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ESSENTIAL SOCIAL SKILLS

Manners

Listening skills

Empathy

Compassion

Kindness

Personal space

Reliability

Eye contact

Trust

Giving and receiving
compliments

Understanding sarcasm

Reading facial
expressions

Reading body language

Conversation skills

Being a good sport

Co-operation

Responsibility

Respect for self, others
and property

Thinking before speaking

Expressing needs

Knowing strengths and
weaknesses

Assertive communication

Friendship skills

Honesty

Organisational skills

Solving problems

Perseverance

Resilience

Impulse control

Following rules,
directions

Separation from
caregiver

Sense of humour

Learn from mistakes

Self-expression

Avoiding conflict

Conflict resolution

Turn taking

Sharing

Voice control

Staying on task

Accepting differences

Accepting criticism

Teamwork

Confidence

Self-esteem

Helpfulness to others

Leading not bossing

Positive outlook

Enthusiastic

Critical thinking

Greeting someone

Flexibility

Being able to apologise

Expressing feelings

Decision making

Emotional regulation

Pleasant tone of voice

Patience