**Playground Skills Checklist**

**Social Skills**

Communicates clearly

Is able to see others’ points of view

Takes turns, Shares, Plays cooperatively

Apologises

Comforts and deals sensitively with others’ feelings

**Friendship Skills (Making and Maintaining)**

Can join a group

Gives out information about self

Asks others about themselves

Enjoys a joke

Gives praise and compliments

Spots anyone left out and includes him/ her in activities

Makes suggestions about activities

**Assertiveness Skills**

Expresses own needs, wishes, views and feelings

Isn’t easily pressured into doing things

Reports complaints to adults… doesn’t just suffer in silence

Doesn’t let others take advantage of them

**Self-Control Skills**

Handles playful teasing and rough and tumble

Handles competition

Controls temper

Tolerates frustration

Takes losing well

Copes with disagreements

Shows restraint

***Adapted from “Promoting Positive Relationships”, Psychological Service, Strathclyde Regional Council***