



THE SOCIAL NAVIGATOR

www.socialnavigatorapp.com

NAME: _____

DATE: _____

REPORTER: _____

SOCIAL SKILLS CHECKLIST

SELF-REGULATION SKILLS

- ___ 1. Doesn't get too close
- ___ 2. Keeps voice low
- ___ 3. Asks permission (before touching/doing)
- ___ 4. Stays quiet while others talk
- ___ 5. Does not run (when upset)
- ___ 6. Sits calmly at table
- ___ 7. Limits interruptions
- ___ 8. Asks for break
- ___ 9. Accepts "no"
- ___ 10. Doesn't distract others
- ___ 11. Pays attention to others
- ___ 12. Waits calmly (for turn)
- ___ 13. Helps self
- ___ 14. Uses request tone
- ___ 15. Stays calm and asks for help
- ___ 16. Stays calm and explains concern
- ___ 17. Waits patiently (to get something)
- ___ 18. Waits patiently (to play)
- ___ 19. Pays attention (at counter)



- ___ 20. Buys what he/she can afford
- ___ 21. Stays in seat
- ___ 22. Stays quiet in audience
- ___ 23. Relaxes

LEARNING-READINESS SKILLS

- ___ 24. Listens closely to instructions
- ___ 25. Looks while listening
- ___ 26. Raises hand
- ___ 27. Tries to complete (assignment/activity)
- ___ 28. Expresses not understanding
- ___ 29. Gets started in timely manner
- ___ 30. Asks for help (with work)
- ___ 31. Asks for example



CONVERSATIONAL SKILLS

- ___ 32. Makes eye contact
- ___ 33. Responds to others
- ___ 34. Uses informal greeting
(with friends)
- ___ 35. Speaks clearly





CONVERSATIONAL SKILLS

continued

- ___ 36. Stays on topic
- ___ 37. Expresses indecision
- ___ 38. Does not strongly disagree (opinion)
- ___ 39. Talks turns (talking)
- ___ 40. Talks about ideas, not just facts
- ___ 41. Does not brag
- ___ 42. Talks about other's interests
- ___ 43. Smiles
- ___ 44. Changes topics
- ___ 45. Says "excuse me"

EMPATHY SKILLS

- ___ 46. Tries to be kind and helpful
- ___ 47. Spends time with family
- ___ 48. Cooperates with others
- ___ 49. Thinks about other's
impression
- ___ 50. Shows an
interest
in others



FRIENDSHIP SKILLS

- ___ 51. Entertains friends
- ___ 52. Cooperates with group
- ___ 53. Doesn't focus on rules
- ___ 54. Shares friends
- ___ 55. Takes turns (deciding)
- ___ 56. Tries to finish game/activity
- ___ 57. Concentrates on fun over winning
- ___ 58. Participates in group activities
- ___ 59. Compliments others
- ___ 60. Tries different things
- ___ 61. Doesn't boss people around
- ___ 62. Shows interest in others

CONFLICT MANAGEMENT

- ___ 63. Manages anger (doesn't get even)
- ___ 64. Manages anger (doesn't yell)
- ___ 65. Accepts change
- ___ 66. Accepts correction
- ___ 67. Asks adult for help with conflict
- ___ 68. Is flexible (compromises)
- ___ 69. Asks how to get needs met
- ___ 70. Avoids likely conflict

