



SOCIAL SKILLS

5 PRINTABLE SEL LESSON PLANS

SEL  POWER **PACK**

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INTRODUCTION

Welcome to our Social Skills Lesson Plans: Nurturing Connections and Growing Together!

This unit is thoughtfully tailored to teach children aged 6 to 12 vital social skills like embracing individuality, communicating effectively, empathizing, building friendships, and resolving conflicts. With five engaging lesson plans, we strive to equip our young learners with the interpersonal skills necessary to interact positively with classmates, teachers, and the community. Each lesson is attentively structured with age-appropriate objectives, materials, an educator guide, worksheets, interactive activities, and closing discussion questions.

- ★ **Lesson 1: Embracing Our Differences** - We initiate our unit by celebrating what makes each student unique. Through fun and creative activities, children will learn to appreciate and respect the diversity in their classroom, fostering a sense of belonging and unity.
- ★ **Lesson 2: Communication** - Talking and listening are equally important! In this lively lesson, children will explore both verbal and non-verbal communication through games and role-plays, learning how to express themselves clearly and listen to others attentively.
- ★ **Lesson 3: Empathy** - Understanding how others feel is a big part of being a good friend. Children will dive into the world of empathy, discovering how to recognize and respond to the feelings of their friends, and why empathy is key to positive relationships.
- ★ **Lesson 4: Friendship Building** - Friendships are magical bonds that grow with care! In this heartwarming lesson, children will participate in activities that promote trust, cooperation, and the joys of making and keeping friends.
- ★ **Lesson 5: Conflict Resolution** - It's normal to have disagreements, but how we solve them matters. Our final lesson will guide children through strategies to resolve conflicts with kindness and understanding, ensuring they can navigate difficulties with maturity.

Each lesson plan begins with clear, age-friendly objectives, followed by a list of materials tailored for young learners. The educator guide provides step-by-step instructions, highlighting the significance of these concepts in child-friendly language. Worksheets are designed to reinforce learning, with comprehensive guidance for the educator. Group activities are brimming with hands-on experiences that foster active participation and joyful learning. Each lesson concludes with discussion questions that stimulate reflective thinking and consolidate understanding.

As we guide our young students through these lessons, we are planting the seeds for a harmonious classroom environment, where every child is encouraged to be themselves, and positive relationships blossom. Happy teaching!



LESSON #1: EMBRACING OUR DIFFERENCES

OBJECTIVES

- Understand and appreciate the unique characteristics that make people different.
- Foster empathy and respect for diversity within the classroom community.

★ MATERIALS:

- Whiteboard and markers
- “Our Unique Qualities” Worksheet
- Magazines, scissors, construction paper, glue (for collage activity)
- Colored pencils, crayons, or markers

★ INTRODUCTION

1. Explain that everyone has unique qualities and interests that make them special.
2. Discuss how differences in appearance, abilities, hobbies, and cultures make our community more interesting.
3. Introduce the idea that embracing our differences helps us understand and appreciate others.

★ WORKSHEET INSTRUCTIONS

1. Pass out the “Our Unique Qualities” worksheet.
2. Explain that each student will draw or write about their special quality and then interview a friend to find out theirs.
3. Encourage creativity and remind them that everyone has something unique to share.

★ GROUP ACTIVITY: EMBRACING OUR DIFFERENCES COLLAGE

1. Break students into small groups.
2. Provide magazines, scissors, construction paper, and glue.
3. Instruct students to find and cut out images that represent unique qualities they see in themselves or others.
4. Each group will create a collage that celebrates these differences.
5. Allow each group to present their collage and explain what the images mean to them.

★ CLOSING DISCUSSION QUESTIONS:

1. What did you learn about your friends’ unique qualities? How did that make you feel?
2. Why do you think it’s important to understand and accept the differences in others?
3. How can we show respect for the differences in the people around us every day?

Name: _____ Date: _____



OUR UNIQUE QUALITIES

Draw or write about something that makes you special. Then, find a friend and draw or write about something that makes them special. Share with the class!

MY UNIQUE QUALITIES

MY FRIEND'S UNIQUE QUALITIES

A large rectangular box with a black wavy border, intended for drawing or writing about one's unique qualities.A large rectangular box with a black wavy border, intended for drawing or writing about a friend's unique qualities.



LESSON #2: COMMUNICATION

OBJECTIVES

- To understand the importance of clear and respectful communication.
- To practice active listening and articulate expression of thoughts and feelings.

★ MATERIALS:

- Communication Comics" worksheet
- Small ball (for a listening game)
- Dry erase board or flip chart with markers

★ INTRODUCTION:

1. Define communication as the process of expressing thoughts and feelings and understanding others.
2. Discuss the two key components of communication: speaking clearly and listening carefully.
3. Explain that active listening means fully focusing, understanding, responding, and remembering what is being said. Share how this makes conversations more meaningful.

★ WORKSHEET INSTRUCTIONS

1. Distribute the "Communication Comics" worksheets to the students.
2. Guide them to think about a hypothetical scenario involving a misunderstanding with a friend.
3. Ask them to draw a comic illustrating how they would communicate their feelings and listen to their friend's perspective.

★ GROUP ACTIVITY: BALL OF LISTENING

1. Have the class form a circle. Hold a ball and explain that the person with the ball is the speaker and the rest are the listeners.
2. Begin the game by sharing something personal, like "I enjoy painting landscapes." Pass the ball to a student in the circle.
3. The student who receives the ball repeats what the last speaker said, showing they were actively listening, before sharing their own fact or opinion, such as "My favorite subject is science."
4. Continue the game with students sharing facts about their favorite activities, pets, or family traditions.
5. Summarize the importance of listening in communication and discuss how it felt to be listened to

★ CLOSING DISCUSSION QUESTIONS:

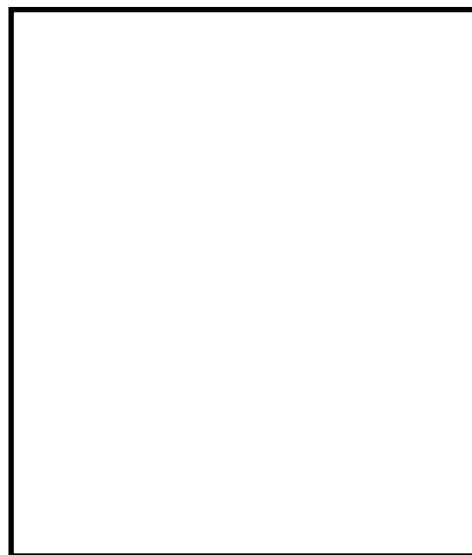
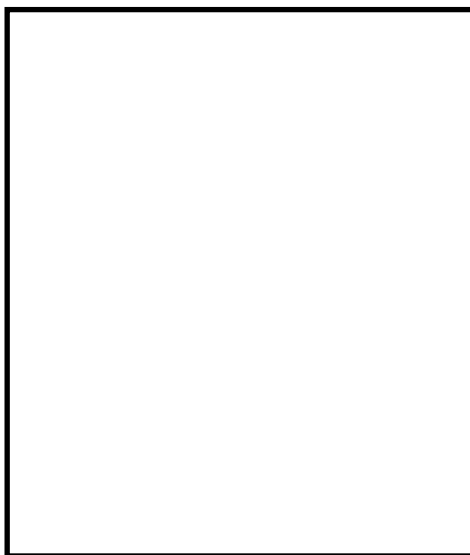
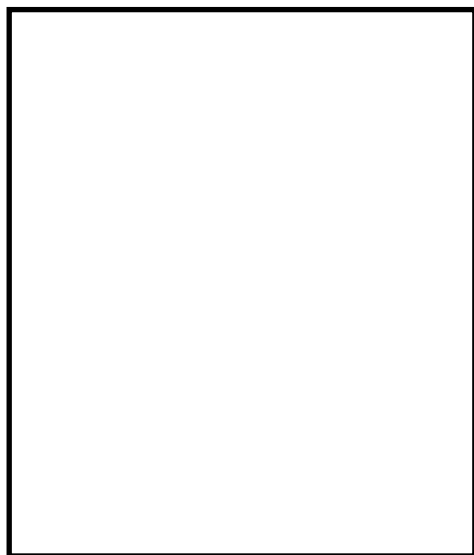
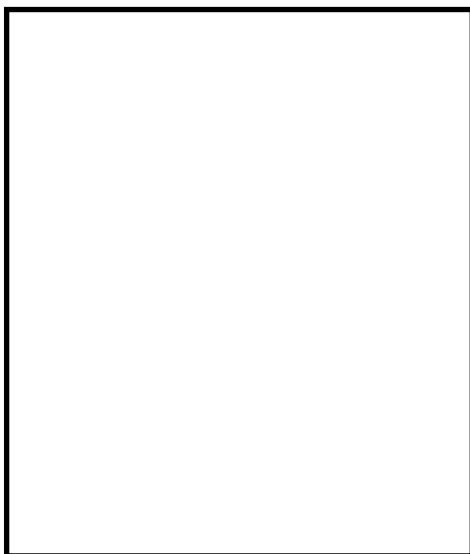
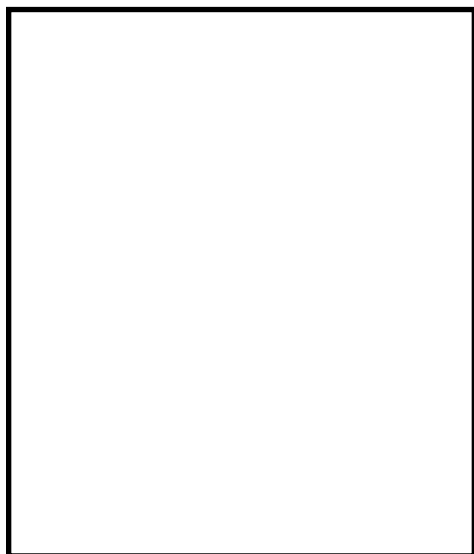
1. What did you learn about the importance of communication today?
2. How does it feel when you know someone is actively listening to you?
3. Why is it important to communicate clearly and listen actively in your friendships?

Name: _____ Date: _____



COMMUNICATION COMICS

Create a comic strip showing two friends having a misunderstanding. Include dialogue and make sure to show how they solve the problem using good communication





LESSON #3: EMPATHY

OBJECTIVES

- To understand the concept of empathy and why it's important.
- To practice showing empathy towards others.

★ MATERIALS:

- "Walk in Someone Else's Shoes" worksheet (with shoe-related clipart)
- A shoe box
- Small pieces of paper or note cards
- Pens or pencils

★ INTRODUCTION

1. Start the lesson by discussing the definition of empathy, explaining that it involves understanding and sharing the feelings of others.
2. Share examples of empathetic behavior, like comforting a friend who is upset or understanding why a sibling might be angry.
3. Emphasize that empathy helps us connect with others on a deeper level and fosters kindness and respect.

★ WORKSHEET INSTRUCTIONS

1. Pass out the "Walk in Someone Else's Shoes" worksheets to the students.
2. Explain the scenario they need to consider - a time when someone close to them was upset or sad.
3. Guide them to write a short story about this event, focusing on their understanding of the person's feelings and how they demonstrated empathy.

★ GROUP ACTIVITY: EMOTION CHARADES

1. Introduce the shoe box, explaining that it represents the idea of "walking in someone else's shoes."
2. Ask each student to write down a situation that made them feel strong emotions (e.g., "I felt happy when I won a game," "I felt sad when I lost my favorite toy," "I felt angry when my brother broke my toy").
3. Have them fold their papers or notecards and place them in the shoe box.
4. Pass the box around, letting each student pick a situation from the box.
5. The student then reads the situation and shares how they would feel if they were in that situation, demonstrating empathy.
6. Facilitate a brief discussion about each situation, focusing on understanding and empathy.
7. Summarize the importance of empathy and discuss how showing empathy can help in these situations.

★ CLOSING DISCUSSION QUESTIONS:

1. How did it feel to think about others' experiences and emotions during our empathy exercise?
2. Can you share a situation where you showed empathy recently? How did it affect the other person?
3. Why is empathy important in our interactions with others?

Name: _____ Date: _____



WALK IN SOMEONE ELSE'S SHOES

Think about a time when someone close to you was upset or sad. Write a short story about this event, focusing on your understanding of the person's feelings and how you demonstrated empathy.







LESSON #4: FRIENDSHIP BUILDING

OBJECTIVES

- To understand the qualities that make a good friend.
- To learn and practice strategies for making and keeping friends.

★ MATERIALS:

- Friendship Recipe" worksheet
- Craft paper
- Markers or colored pencils
- Small pieces of paper or index cards

★ INTRODUCTION

1. Begin by discussing what friendship is and why it's important.
2. Ask the students to think about and share the qualities they appreciate in their friends.
3. Introduce the idea that friendship is like a recipe, with several ingredients (qualities) that make it good.

★ WORKSHEET INSTRUCTIONS

1. Distribute the "Friendship Recipe" worksheets to the students.
2. Explain that they will be creating their own 'recipe' for a strong friendship, by filling in the blanks with qualities like "kindness," "trust," etc.
3. In the "Directions" section, ask them to write out how to combine these ingredients, symbolizing how these qualities work together in friendship.

★ GROUP ACTIVITY: STRAW BRIDGE CHALLENGE

1. Divide the students into groups and provide each group with straws, tape, and paper.
2. Challenge them to build a bridge using only the materials provided.
3. Give them 20 minutes to complete their bridge.
4. After the time is up, have each group present their bridge and share how they worked together to build it.
5. Discuss the different strategies used by each group and how communication and cooperation were key in building the bridges.

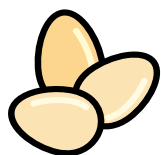
★ CLOSING DISCUSSION QUESTIONS:

1. What is one new 'ingredient' you learned about today that you want to add to your friendships?
2. Can you share a time when you acted as a good friend by showing one of these qualities?
3. Why is it important to continually work on building and strengthening our friendships?

Name: _____ Date: _____

FRIENDSHIP RECIPE

"Fill in the blanks to create your recipe for a great friendship! Then, write the directions on how to combine these ingredients."



Recipe



☐ 1 cup of _____

☐ A pinch of _____

☐ 4 tbsp of _____

☐ 100ml of _____

☐ A dash of _____

Directions



LESSON #5: CONFLICT RESOLUTION

OBJECTIVES

- To understand what conflict is and that it's a normal part of relationships.
- To learn and practice peaceful conflict resolution strategies.

★ MATERIALS:

- "Conflict Resolution Scenario" worksheet
- Whiteboard and markers (or blackboard and chalk)

★ INTRODUCTION

1. Begin by discussing what conflict means, emphasizing that it's a normal part of life and occurs when people have different opinions or interests.
2. Discuss that conflicts can be resolved in a peaceful and respectful manner, which helps maintain and even strengthen relationships.
3. Introduce some conflict resolution strategies such as active listening, expressing feelings calmly, seeking compromise, and agreeing to disagree.

★ WORKSHEET INSTRUCTIONS

1. Begin by discussing what conflict means, emphasizing that it's a normal part of life and occurs when people have different opinions or interests.
2. Discuss that conflicts can be resolved in a peaceful and respectful manner, which helps maintain and even strengthen relationships.
3. Introduce some conflict resolution strategies such as active listening, expressing feelings calmly, seeking compromise, and agreeing to disagree.

★ GROUP ACTIVITY: PROBLEM-SOLUTION ROLE PLAY

1. Divide the class into pairs.
2. Ask each pair to think of a common conflict situation that might occur among kids their age. For example, sharing a game or toy.
3. Instruct them to act out the conflict, then use the strategies discussed to find a resolution.
4. Each pair will present their role-play to the class, demonstrating the conflict and their resolution.
5. After each role-play, facilitate a brief discussion about what the pair did well in their conflict resolution and what they could improve.
6. Conclude by emphasizing the importance of respect and understanding in resolving conflicts.

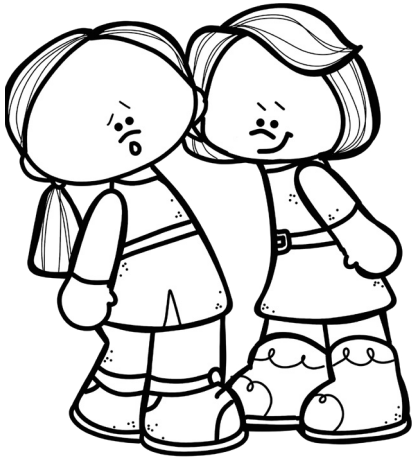
★ CLOSING DISCUSSION QUESTIONS:

1. How did you feel when you were resolving conflicts in the role-play activity?
2. Can you share a situation where you could have used these conflict resolution strategies?
3. Why is it important to resolve conflicts respectfully and peacefully?

Name: _____ Date: _____

★ CONFLICT RESOLUTION SCENARIO

Imagine a conflict you had with a friend recently. Describe the conflict and how it was resolved. Then, write how you could have used the conflict resolution strategies we learned today to reach a solution more effectively.



Conflict: _____

Resolution: _____

Alternative Strategies: _____

