Skillstreaming the Pre-School, Elementary Child and Adolescent

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Skillstreaming Procedures

Modeling
(Skill demonstration by trainers)

Role Playing
(Skill rehearsal by youth)

Performance Feedback
(By trainers and youth in group)

Generalization Training
(To increase both transfer and maintenance)
Skillstreaming in Early Childhood

Group I: Beginning Social Skills

1. Listening
2. Using Nice Talk
3. Using Brave Talk
4. Saying Thank you
5. Rewarding Yourself
6. Asking for Help
7. Asking a Favor
8. Ignoring
Skillstreaming in Early Childhood

Group II: School-Related Skills
9. Asking a Question
10. Following Directions
11. Trying When It’s Hard
12. Interrupting

Group III: Friendship-Making Skills
13. Greeting Others
14. Reading Others
Group II: School-Related Skills (Cont.)
15. Joining In
16. Waiting Your Turn
17. Sharing
18. Offering Help
19. Asking Someone to Play
20. Playing a Game
Group IV: Dealing with Feelings
21. Knowing Your Feelings
22. Feeling Left Out
23. Asking to Talk
24. Dealing with Fear
25. Deciding How Someone Feels
26. Showing Affection
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Group V: Alternatives to Aggression
27. Dealing with Teasing
28. Dealing with Feeling Mad
29. Deciding If It’s Fair
30. Solving a Problem
31. Accepting Consequences
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Group VI: Dealing with Stress
32. Relaxing
33. Dealing with Mistakes
34. Being Honest
35. Knowing When To Tell
36. Dealing with Losing
37. Wanting to be First
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Group VI: Dealing with Stress (Cont.)

37. Wanting To Be First
38. Saying No
39. Accepting No
40. Deciding What To Do
Skill Sets

**Skill 1**
Listening

1. Look. 😊
2. Stay still. 🕒
3. Think. 😊😊

**Skill 4**
Saying Thank You

1. Was it nice to do? 😔
2. When? 🕒
3. Say, “Thank you.” 😊😊

**Skill 10**
Following Directions

1. Listen. 🎧
2. Think about it. 😐
3. Ask if needed. 😕?
4. Do it. 🥁
Developmental Adaptation

- Echo Reading
- Site words
- Repeat the cognitions repeatedly
Group I: Classroom Survival Skills

1. Listening
2. Asking for Help
3. Saying Thank You
4. Bringing Materials to Class
5. Following Instructions
6. Completing Assignments
7. Contributing to Discussions
Skillstreaming the Elementary School Child

Group 1: Classroom Survival Skills (Cont.)

8. Offering Help to an Adult
9. Asking a Question
10. Ignoring Distractions
11. Making Corrections
12. Deciding on Something to Do
13. Setting a Goal
Skillstreaming the Elementary School Child

Group II: Friendship-Making Skills
14. Introducing Yourself
15. Beginning a Conversation
16. Ending a Conversation
17. Joining In
18. Playing a Game
19. Asking a Favor
Group II: Friendship-Making Skills (Cont.)
20. Offering Help to a Classmate
21. Giving a Complaint
22. Accepting a Compliment
23. Suggesting an Activity
24. Sharing
25. Apologizing
Group III: Skills for Dealing with Feelings
26. Knowing Your Feelings
27. Expressing Your Feelings
28. Recognizing Another’s Feelings
29. Showing Understanding of Another’s Feelings
30. Expressing Concern for Another
Group III: Skills for Dealing with Feelings (Cont.)
31. Dealing with Your Anger
32. Dealing with Another’s Anger
33. Expressing Affection
34. Dealing with Fear
35. Rewarding Yourself
Group IV: Skill Alternatives to Aggression

36. Using Self-Control
37. Asking Permission
38. Responding to Teasing
39. Avoiding Trouble
40. Staying Out of Fights
Group IV: Skill Alternatives to Aggression (Cont.)

41. Problem Solving
42. Accepting Consequences
43. Dealing with an Accusation
44. Negotiating
Group V: Skills for Dealing with Stress
45. Dealing with Boredom
46. Deciding What Caused a Problem
47. Making a Complaint
48. Answering a Complaint
49. Dealing with Losing
50. Being a Good Sport
Group V: Skills for Dealing with Stress (Cont).
51. Dealing with Being Left Out
52. Dealing with Embarrassment
53. Reacting to Failure
54. Accepting No
55. Say No
Group V. Skills for Dealing with Stress
(Cont.)

56. Relaxing
57. Dealing with Group Pressure
58. Dealing with Wanting Something That Isn’t Yours

56. Making a Decision
57. Being Honest
Skill Sets

Listening
1. Look at the person who is talking.
2. Sit quietly.
3. Think about what is being said.
4. Say yes or nod your head.
5. Ask a question about the topic to find out more.

Asking for Help
1. Ask yourself, “Can I do this alone?”
2. If not, raise your hand.
3. Wait. Say to yourself, “I know I can wait without talking.”

Following Instructions
1. Listen carefully to the instructions.
2. Ask questions about anything you don’t understand.
3. Repeat the instructions to the person (or to yourself).
4. Follow the instructions.
Developmental Adaptation

- Echo Reading
- Site words
- Repeat the cognitions repeatedly
Listening

1. Look.
Look at the person who is talking. Let’s all try this.

2. Stay still.
Keep hands and feet still and stop talking.

3. Think.
Be sure to try to understand what is being said.
Skillstreaming the Adolescent

Group I: Beginning Social Skills

1. Listening
2. Starting a Conversation
3. Having a Conversation
4. Asking a Question
5. Saying Thank You
6. Introducing Yourself
7. Introducing Other People
8. Giving a Compliment
Okay..." How do you do. My name is Tarzan and I believe you are known as Jane."

"Allow me to introduce myself. I am Tarzan, Lord of the Jungle... And you?"

"You must be Jane... I am Tarzan. It's a pleasure to meet you."

There she is.

Me Tarzan! You Jane!

Damn.
Skillstreaming the Adolescent

Group II: Advanced Social Skills

9. Asking for Help
10. Joining In
11. Giving Instructions
12. Following Instructions
13. Apologizing
14. Convincing Others
Skillstreaming the Adolescent

Group III: Skills for Dealing with Feelings

15. Knowing your Feelings
16. Expressing Your Feelings
17. Understanding the Feelings of Others
18. Dealing with Someone Else’s Anger
19. Expressing Affection
20. Dealing with Fear
21. Rewarding Yourself
Skillstreaming the Adolescent

Group IV: Skills Alternatives to Aggression

22. Asking for Permission
23. Sharing Something
24. Helping Others
25. Negotiation
26. Using Self-Control
27. Standing Up for Your Rights
28. Responding to Teasing
29. Avoiding Trouble with Others
30. Keeping Out of Fights
Group V: Skills Dealing with Stress

31. Making a Complaint
32. Answering a Complaint
33. Being a Good Sport
34. Dealing with Embarrassment
35. Dealing with Being Left Out
36. Standing up for a Friend
37. Responding to Persuasion
38. Responding to Failure
39. Dealing with Contradictory Messages
40. Dealing with an Accusation
41. Getting Ready for a Difficult Conversation
42. Dealing with Group Pressure
Getting ready for a difficult conversation...
SHAME ON YOU, MOM. SO WHAT IF ALL THE OTHER PARENTS SCREAMED AT THE UMPIRE? IF ALL THE OTHER PARENTS JUMPED OFF A BRIDGE, WOULD YOU JUMP OFF A BRIDGE?
Skillstreaming the Adolescent

Group VI: Planning Skills

43. Deciding on Something to Do
44. Deciding What Caused a Problem
45. Setting a Goal
46. Deciding on Your Abilities
47. Gathering Information
48. Arranging Problems by Importance
49. Making a Decisions
50. Concentrating on a Task
Skill Sets

Listening
1. Look at the person who is talking.
2. Think about what is being said.
3. Wait your turn to talk.
4. Say what you want to say.

Asking for Help
1. Decide what the problem is.
2. Decide if you want help for the problem.
3. Think about different people who might help you and pick one.
4. Tell the person about the problem and ask that person to help you.

Following Instructions
1. Listen carefully while you are being told what to do.
2. Ask questions about anything you don't understand.
3. Decide if you want to follow the instructions and let the other person know your decision.
4. Repeat the instructions to yourself.
5. Do what you have been asked to do.
Skillstreaming the Adolescent

Skill 2: Starting a Conversation

Steps:

1. Greet the other person.
2. Make small talk.
3. Decide if the other person is listening.
4. Bring up the main topic.
Skillstreaming the Adolescent

Skill 42: Dealing with Group Pressure

Steps:

1. Think about what the group wants you to do and why.
2. Decide what you want to do.
3. Decide how to tell the group what you want to do.
4. Tell the group what you have decided.
Skillstreaming the Adolescent

Skill 19: Expressing Affection

Steps:

1. Decide if you have good feelings about the other person.
2. Decide if the other person would like to know your feelings.
3. Choose the best way to express your feelings.
4. Choose the best time and place to express your feelings.
5. Express your feelings in a friendly way.
1. Define the skill.
2. Model the skill.
3. Establish trainee skill need.
4. Select role-player (main actor).
5. Set up the role-play (co-actor, set the “stage”).
6. Conduct the role-play.
7. Provide feedback (order: co-actor, observing trainees, trainers, main actor).
8. Assign skill homework
9. Select next role-player.
Skillstreaming the Adolescent

Homework Report 1

Name: Josh Date: September 15

FILL IN DURING THIS CLASS

1. What skill will you use? Dealing with Group Pressure

2. What are the steps for the skill?
   1. Think about what the group wants you to do and why.
   2. Decide what you want to do.
   3. Decide how to tell the group what you want to do.
   4. Tell the group what you have decided.

3. Where will you try the skill? At my locker.
4. With whom will you try the skill? My friends.

5. When will you try the skill? After school.

**FILL IN AFTER DOING YOUR HOMEWORK**

1. What happened when you did the homework?

   My friends acted like they sort of understood.

2. Which skill steps did you really follow?

   1, 2, and 4.

3. How good a job did you do in using the skill? (check one)

   □ excellent  ✔ good  □ fair  □ poor

4. What do you think should be your next homework assignment?

   Try the skill again with the same friends.
Skillstreaming the Elementary School Child
Teacher/Staff Skillstreaming Checklist

Student: ___________________________ Class/age: ___________________________
Teacher/staff: ___________________________ Date: ___________________________

Instructions: Listed below you will find a number of skills that children are more or less proficient in using. This checklist will help you evaluate how well each child uses the various skills. For each child, rate his/her use of each skill, based on your observations of his/her behavior in various situations.

Circle 1 if the child is almost never good at using the skill.
Circle 2 if the child is seldom good at using the skill.
Circle 3 if the child is sometimes good at using the skill.
Circle 4 if the child is often good at using the skill.
Circle 5 if the child is almost always good at using the skill.

Please rate the child on all skills listed. If you know of a situation in which the child has particular difficulty in using the skill well, please note it briefly in the space marked “Problem situation.”
Teacher/Staff Skillstreaming Checklist continued...

1. **Listening**: Does the student appear to listen when someone is speaking and make an effort to understand what is said?
   Problem situation:

2. **Asking for Help**: Does the student decide when he/she needs assistance and ask for this help in a pleasant manner?
   Problem situation:

3. **Saying Thank You**: Does the student tell others he/she appreciates help given, favors, and so forth?
   Problem situation:
Guided Practice

Skillstreaming Training Steps

1. Define the skill.
2. Model the skill.
3. Establish trainee skill need.
4. Select role-player (main actor).
5. Set-up the role play (co-actor, set the “stage”/assign skill steps/bubble talk each step.)
6. Provide feedback (order: co-actor, observing trainees, trainers, main actor).
7. Assign skill homework.
8. Select next role-player.
Making a Complaint Constructively

1. Decide what your complaint is.
2. Decide whom to complain to.
3. Tell that person your complaint.
4. Tell that person what you would like done about the problem.
5. Ask he/she how they feel about what you said.