

## Skillstreaming the Elementary School Child - Skill Cards

### Sample Skills Cards

#### **Skill 27: Expressing Your Feelings**

1. Stop and think of how your body feels.
2. Decide what to call the feeling.
3. Think about your choices:
  - Say to the person, "I feel.."
  - Walk away for now.
  - Get involved in an activity.
4. Act out your best choice.



#### **Skill 39: Avoiding Trouble**

1. Stop and think about what the consequences of an action might be.
2. Decide if you want to stay out of trouble.
3. Decide what to tell the other person.
4. Tell the person.

#### **Skill 51: Dealing with Being Left Out**

1. Decide what has happened to cause you to feel left out.
2. Think about your choices:
  - Ask to join in.
  - Choose someone else with whom to play.
  - Do an activity you enjoy.
3. Act out your best choice.