

# What Would You Do? Kids Cards

Cut out the cards. Read one aloud, pick A, B or C, and talk about what might happen next.

## JOINING IN

### Four square at recess

At recess, some kids are playing four square. You want to play too.

- A. Stand nearby and wait for someone to notice you.
- B. Walk up and ask, "Can I get in line for the next round?"
- C. Grab the ball so they have to let you play.

*Talk about it: Why is it easier to join a game between turns?*

## DISAGREEING KINDLY

### Tag or swings?

Your friend wants to play tag. You want to go on the swings.

- A. Say "Fine, whatever" and play tag, even though you are upset.
- B. Say, "How about tag first, then swings?"
- C. Yell, "Tag is for babies!"

*Talk about it: What are some other fair ways to decide?*

## ONLINE CONFLICT

### Mean words in a game

While you are playing an online game, another player types, "You're so bad at this. Just quit."

- A. Type something even meaner back.
- B. Mute or block them, and tell a grown-up if it keeps happening.
- C. Quit the game and decide you are bad at it.

*Talk about it: Why do some people act meaner online than in person?*

## SHARING

### The last cookie

There is one cookie left, and you and your brother both want it.

- A. Grab it fast and eat it.
- B. Say, "Let's split it. You break it, and I pick a half."
- C. Cry until a grown-up gives it to you.

*Talk about it: Why does "you break, I pick" make it fair?*

## APOLOGIZING

### The sandcastle

You were running and knocked over a younger kid's sandcastle by accident.

- A. Keep running. It was an accident.
- B. Stop and say, "I'm sorry, that was an accident. Can I help fix it?"
- C. Say, "It wasn't very good anyway."

*Talk about it: Do you need to say sorry for an accident?*

## READING BODY LANGUAGE

### In a hurry

You are telling a friend a long story about your weekend. They keep looking at the door and tapping their foot.

- A. Keep talking. The story is not done yet.
- B. Ask, "Do you need to go somewhere?"
- C. Get mad that they are not listening.

*Talk about it: What else might tapping a foot mean?*

# What Would You Do? Teen Cards

Cut out the cards. Read one aloud, pick A, B or C, and talk about what might happen next.

## JOINING IN

### New school, new lunch table

You switched schools in the middle of the year. At lunch, a few people from your chemistry class are sitting together.

- A. Eat in the library with your phone.
- B. Walk over and say, "Mind if I sit here? I'm in your chem class."
- C. Sit at the far end of their table and say nothing.

*Talk about it: What makes starting somewhere new hard?*

## DISAGREEING KINDLY

### Not your kind of plan

Your friends want to go to a party you are not comfortable with.

- A. Go anyway so nobody thinks you are boring.
- B. Say, "I'm going to skip this one. Anyone want to do something Saturday instead?"
- C. Tell everyone that going is stupid.

*Talk about it: How do you say no without making it a big deal?*

## ONLINE CONFLICT

### The group chat pile-on

Someone in a group chat posts a screenshot making fun of a classmate, and people start adding laughing emojis.

- A. Add a laughing emoji too, so you fit in.
- B. Don't react, and message the classmate privately: "That was messed up. You okay?"
- C. Post a long, angry message calling everyone out.

*Talk about it: Why is it hard not to go along with a group chat?*

## SHARING

### Credit for your idea

Your group's presentation went well, and the teacher praises someone else for an idea that was yours.

- A. Say nothing and stay annoyed for weeks.
- B. Later, say calmly, "Glad it worked. Just so you know, the timeline idea was mine."
- C. Interrupt and say, "Actually, that was MY idea."

*Talk about it: Why is it hard to speak up for yourself?*

## APOLOGIZING

### A secret you told

A friend told you something private, and you mentioned it to someone else. Now your friend knows.

- A. Say, "It's not a big deal. Everyone knew anyway."
- B. Say, "I'm really sorry I told. That was yours to share, not mine. I won't do it again."
- C. Avoid them until it blows over.

*Talk about it: What makes an apology feel real?*

## READING BODY LANGUAGE

### One-word answers

You are talking to someone at a party. They give one-word answers and keep looking past you at the room.

- A. Keep asking question after question.
- B. Wrap it up kindly: "I'll let you go. Good to meet you."
- C. Ask, "Why are you being so rude?"

*Talk about it: What else might one-word answers mean?*

# Social Skills Worksheet

Name \_\_\_\_\_ Date \_\_\_\_\_

**A social situation that is hard for me**

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**What I notice in my body**

**What the other person's body might be saying**

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**Things I could say or do, and what might happen**

| I could... | What might happen next |
|------------|------------------------|
| A.         |                        |
| B.         |                        |
| C.         |                        |

**What I will try, and the words I will use**

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**After: how did it go? Circle one.**

Better than I expected

About what I expected

Harder than I expected

**What I would keep, or change, next time**

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# Conversation Toolkit

Every conversation has three parts. Here are ideas and lines for each one.

## Start the conversation

- Say hi and your name.
- Notice something you both can see.
- Ask an easy question.

### LINES TO TRY

"Hi, I'm \_\_\_\_\_. Is this seat free?"

"That's a cool \_\_\_\_\_. Where did you get it?"

"Did you catch what the homework is?"

## Keep it going

- Ask about what they just said.
- Share something of yours that connects.
- Show you are listening: nod, "No way!", "That's cool."

### LINES TO TRY

"What was the best part?"

"No way. Same thing happened to me."

"How did you get into that?"

## End it well

- Give a heads-up: "I should get going."
- Say something nice about the talk.
- Say goodbye, and when you might see them.

### LINES TO TRY

"I should get going, but this was fun."

"Good luck with \_\_\_\_\_!"

"See you tomorrow?"

## Body language clues

| If you notice...                      | It might mean...             | You could...                        |
|---------------------------------------|------------------------------|-------------------------------------|
| Looking at the door, short answers    | Busy or ready to go          | "I'll let you go. Talk later?"      |
| Leaning in, nodding, asking questions | Interested                   | Keep going, and ask about them too. |
| Arms crossed, turned away             | Upset, cold or wanting space | "Is now a good time?"               |
| A step back from you                  | Needs more room              | Give an arm's length of space.      |
| Quiet, head down, slumped             | Sad or tired                 | "You seem quiet. Are you okay?"     |
| "I'm fine" in a flat voice            | Maybe not fine               | "Okay. I'm around if that changes." |

Clues are a guess, not proof. When you are not sure, it is fine to ask.

## My conversation plan

I will start by saying \_\_\_\_\_

A question I can ask \_\_\_\_\_

I will end by saying \_\_\_\_\_