

<b>Skill Area(s):</b> Stress Feelings/Emotions Conversation Skills
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## Room 14: Social Skills for Handling Stress and Making Friends

**Level:** intermediate, advanced

**Goal:** to help child with social cognitive deficits handle their feelings, make and keep friends, fit in at school, use self-control, and be responsible. All of these fit understand conversation skills.

**Materials needed:** Room 14, A Social Language Program, Carolyn C. Wilson, published by Lingui-Systems.

### **Description of Program:**

This program is designed for developmental ages 6-10. The program materials include the instruction book, activity book, and the picture book. The instructor's manual contains a social skills checklist, social skills lessons, and an appendix on relaxation techniques important for self-control. The activity book contains activity sheets to extend each lesson, a game sheet for each unit, and an answer key. The picture book contains pictures with questions that relate to each lesson.

This program is broken up into 5 units. These include:

1. Make and Keep Friends
2. Fit in at School
3. Handle Your Feelings
4. Use Self-Control
5. Be Responsible

There are multiple ways you can use this resource. You can either use it alone or with other activities. The lesson can add to others you are already doing or you can pull from the books and use them separately. The program combines multiple learning approaches to help children learn and be successful. Through role-playing, speaking, listening, and using creativity students usually respond well and find out their own learning style.