

## Social Skills Rule Book

I use this rule book in my social skills group which is made up of 5<sup>th</sup> grade – 8<sup>th</sup> grade students. I printed all the pages out on cardstock and laminated them, then I spiral bound the book. We use a dry-erase maker to write on the pages so we can wipe them off when we are finished and I can use the book with other students.

When we are talking about behavior in different situations, we have a discussion about what the rules are for those situations. For example, some of my students have difficulty controlling their anger. They get very impatient waiting their turn, especially in line at the movies, at the bowling alley, etc and they may start yelling or being rude to others around them. We had a discussion about where are some places that you have to wait in line. Then we talked about how you should behave when you are waiting in line. Most of them were able to tell me “no pushing”, “wait your turn”, etc and we wrote those rules in the book. However, when I pointed out examples of their own behavior in line, then we could talk about whether they were following the rules or not and what they should have done instead.

I also photo-copied the pages and made a book for their resource room. As we finished a page in my wipe off book, then the kids made their own for themselves. I have used this with kids as young as 4<sup>th</sup> grade, but I think you could adapt it for any age.

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