

SOCIAL RELATIONSHIPS



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WHAT ARE SOCIAL RELATIONSHIPS?

Connections and bonds that children make based on communication and shared experiences and interests.

IMPORTANCE OF SOCIAL RELATIONSHIPS:

Social relationships help build confidence, emotional well-being, and a sense of belonging.



SOCIAL SKILLS NEEDED FOR RELATIONSHIPS:

- Communication
- Conflict Resolution
- Respecting boundaries
- Compromising
- Empathy

SOCIAL RELATIONSHIP DIFFICULTIES:

- Joining in typical play activities
- Understanding social cues
- Having narrow interests
- Rigid thinking

TEACHING EMPATHY

Daily Modeling and Conversations

01.

Children learn by watching how you speak to and treat them and others.

- **Use emotional validation**- “I see that you’re upset”
- **Show active listening**- pause and make eye contact
- **Show vulnerability** and apologize for mistakes

Perspective Exercises

- **Inside out drawing**- showing what a person looks like outside vs feels inside
- **Book/movie discussion**- pause and ask your child how they think the character feels.
- **Role play**- act out a situation and ask your child how they would feel in the scenario

02.

Acts of Kindness

03.

- **Kindness jar**- add notes for kind acts; celebrate when full
- **Gratitude notes**- write thank you letters to friends and family
- **Secret kindness**- do something nice for someone without telling them

Games and Activities

- **Emotion charades**- act out feelings for your child to guess
- **Observing others**- sit at a park or mall and guess the moods of a passerby and why
- **Mirror game**- make slow movements or facial expressions for your child to copy

04.

