

# EP Social Skills Printables



This book belongs to:

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## Emotion Words

Write about a time you experienced each emotion below. They're ranked from most intense to least intense.



enraged



angry



aggravated



calm



terrified



anxious



restless



relaxed



depressed



sad



disappointed



satisfied



ecstatic



thrilled



happy



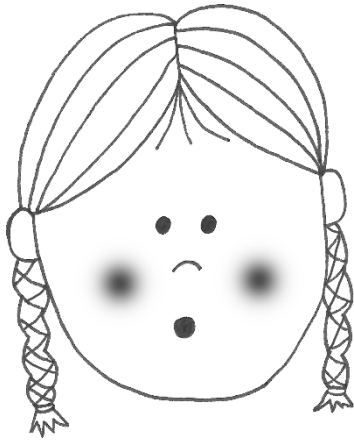
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## Emotion Faces

Choose the emotion word from the box that best goes with the face and explain why you chose that way. Each emotion only occurs once across all pages.

bored    embarrassed    excited    frustrated  
pleased    sick    surprised    worried



How is she feeling?

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Why do you think that?

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---



How is she feeling?

---

Why do you think that?

---

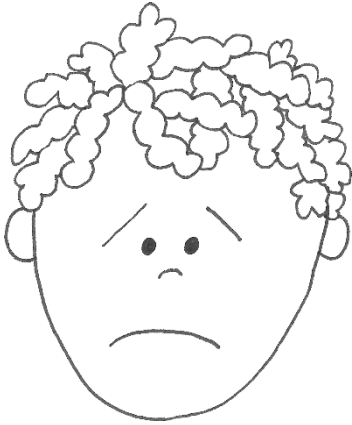
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## Emotion Faces

bored    embarrassed    excited    frustrated  
pleased    sick    surprised    worried



How is he feeling?

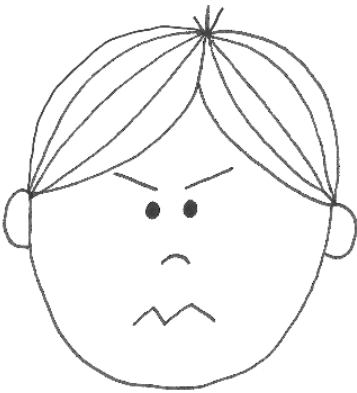
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Why do you think that?

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How is he feeling?

---

Why do you think that?

---

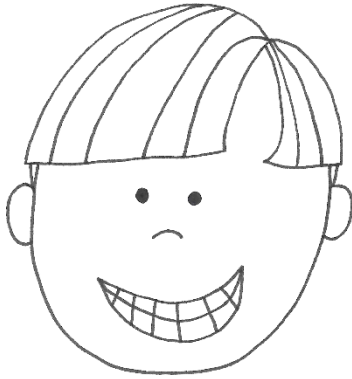
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## Emotion Faces

bored    embarrassed    excited    frustrated  
pleased    sick    surprised    worried



How is he feeling?

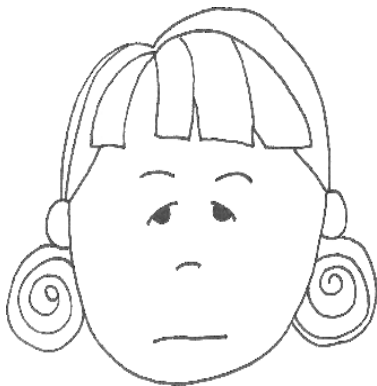
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Why do you think that?

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---

---



How is she feeling?

---

Why do you think that?

---

---

---





## Emotion Faces

bored    embarrassed    excited    frustrated  
pleased    sick    surprised    worried



How is she feeling?

---

Why do you think that?

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How is he feeling?

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Why do you think that?

---




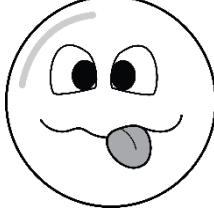






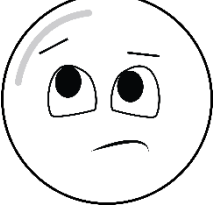

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## Match the Emotions

Use this worksheet to play the game using the instructions found in the online course. The game cards are found on the next page. (The faces don't go with the emotion beside them.)

	angry		confused
silly		embarrassed	
	worried		left out
jealous		pleased	
	sad		lonely
frustrated		surprised	



## Match the Emotions

Cut out the cards on the dotted lines and use the instructions in the online course to play the game. How would each situation make you feel?

You tripped and fell in front of your friends.	You won a talent show.	You got in trouble for something you didn't do.
You left your wallet at home and your friend helped you buy lunch.	You told a joke and people laughed.	You're new in the group and don't know who to talk to.
Your team won the championship.	You lost a game to your sister.	You went to bed too late and had to wake up early.
You wake up thinking it's Friday but realize it's Saturday.	You're going on a trip with your family.	Your friends are talking about a party you weren't invited to.
Your parents were late picking you up and you didn't know where they were.	You were picked first for a team.	You hit a wrong note in your recital piece.
The weather cancelled your weekend plans.	Your family threw you a surprise birthday party.	Someone bumped into you and made you spill your drink.



## Positive Thoughts

Draw a line from the negative feeling to a positive thought that can help you overcome it.

Frustrated

"I can get through hard things."

Anxious

"I have confidence."

Lonely

"I am brave."

Discouraged

"I'm proud of myself."

Disappointed

"I am a good friend."

Left out

"I am smart."

"I am strong."

"I believe in myself."





## Big and Small Emotions

Cut out the cards on the next page and sort them based on whether the situation requires a big or a small emotion. Glue them to this page under the right column.

Big Emotion	Small Emotion



## Big and Small Emotions

Cut out the cards on the dotted lines and sort them based on whether the situation requires a big or a small emotion.

Your sister ran into you accidentally.	You're having trouble with a math worksheet.	Your parents punished you for a poor choice you made.
You fell off your bike and broke your leg.	You're hungry, but it's not lunch time yet.	Your favorite team lost the championship game.
You weren't invited to your friend's birthday party.	You lost a game to your brother.	Your dog died.
The weather cancelled your weekend plans.	Someone tripped you and didn't apologize.	Your older sister is going away to college.
Your Sunday School class is going on a fun trip.	You're in the mood for burgers, but it's fish night.	Your parents told you you're moving far away.
You made a mistake on your vocabulary quiz.	A friend is annoying you.	Your sibling offered to do your chores for the day.



## Positive Self Talk

Negative self-talk (the thoughts you dwell on) can pull you down into anger, fear, anxiety. Positive self-talk can combat those negative thoughts. For each negative thought below, write a positive thought that can combat it. In the blank space at the bottom, write your own negative examples and then combat them.

Negative Self-Talk

Positive Self-Talk

No one likes me.

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I'm not good at school work.

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---

I'm scared to try.



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## Choice and Outcomes

Cut out the cards and match the choices to their outcomes.

<p><b>Choice:</b> You don't finish your dinner because you don't like it.</p>	<p><b>Choice:</b> You break your friend's toy while playing with it.</p>
<p><b>Choice:</b> You forget your jacket at home on a January day.</p>	<p><b>Choice:</b> You do the dishes without being asked.</p>
<p><b>Choice:</b> You choose to work on your end-of-year project instead of playing video games.</p>	<p><b>Choice:</b> You stay up late reading a book instead of going to bed on time.</p>
<p><b>Choice:</b> You tell your mom she looks pretty.</p>	<p><b>Choice:</b> You invite the new family over for a meal.</p>
<p><b>Choice:</b> You turn in a wallet you found on the playground.</p>	<p><b>Choice:</b> You tell your parents a lie.</p>





**Choice:** You're a poor sport when you lose a game to your brother.

**Choice:** You donate some old toys to another family.

**Choice:** You choose not to practice for your piano recital.

**Choice:** You have an early morning tomorrow, so you go to bed early.

**Choice:** You invite your entire Sunday School class to your birthday party.

**Choice:** You didn't do your chores when you were asked to.

**Choice:** You cut in line at an amusement park.

**Choice:** You clean the bathroom for your sister because she's tired.

**Choice:** You put off working on your school work.

**Choice:** You practice hard for weeks before soccer tryouts.



**Outcome:** You are hungry again before bedtime.

**Outcome:** Your friend doesn't loan you his toys anymore.

**Outcome:** You are cold.

**Outcome:** Your parents decide you are ready for more responsibility.

**Outcome:** You finish your project on time.

**Outcome:** You are tired the next day.

**Outcome:** Your mom feels good about herself.

**Outcome:** The new family invites you over to swim in their pool.

**Outcome:** The owner gives you a \$20.00 reward.

**Outcome:** Your parents find it harder to trust you in the future.



**Outcome:** Your brother doesn't want to play games with you anymore.

**Outcome:** You have more space in your room and can keep it clean more easily.

**Outcome:** You do not do well in your recital performance.

**Outcome:** You feel well-rested and are on time for your early morning activities.

**Outcome:** No one in your class feels left out.

**Outcome:** You don't get to play video games after dinner.

**Outcome:** You are sent to wait at the end of the line.

**Outcome:** Your sister does your chore for you later in the week.




**Outcome:** You miss a fun activity because you have school work to do instead.

**Outcome:** You make the team.



## Conversation Guide

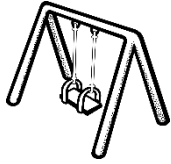
Follow the instructions in the online course to use the conversation guide.

 <p><b>How is it going?</b></p> <p><b>YOU</b></p>	<p><b>YOU</b></p> <p>Did anything interesting happen today?</p> <p>C D A B</p>	<p><b>I ask</b></p> <p>What do you do for fun?</p>	 <p><b>How are you?</b></p>
<p><b>YOU ask</b></p> <p>What's new in your family?</p> <p>C D B A</p>	<p><b>ME</b></p> <p>How have you been?</p> <p>What do you do for fun at home?</p>	<p><b>ME</b></p> <p>What's new?</p> <p>How is it going?</p>	<p><b>ME</b></p> <p>What do you do for fun?</p> <p>C D B A</p>
<p><b>ME</b></p> <p>How is school going?</p>	<p><b>YOU ask</b></p> <p>What's new?</p> <p>How is school going?</p> <p>C D B A</p>	<p><b>YOU ask</b></p> <p>How is your day going?</p> <p>What have you been up to these days?</p>	<p><b>YOU ask</b></p> <p>What have you been up to?</p>
<p><b>How have you been?</b></p>	<p><b>I ask</b></p> <p>How is your family doing?</p> <p>C D B A</p>	<p><b>YOU</b></p> <p>How is it going?</p>	 <p><b>How is your day?</b></p>



## What Should I Say?

Draw a line between the situation and what you might say meeting that person for the first time.



someone on the swings

Hello! Is that a good book?



someone walking their dog

You're very talented! Do you mind if I watch?



a new teammate

What a cute dog. May I pet it?



someone in a library

That looks fun! Can we take turns?



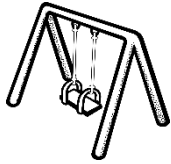
someone showing a skill

Nice to meet you. When did you start playing?



## What Should I Say?

Now you come up with your own things to say. Imagine you've introduced yourself to each of these people. What would you say next?



someone on the swings

---

---



someone walking their dog

---

---



a new teammate

---

---



someone in a library

---

---



someone showing a skill

---

---



## Conversation Strips

Cut out each rectangle. Put the locations in one stack and the people in another. Choose a strip from each stack and come up with something you would say to that person in that location.

Locations	People
church	someone you know
grocery store	someone you don't know
waiting in line	a helpful employee
library	a friend
park	a friend's parent



## Compliments

Fill in this page with ways you could compliment someone you know about the following things.

A skill they have

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Something they own

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Something they're wearing

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Something they did

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Something they said

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How they look

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





## Returning Compliments

Fill in this page with compliments you could return to each person. An example is given for you.

Your **mom** says: "You did a great job with the dishes."

You could say: Thanks, you cooked an excellent dinner tonight.

---

Your **Sunday School teacher** says: "It's great having you in my class."

You could say: Thanks,

---

Your **sister** says: "That shirt looks great on you."

You could say: Thanks,

---

Your **grandmother** says: "I enjoyed our time together today."

You could say: Thanks,

---



## Responding Politely

Fill in this page with ways you can turn a negative thought into a polite compliment.

**Situation:** Your friend is showing you his rock collection.



**What you think:** I find this boring!

**What you could say instead:** \_\_\_\_\_

---

**Situation:** Your brother is learning to play the trumpet.



**What you think:** This sounds awful!

**What you could say instead:** \_\_\_\_\_

---

**Situation:** Your mom put socks in your Christmas stocking.



**What you think:** I don't want this gift!

**What you could say instead:** \_\_\_\_\_

---

**Situation:** Your neighbor is showing you her new dress.



**What you think:** I don't like that style!

**What you could say instead:** \_\_\_\_\_

---



## Returning Compliments

Fill in this page with compliments you could return to each person like you did in Lesson 71.

Your **dad** says: "Your violin skills are really improving."

You could say: Thanks,

---

Your **neighbor** says: "You're really good at soccer."

You could say: Thanks,

---

Your **friend** says: "I love that picture you drew."

You could say: Thanks,

---

Your **coach** says: "You've improved greatly since last season."

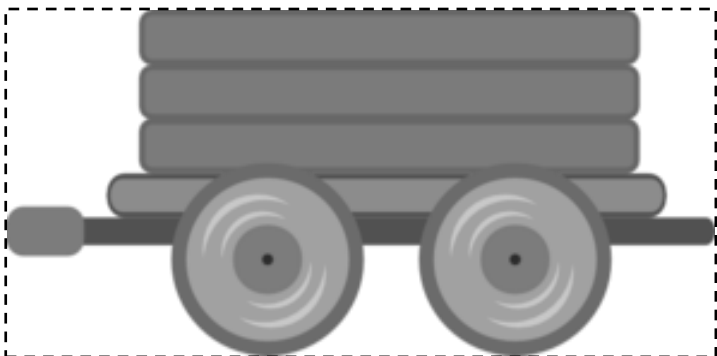
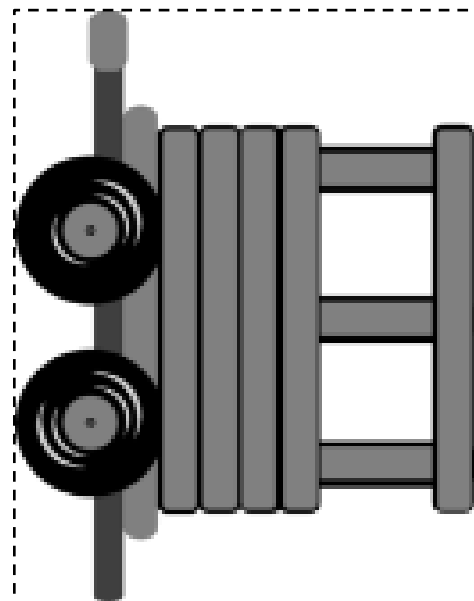
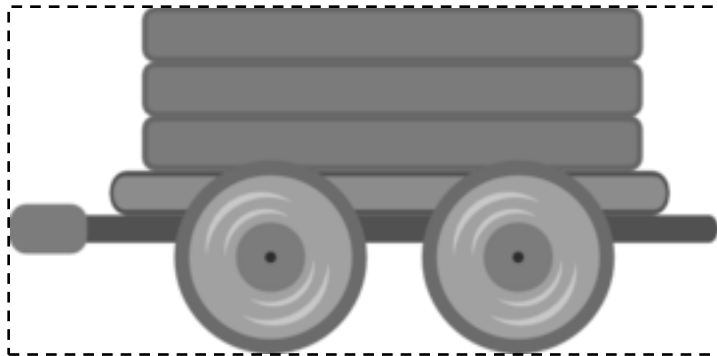
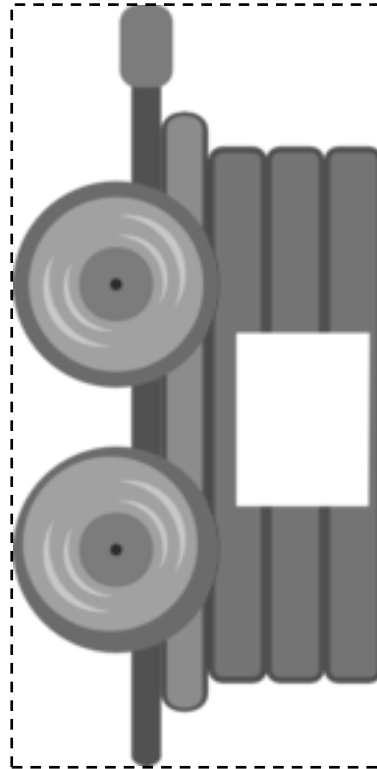
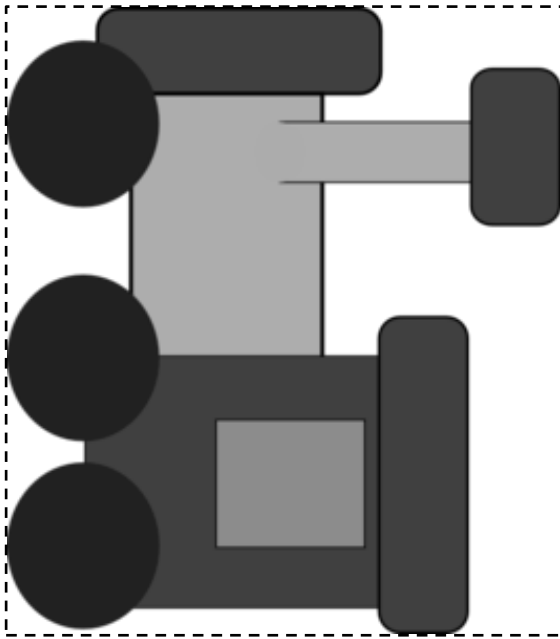
You could say: Thanks,

---



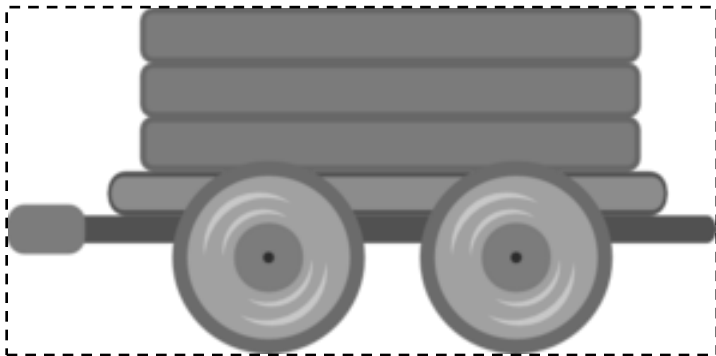
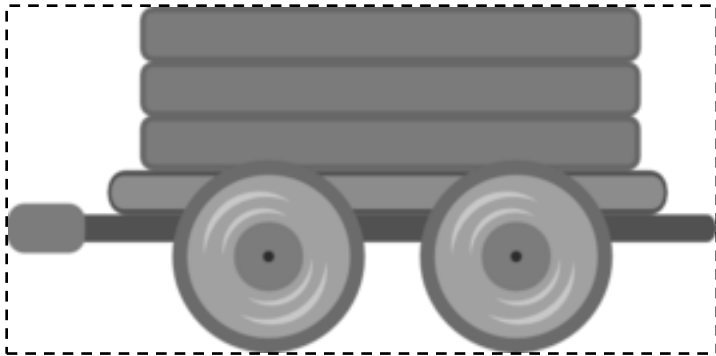
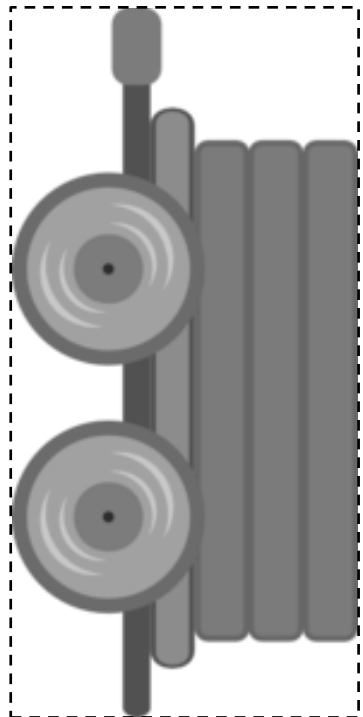
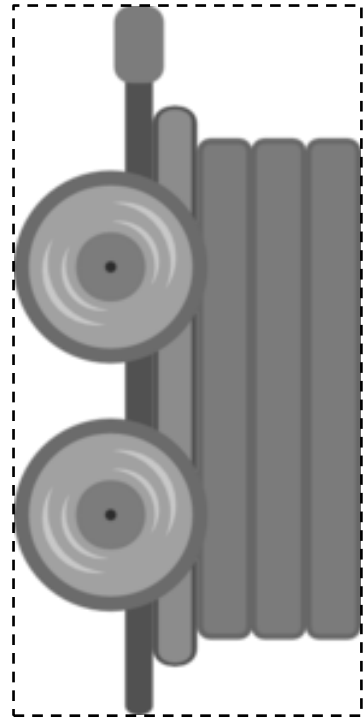
## Conversation Trains

Cut out these trains and tracks and use the online instructions to complete the activity.



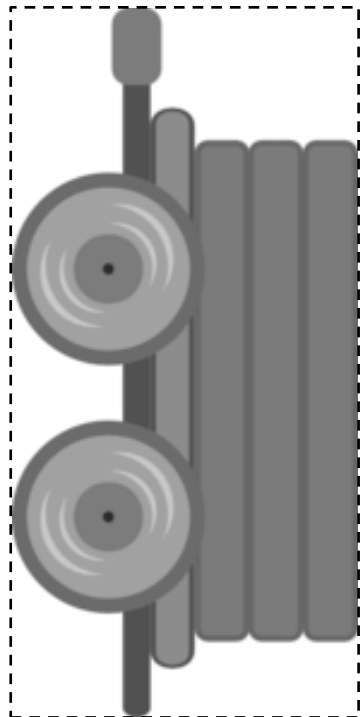
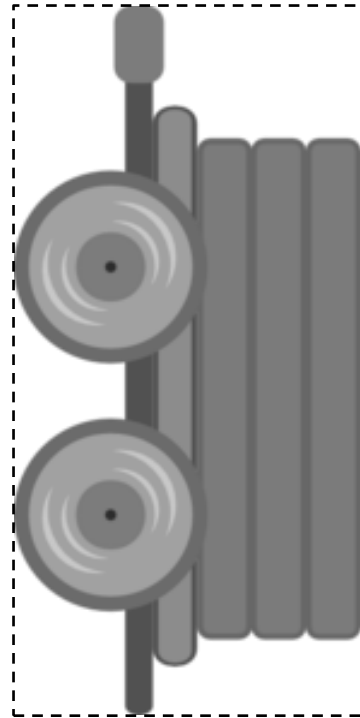
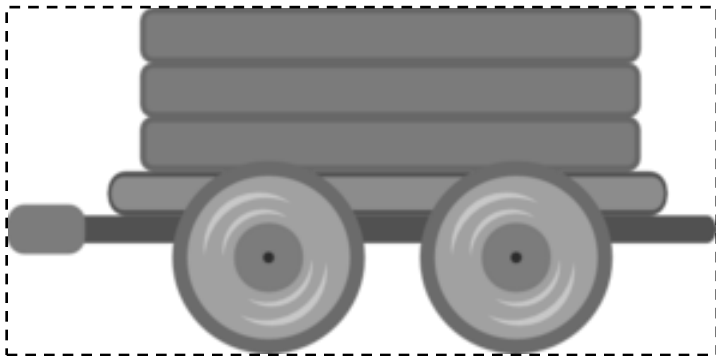
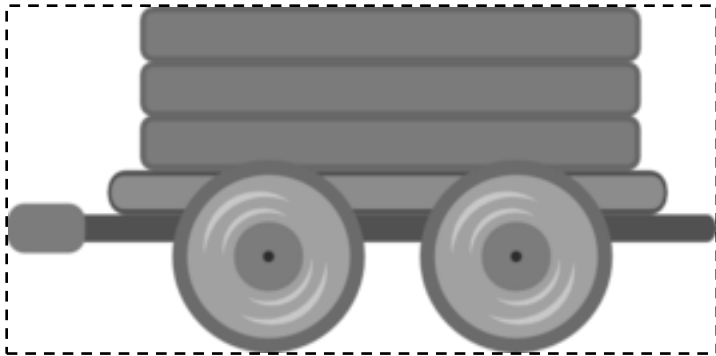
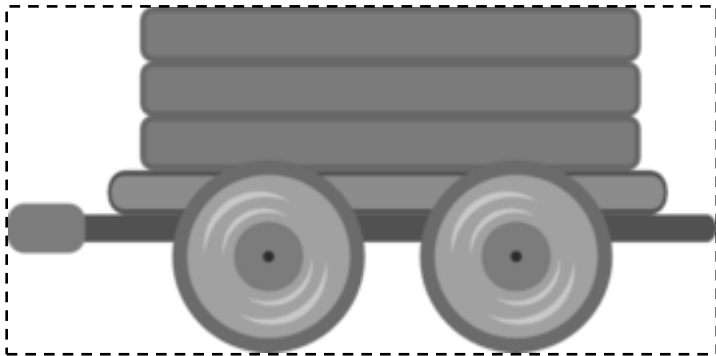
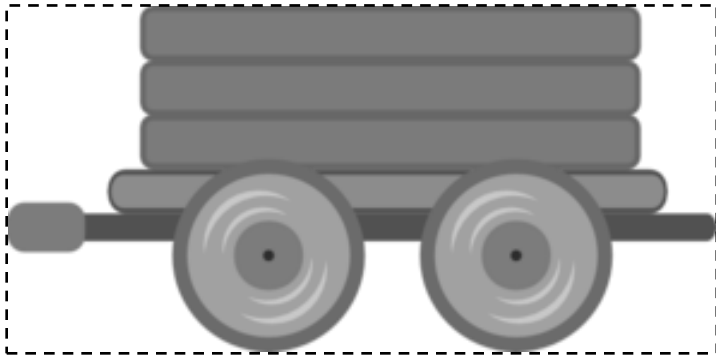


# Conversation Trains





## Conversation Trains





## Social Bingo

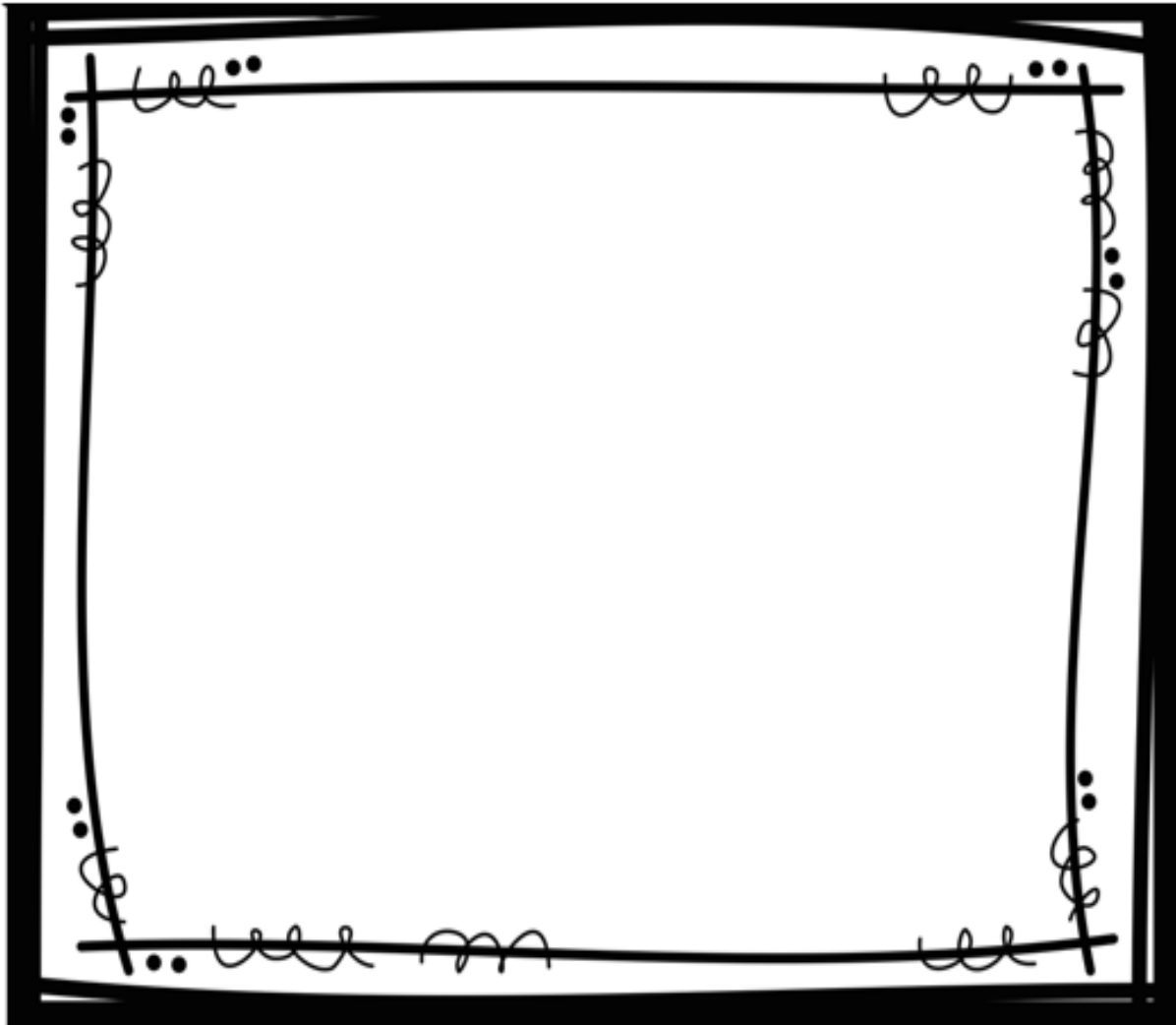
Color in each box when you've asked the question or done the action. See if you can get five in a row.

What's your favorite book?	Do you play an instrument?	Compliment a family member.	What's your favorite subject?	Introduce yourself
Tell someone your plans for the weekend.	Do a good deed for someone.	What's your favorite sport?	Ask someone how you can help them.	Do you have any siblings?
What's your favorite hobby?	Compliment a friend.	How are you today?	Do you know any other languages?	What's your favorite TV show?
Fix lunch for your family.	What's your favorite holiday?	Do you have pets?	Invite a friend over (with permission, of course!)	Sit next to someone you don't normally sit with.
What's your favorite food?	Compliment someone outside your family.	Volunteer your time for something.	Tell someone about your favorite trip.	What's your favorite movie?



## Friend Wanted

Make a want ad for a friend. Use the box at the bottom to help you brainstorm.



A good friend is:

---

---

---

---

A good friend does:

---

---

---

---





## Appropriate Topics

Fill out the chart with appropriate and inappropriate topics.

Person	Appropriate Topics	Inappropriate Topics
Family Member		
Friend		
Acquaintance		
Authority Figure		
Stranger		



## Social Observations

Fill out the following worksheet while you observe people. Find someone who fits each emotion. Describe why you think they do, what their face looks like, what their body language looks like.

**Happy**

---

---

---

**Friendly**

---

---

---

**Bored**

---

---

---

**Alone**

---

---

---

**Someone you can't tell how they're feeling**

---

---

---



## Meet in the Middle

Talk through a conflict and meet in the middle. Use the worksheet to help you.

I think \_\_\_\_\_.

When you \_\_\_\_\_, I feel \_\_\_\_\_.

Now I understand that you \_\_\_\_\_

Let's try: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

---



Let's try: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Now I understand that you \_\_\_\_\_.

\_\_\_\_\_

\_\_\_\_\_

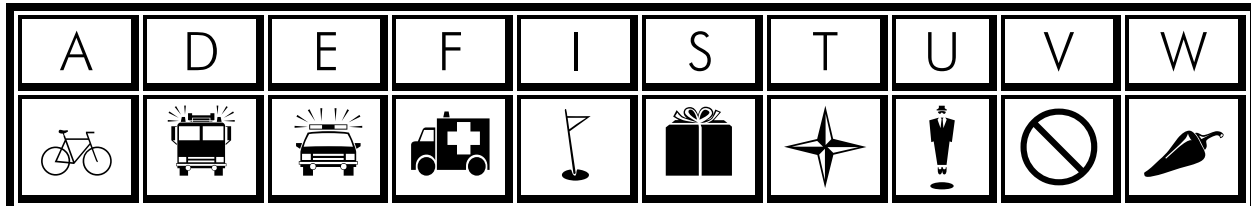
When you \_\_\_\_\_, I feel \_\_\_\_\_.

I think \_\_\_\_\_.

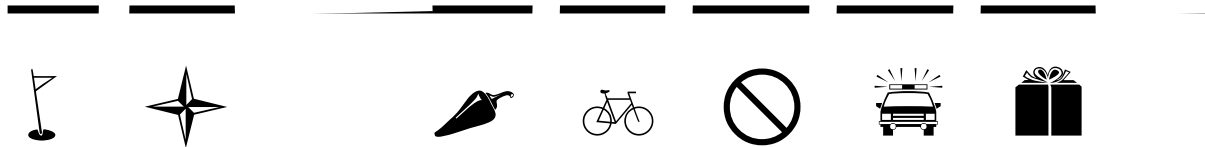


## Riddle Decoder

Can you decode the jokes? This page has an easier code and the next page has harder ones.



How does the ocean say hi?



Why did the teddy bear refuse dessert?

