

SOCIAL SKILLS

FAMILY BINGO

Social skills help children and adults have meaningful relationships, manage conflict, practice empathy, and learn to understand other perspectives.

How many of these challenges can your family complete? Challenge yourself to complete one a day, and tell your family members about them! Check off each box as you complete it.

<p>Give a stranger a compliment</p> <input type="checkbox"/>	<p>Perform a random act of kindness</p> <input type="checkbox"/>	<p>Write a thank you note</p> <input type="checkbox"/>	<p>Send someone something you think would make them laugh</p> <input type="checkbox"/>
<p>Tell a friend about a book you recently read</p> <input type="checkbox"/>	<p>Be the first to apologize</p> <input type="checkbox"/>	<p>Tell a loved one something you appreciate about them</p> <input type="checkbox"/>	<p>Start a conversation with someone you imagine is different than you</p> <input type="checkbox"/>
<p>Notice someone else's act of kindness</p> <input type="checkbox"/>	<p>Ask someone older than you about a favorite memory from when they were younger</p> <input type="checkbox"/>	<p>Give someone a homemade gift</p> <input type="checkbox"/>	<p>Listen to someone else's favorite song and talk to them about it</p> <input type="checkbox"/>
<p>Do something at home that you notice needs to be done</p> <input type="checkbox"/>	<p>Show that you're listening by repeating what you've heard in your own words</p> <input type="checkbox"/>	<p>Ask someone questions about their hobbies or special skills</p> <input type="checkbox"/>	<p>Have a phone-free meal</p> <input type="checkbox"/>