

# SOCIAL SKILLS LESSONS

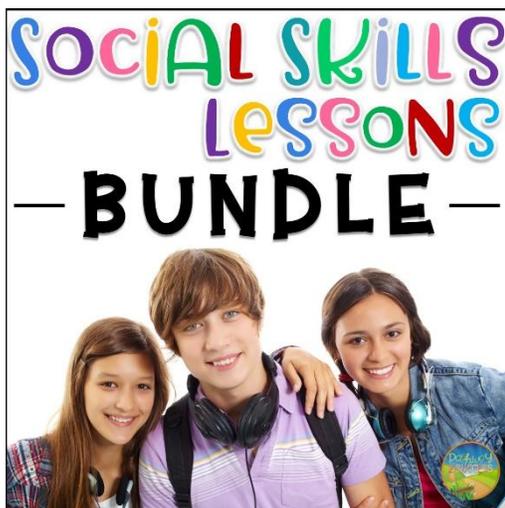
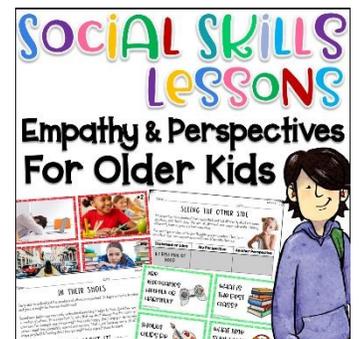
Empathy &  
Perspective  
Taking Free  
Lessons



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These are a FREE sample of my [Social Skills Lessons for Empathy & Perspectives Unit](#), which include 10 complete lessons with over 40 activities for young adults to complete.



You may also be interested in the [Social Skills Lessons Bundle](#). Just some of the lessons target being respectful, following directions, accepting criticism, working with others, understanding emotions, dealing with anger, understanding perspectives, accepting different perspectives, flexible thinking, understanding social cues, developing empathy, using perspectives to resolve conflicts, and MUCH more. This resource includes 3 core units with 30 lessons, each with several activities for extended practice. A total of 142 activities are included!

# Social Skills Lessons • Educator Guide

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Social skills are the abilities and competencies we use to navigate the social world. These skills tell us how to act and what to say in particular social situations. With strong social skills, kids and young adults can more easily build friendships, get along with others, work collaboratively in groups, handle frustrations, and have an overall improved quality of life.

While some kids and young adults learn social skills just from observing and interacting with those around them, many do not. These kids might struggle to develop friendships, have difficulty working in partners or groups, experience challenges in following directions, act in ways perceived as rude or mean, or misread the social cues of others. To these youngsters, the social world is confusing and challenging. Some students who may struggle with social skills specifically include those with autism, ADHD, ODD, intellectual disabilities, and a variety of other needs.

In order for kids and young adults to acquire new social skills, they need explicit instruction and practice in that particular area. Then, kids will need real opportunities to use the skills in real-life settings. These lessons provide detailed and structured activities and practice with a variety of social skills.

This set of free lessons focuses on perspective-taking skills, including understanding our own perspectives and recognizing there may be more than one perspective for the same situation.

# Social Skills Lessons • Educator Guide

Lesson #1	Understanding Perspectives
Objectives	<p>Students will identify and explain their own perspectives.</p> <p>Students will identify and discuss perspectives that may be different than their own.</p>
Lesson Plan	<ol style="list-style-type: none"> <li>1. If this is a new group, welcome students and allow for short introductions.</li> <li>2. <b>Introduction:</b> Let students know that in this unit they will be learning about perspective-taking. Explain that we all have our own opinions and perspectives about things. For example, someone might love country music but someone else hates it! These are our own opinions and perspectives. It's just how we see the world. Explain that perspective taking is being able to see a situation from someone else's point of view. Ask students why it might be important to do that. Possible answers might include: helps us get to know people, allows us to have discussions, helps us learn, helps us get along with others, etc.</li> <li>3. <b>Activity 1:</b> Explain that next students will be sharing some of their own perspectives. As young adults, it's important to begin to understand and voice your own opinion and perspectives. It helps you to understand who you are, what you stand for, and how you want to live your life.</li> <li>4. Pass out the "What's Your Perspective?" worksheet. Read each question and give time to jot down their own thoughts about the question. Then, give time to share. Remind students that there are no right and wrong answers. Encourage kids to give reasons for their perspective.</li> <li>5. <b>Activity 2</b> Explain that many times, people have different perspectives on the very same situations. Discuss that in this activity, students will be learning to understand that there can be more than one perspective right in front of us.</li> <li>6. Pass out the "More Than One Perspective" worksheet. Have students read through and look at the images. Have students list what they see in those images. Then, take time to review each picture and talk about it. Discuss the different possibilities! #1: A man's face (upside down is a princess). #2: 2 or 3 poles. #3: Vase of two faces. #4: the lines appear bent but are actually straight.. #5: young woman or an old woman's face. #6: duck or rabbit.</li> <li>7. Discuss how students can see the same image differently.</li> <li>8. <b>Closing:</b> Review closing questions.</li> </ol>
Closing Discussion Questions	<ul style="list-style-type: none"> <li>• What is a perspective?</li> <li>• Why do we have different perspectives on the same topics or ideas?</li> <li>• What does it mean to perspective-take?</li> <li>• How can perspective-taking help us?</li> <li>• Why might it be difficult to perspective-take sometimes?</li> <li>• How could perspective-taking help you to become a better friend?</li> </ul>

Name: \_\_\_\_\_

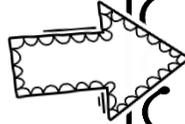
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# WHAT'S YOUR PERSPECTIVE?

Share your perspective by answering each question:



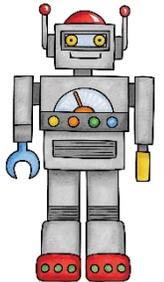
**Should elementary-age kids have access to cell phones? Why or why not?**



Empty response box with a scalloped border.

Empty response box with a scalloped border.

**Do you believe robots can be smarter than people? Explain.**



Empty response box with a scalloped border.

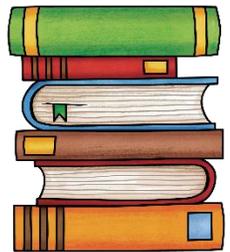


**Should schools enforce a dress code? Why or why not?**



Empty response box with a scalloped border.

**Should teachers assign homework? Why or why not?**



Empty response box with a scalloped border.

**Do you believe kids should be able to watch R rated movies? Why or why not?**



Name: \_\_\_\_\_

Date: \_\_\_\_\_

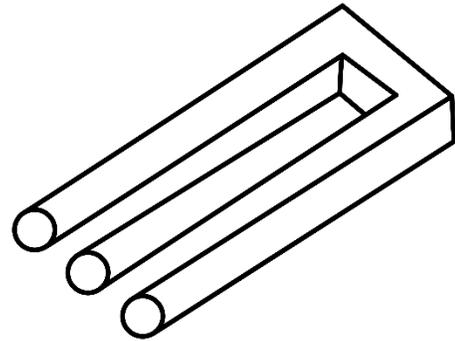
# MORE THAN ONE PERSPECTIVE

Optical illusions are a fun way to illustrate perspective. Review each drawing and identify what you see. Is that what everyone else sees? Sometimes all you have to do is look at things a bit differently to see the other perspective.

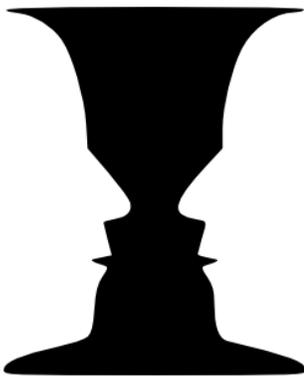
**#1 What do you see?**



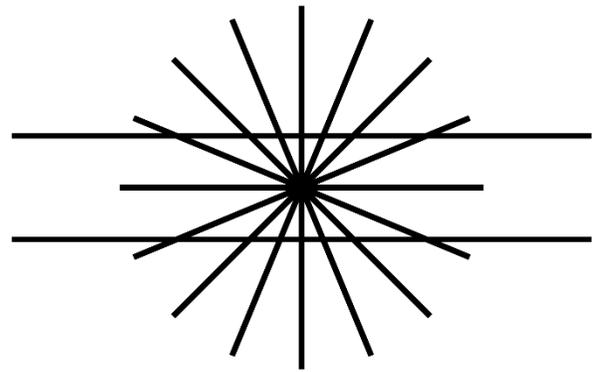
**#2 How many poles does the object have?**



**#3 What do you see?**



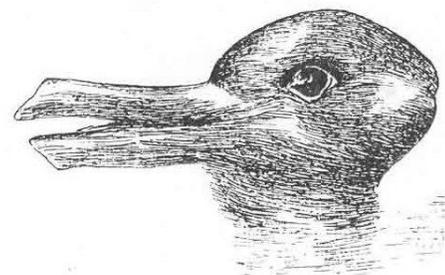
**#4 What do you notice about the two long lines?**



**#5 What do you see?**



**#6 What animal do you see?**





# About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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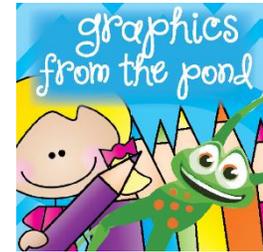
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