

## Practice Through Role Play: Self- Advocacy & Social Skills

Teaching good self-advocacy skills and good social skills is important. They go hand-in-hand. One of the best ways to teach these skills is through role-playing. Provide students with different types of situations and have them role-play what they would do. Examples could include how to return an item to a store, or interview for a job. Any real life situation can be used as a role-play.

Coach students to use these 4 skills:

- ✓ *Face the person you're talking to, but do not stand too close.*
- ✓ *Make eye contact. If it bothers you, look at the top of their nose.*
- ✓ *Be aware all the time of facial expressions and body language (yours and theirs)*
- ✓ *Speak clearly, but not too fast*

Students can be taught how to use effective social skills through classroom expectations and routines, role plays, modeling, reading literature with social skills highlighted, and opportunities for social skill use in school activities and work experiences. Before you begin a role-play, share/review with your students some of the Social Skills Basics: (Posting in the classroom is also a recommendation.)

### Social Skills Basics

- Cooperation
- Sharing
- Participation
- Being a Friend
- Helping Others
- Being Patient
- Following Directions
- Taking Turns
- Remaining on Task
- Accepting Differences
- Listening
- Praising Others and Refraining from Put Downs
- Positive Communication and Interactions
- Being Polite and Courteous
- Using Good Manners
- Respecting Ourselves, Others and Items
- Being Respectful