**Social Skills Challenge**

Be A Good Friend

Be A Good Sport

Show Your Appreciation

Speak With Confidence

Be A Team Player

Be an Active Listener

Be Aware of Personal Space

Be Considerate and Show Respect

Resolve Disputes

What area do you feel to be a personal strength? Give an example and describe why you were successful.

What area of these Social Skills do you think you need to work on most?

Write at least one Challenge statement for yourself committing to work on that area (you may choose more than one if you wish):

I need to work on….

In order to get better at this I will….

Has anyone every shown you empathy or given you support when you were struggling? Which social skills did they demonstrate when they did this? Describe your feelings before and after. Write a “Thank You” note to them to remind them of what they did.