school, handle stress better, and deal more effectively with feelings such as anger, sadness, loneliness, frustration—even happiness.

In Skillstreaming group, your child will learn skills in these six areas:

- Beginning Social Skills, such as Listening, Using Nice Talk, and Asking for Help
- School-Related Skills, such as Asking a Question and Trying When It’s Hard
- Friendship-Making Skills, including Joining In, Waiting Your Turn, and Playing a Game
- Dealing with Feelings, such as Asking to Talk and Deciding How Someone Feels
- Alternatives to Aggression, including Dealing with Teasing, Solving a Problem, and Accepting Consequences
- Dealing with Stress, such as Dealing with Mistakes and Dealing with Losing

Your child’s Skillstreaming teacher will help your child learn these people skills through modeling (having the group observe the skill steps as the teacher does them), role-playing (having your child try out the skill steps in a practice situation), receiving feedback (listening to others talk about how well your child enacted the skills), and generalization (trying out the skill in a real-life situation).

Please look through this workbook, discuss with your child the people skills he or she is learning, and support your child by encouraging skill use at home. To find out more about Skillstreaming, you can visit the Skillstreaming web page (www.skillstreaming.com) or investigate the program book for your child’s age group, available from Research Press. You can also contact your child’s Skillstreaming group leader if you have any questions or would like to learn more about your child’s participation in Skillstreaming.

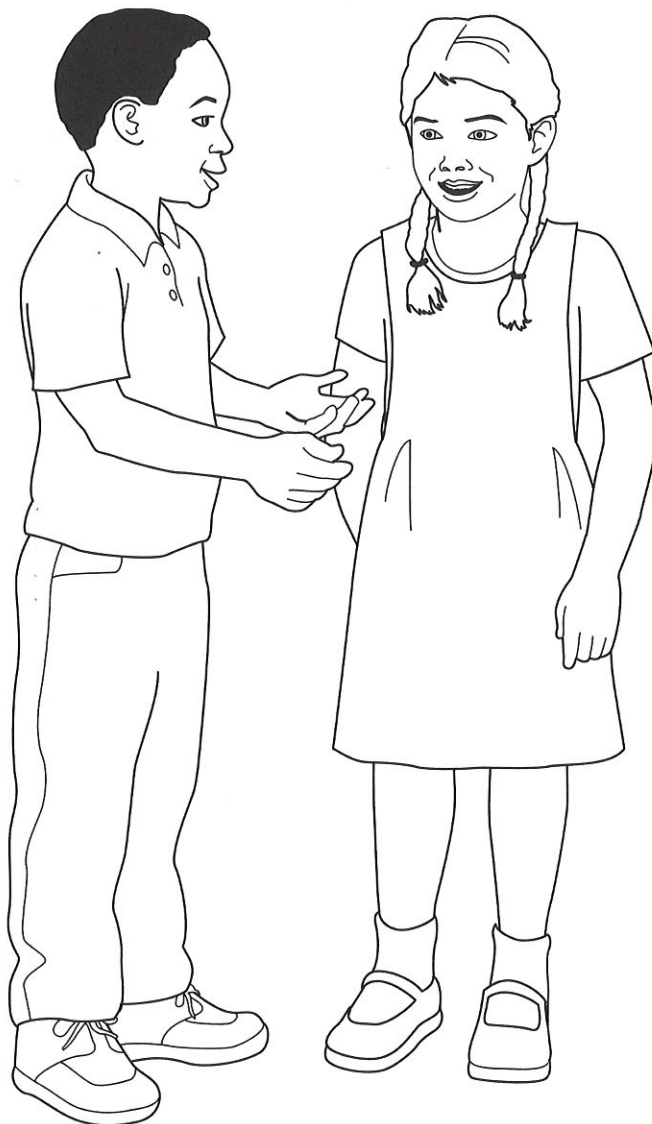
Skillstreaming in Early Childhood: A Guide for Teaching Prosocial Skills (3rd ed.), by Ellen McGinnis, 2012. Available from Research Press, 2612 N. Mattis Ave., Champaign, IL 61822 (800-519-2707, www.researchpress.com).

Understanding Skillstreaming



Welcome to Skillstreaming

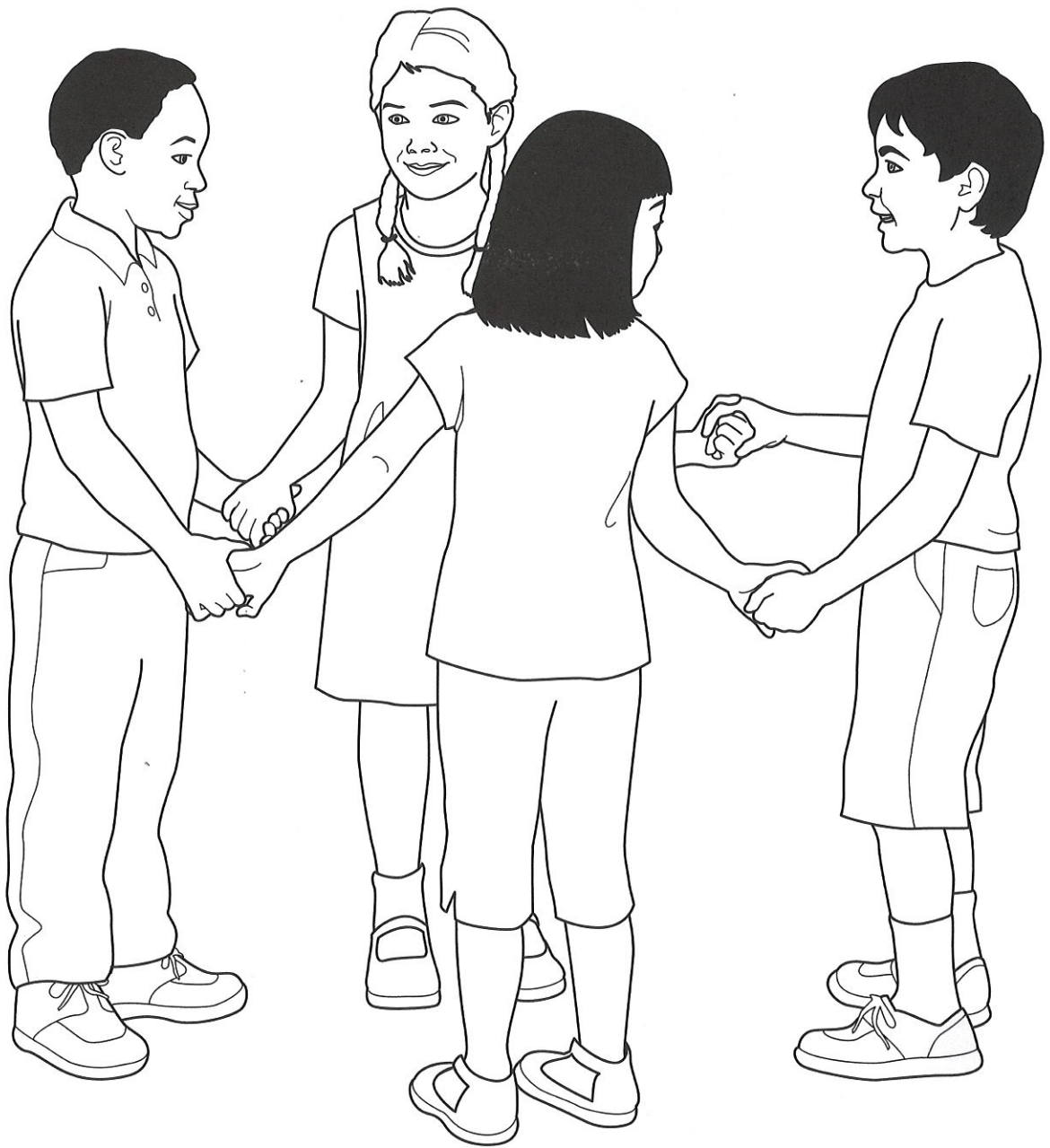
Skillstreaming helps you learn people skills.



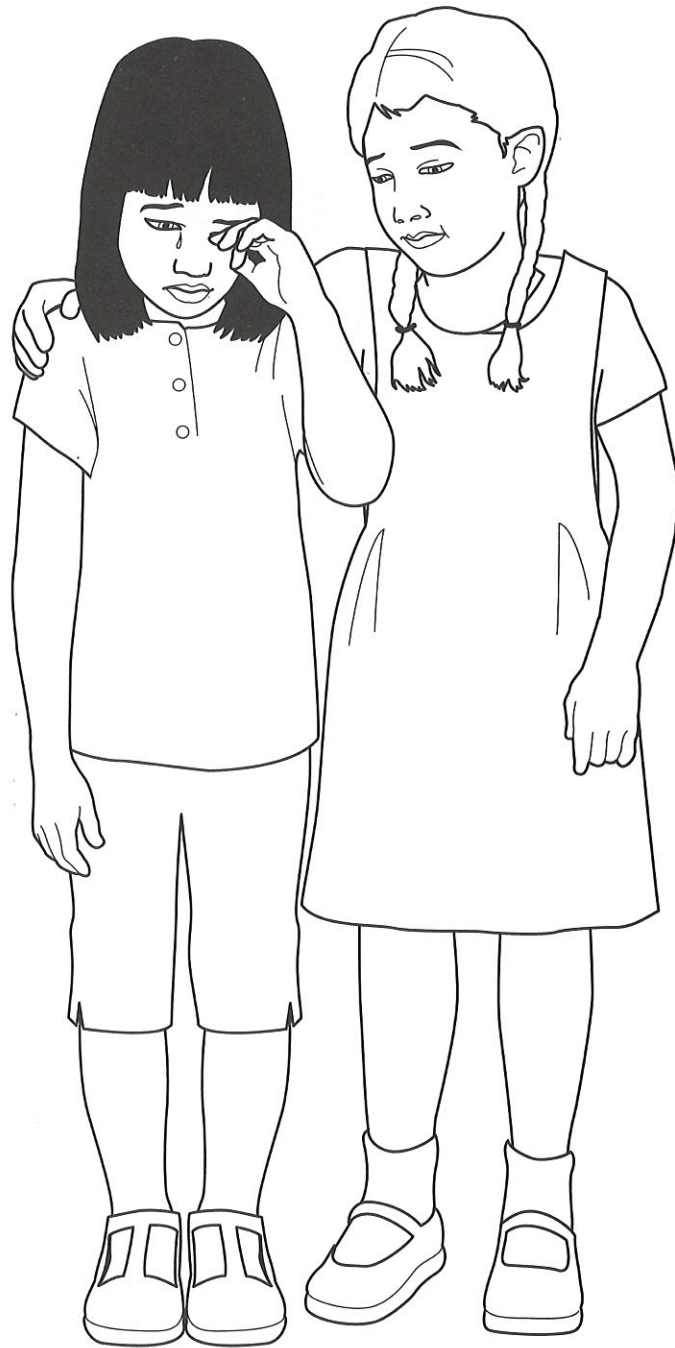
Beginning Social Skills



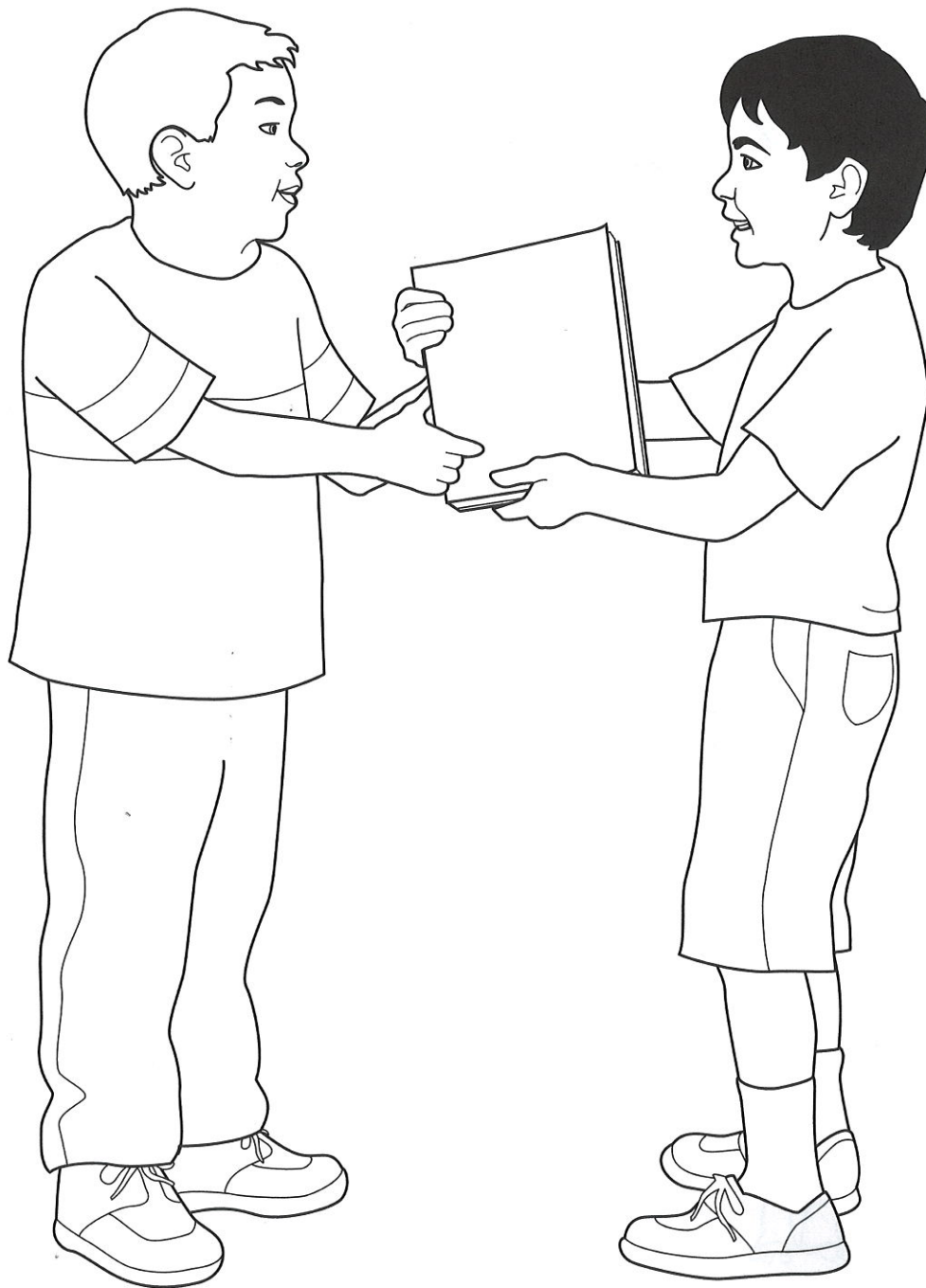
School-Related Skills



Friendship-Making Skills



Dealing with Feelings



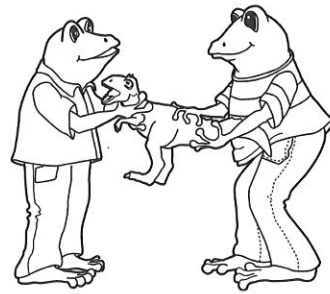
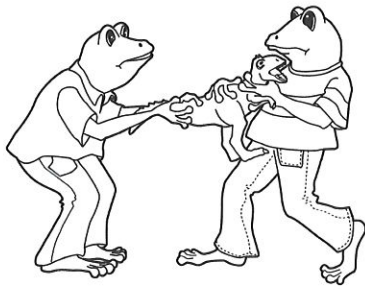
Getting Along



Dealing with Stress

LeRoy Can Choose

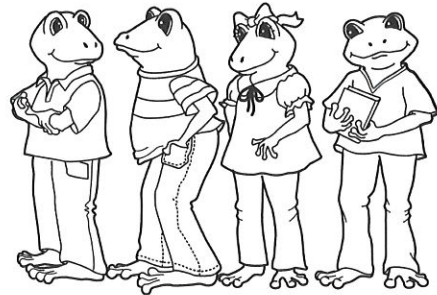
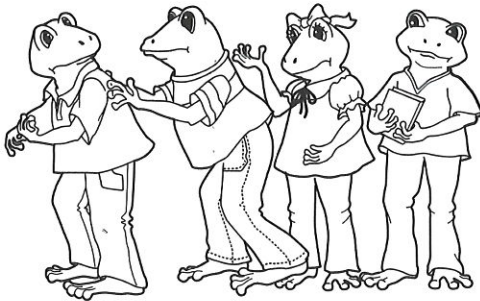
1.



2.



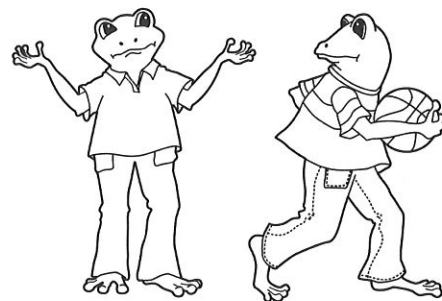
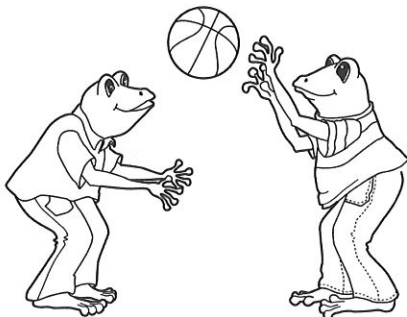
3.



4.



5.



A People Problem

Draw a picture of a time you had a people problem.


Draw or tell what you did.


Did you like what happened next?



Steps in Skillstreaming

1. Watch. 

2. Try it. 

3. Listen. 

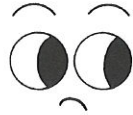
4. Practice. 

Draw a picture of something you learned to do this way.

A People Skill: Listening

Listening

1. Look.



2. Stay still.



3. Think.



Your teacher will show you the skill. What should you do?

Watch



Listen



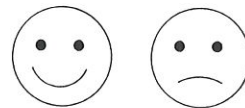
Helpful Feedback

Which ones are helpful feedback?

1.



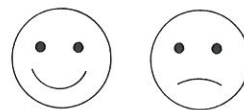
2.



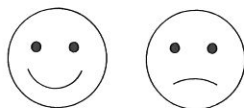
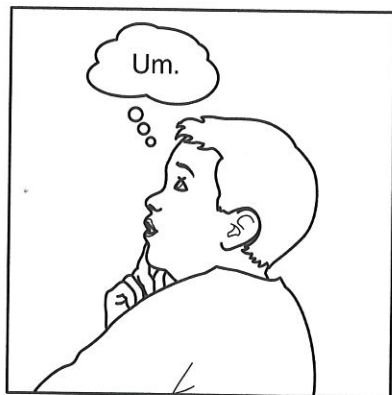
3.



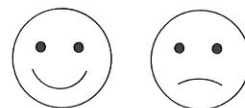
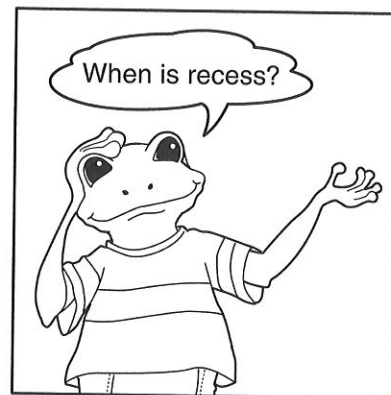
4.



5.



6.



Times When It's Hard

Draw a picture of a time when listening is hard for you.

You Try It!

You could be a Main Actor, Helper, or Watcher.



Main Actor

Helper



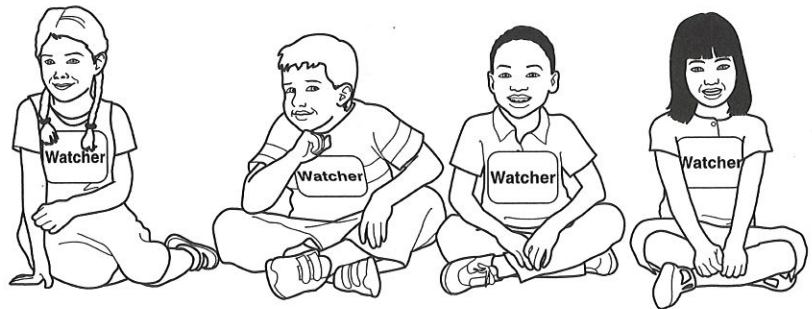
Watchers

Talk About It

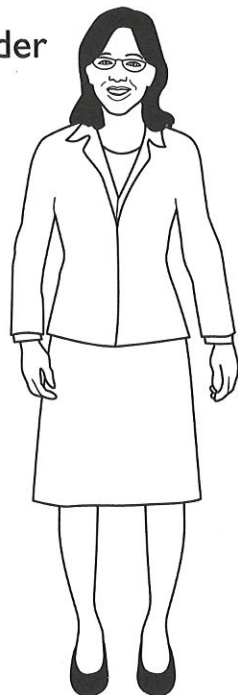
First: Helper



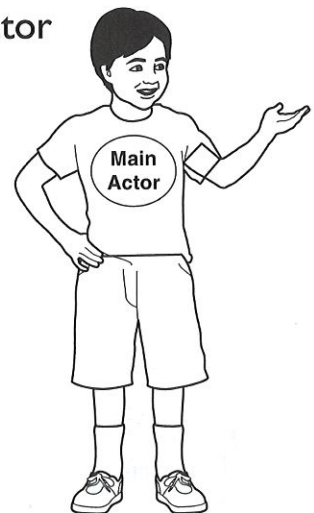
Second: Watchers



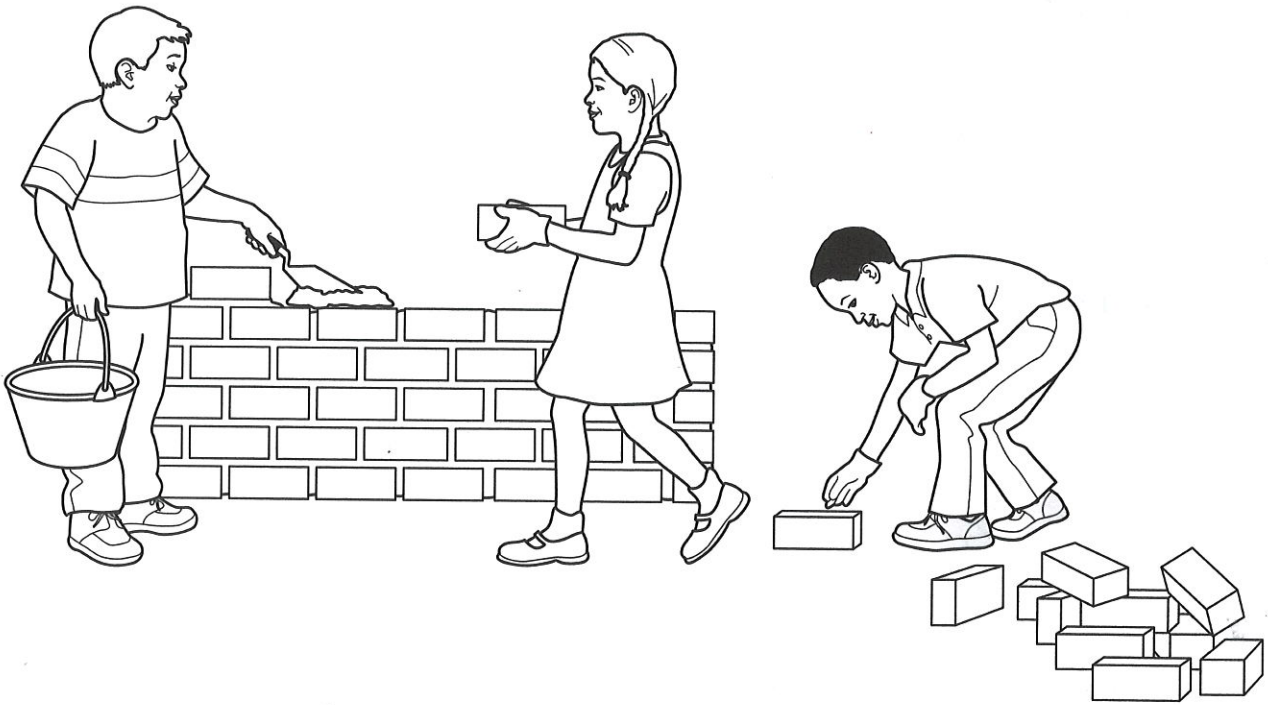
Third: Group Leader



Last: Main Actor





Are You Done Yet?




What's next?

1. Watch. 

2. Try it. 

3. Listen. 

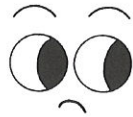
4. Practice. 

You still need to practice.

Homework Report: Listening

SKILL STEPS

1. Look.



2. Stay still.



3. Think.



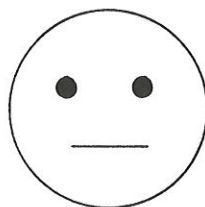
Who?

When?

How I did



great



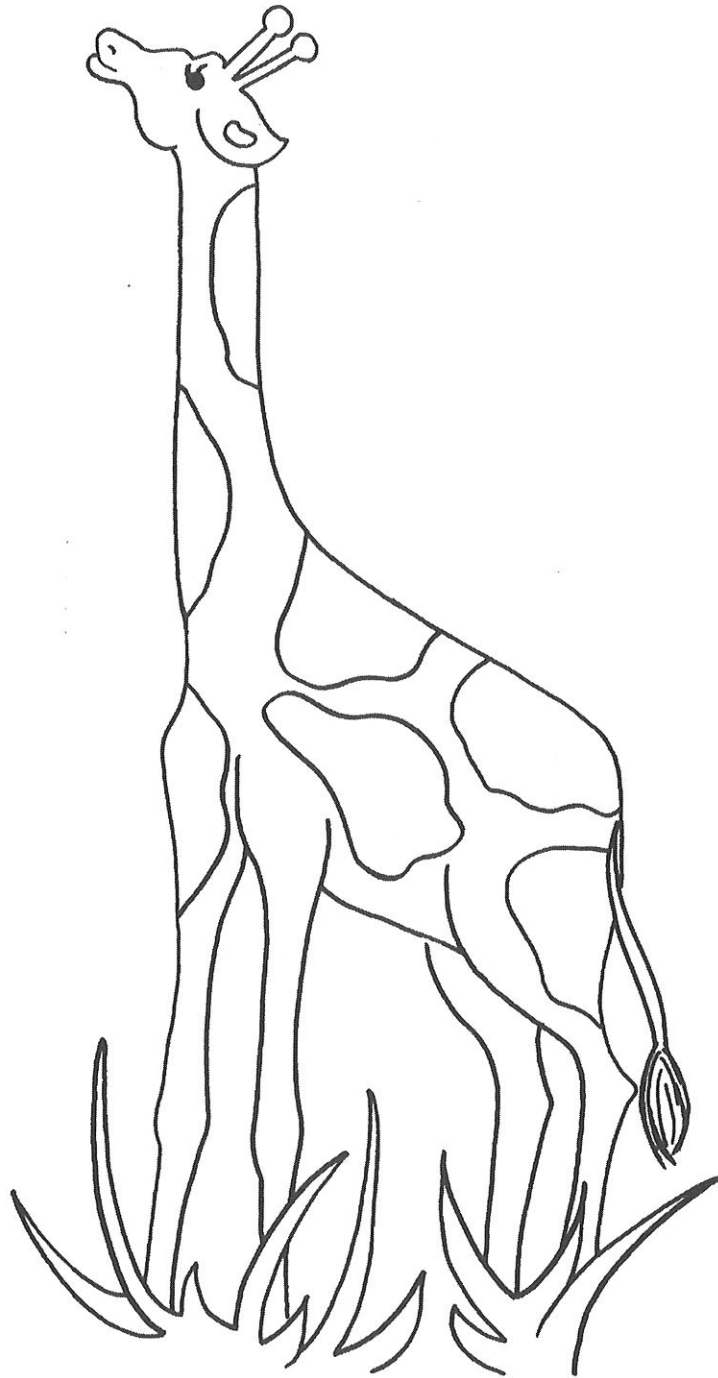
okay



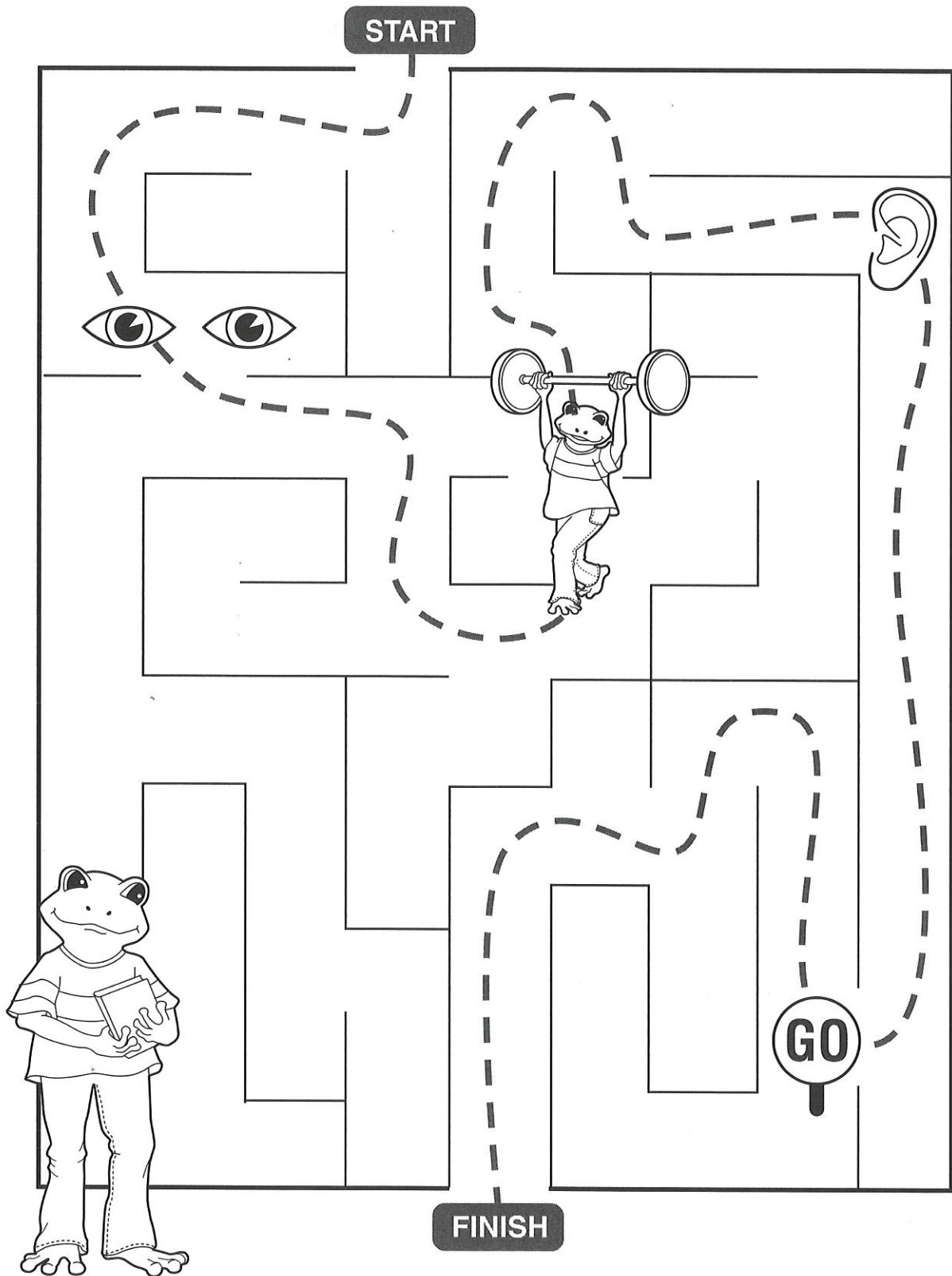
try again

You Can Keep Track

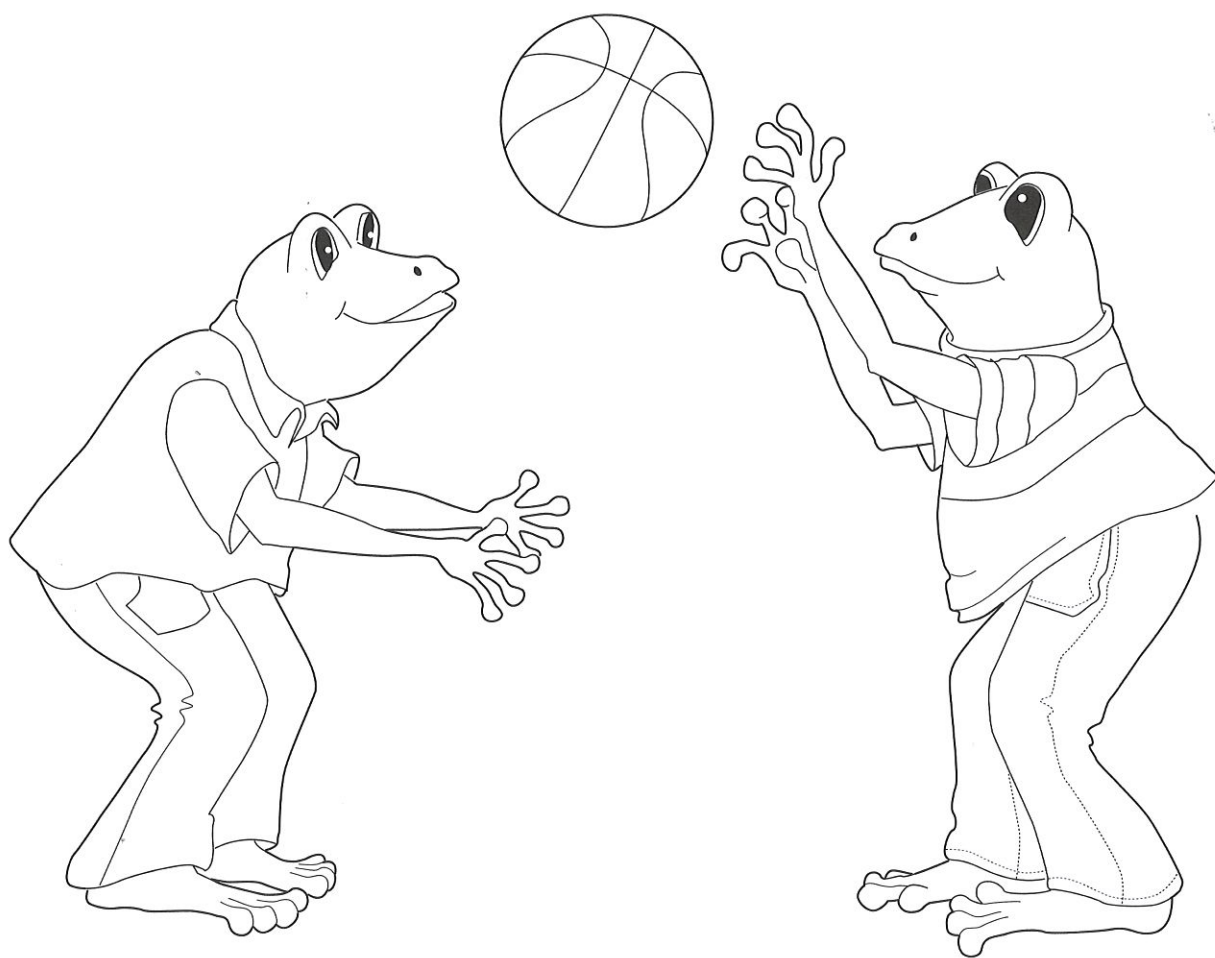
Color a spot on the giraffe every time you practice the skill of Listening.



Help LeRoy Learn a Skill

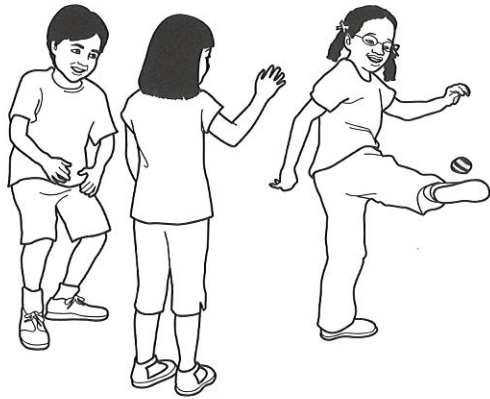


More Practice and Good Ideas



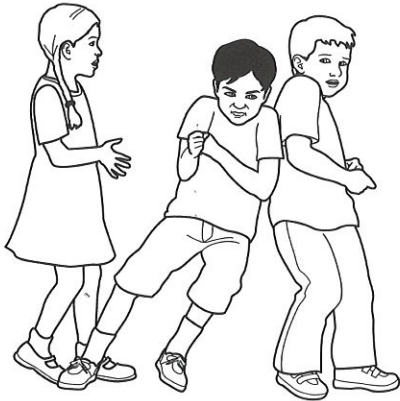
What Happens Next?

1.



What happens next?

2.



What happens next?

3.



What happens next?

4.



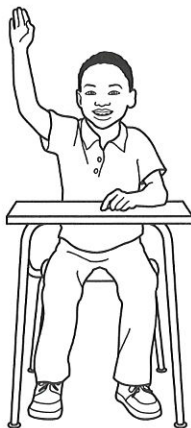
What happens next?

5.



What happens next?

6.



What happens next?

Thinking Aloud

1.



2.



3.

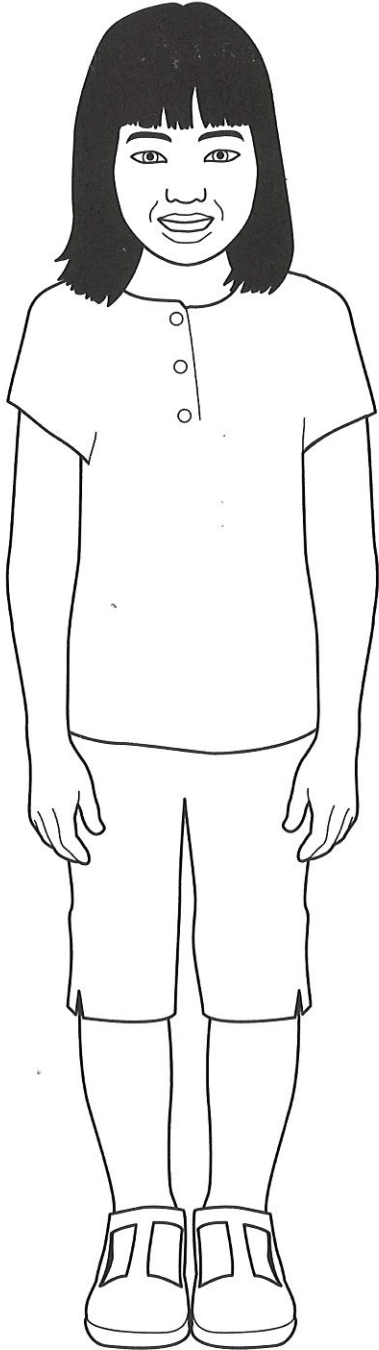


4.



Body Talk

Which one is listening? How can you tell?



Feelings Words and Faces

Match the face with the feelings word.

1. Happy



2. Surprised



3. Sad



4. Frustrated



5. Afraid



6. Excited



7. Anxious

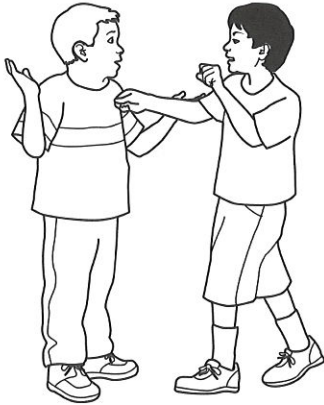


8. Angry



How Would You Feel?

1.



2.



3.



4.



5.



Who and When?

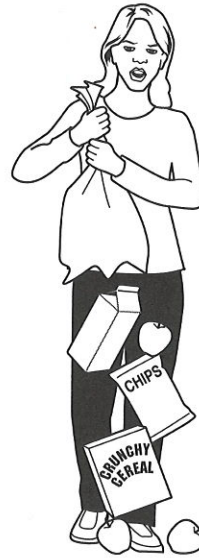
Is it a good time to use a skill? Is it the right person?

1. Asking a Favor

Mom is having a problem.

Is it a good time?

Is it the right person?



2. Asking Someone to Play

A friend is doing homework.

Is it a good time?

Is it the right person?



3. Joining In

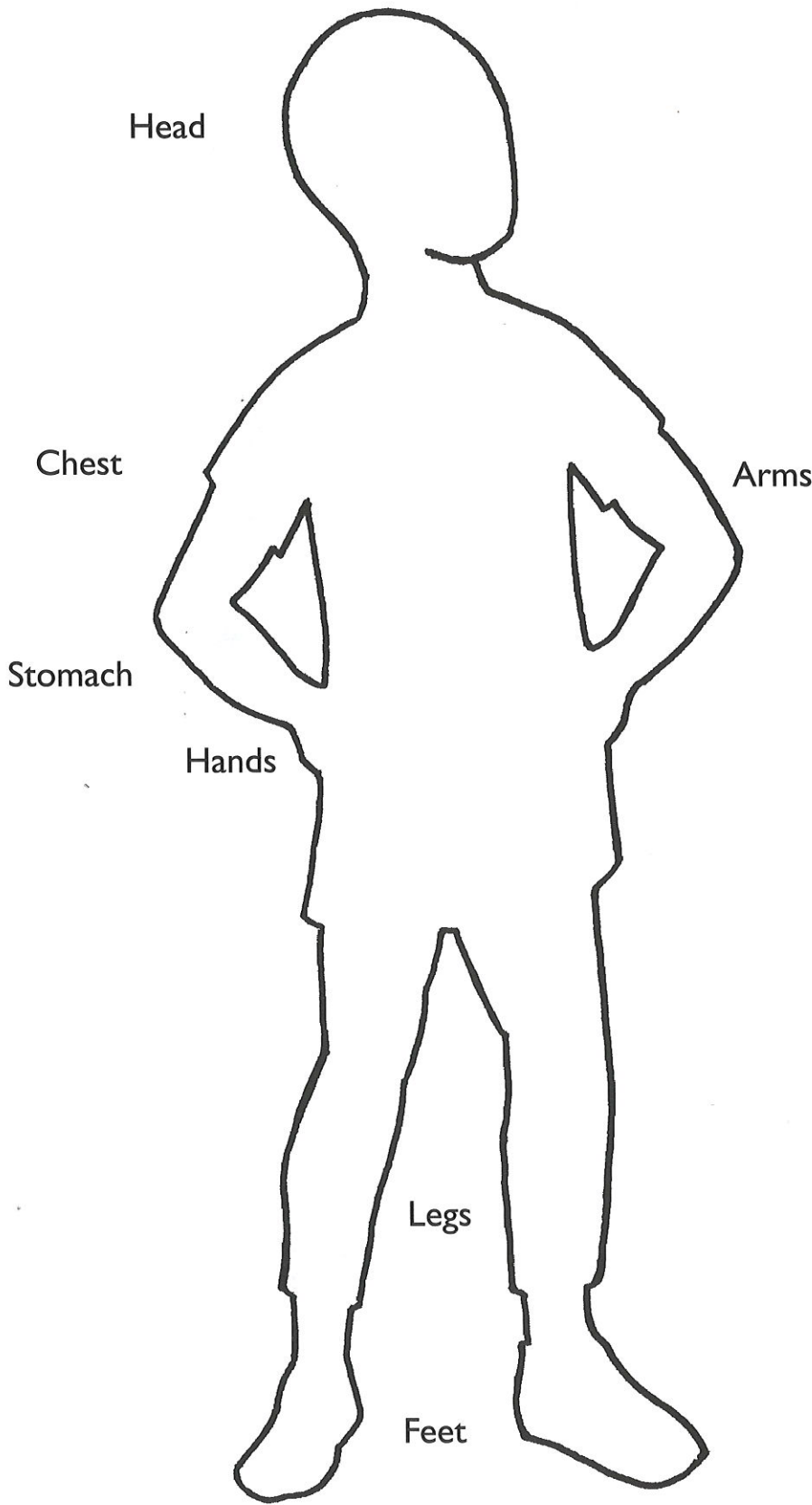
Older students are in the middle of a game.

Is it a good time?

Is it the right person?

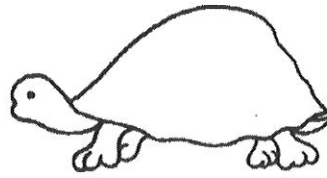


How My Body Feels



Stop and Think Strategies

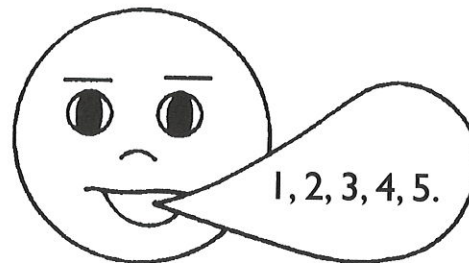
Act like a turtle.



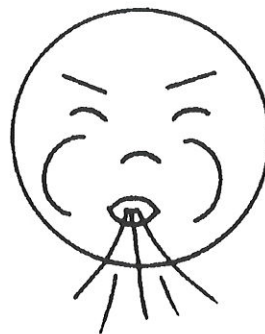
Relax (squeeze the oranges).



Count to five.



Take three deep breaths.

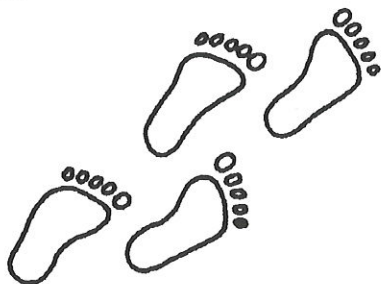


Stop and Think I Can Use

Situation 1	Strategy
Situation 2	Strategy

Comfort Choices

Take a walk.



Listen to music.



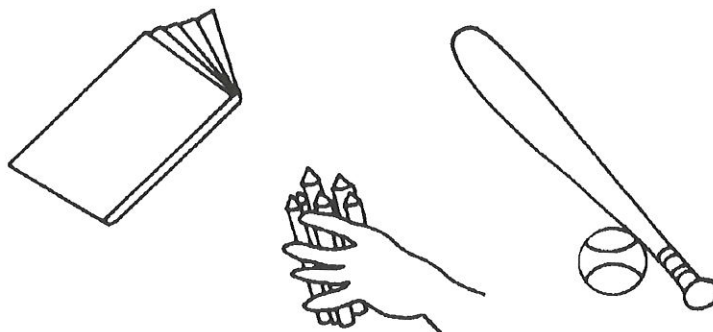
Read a book.



Talk with someone.



Draw or choose something else.



People Skills

What have you learned about people skills?