

MY LIFE-FIT HABITS SOCIAL SKILLS

Why is it important to boost my **social skills**?

Having friends provides support and promotes mental health and well-being. Learning positive friendship skills can help you feel more confident and happier.

What are some positive **social skills**?

- Starting conversations
- Taking turns
- Expressing feelings
- Asking questions
- Complimenting others
- Accepting others
- Refusing to join others' negative behaviour

It is important to practice being resilient and developing a cooperative attitude.

What are some more ideas I can try to boost my **social skills**?

- Sharing
- Asking for what you want or need
- Apologising to others
- Following rules of play
- Playing fair
- Listening to others
- Being a good loser
- Helping others
- Cooperating

Try this Life-Fit **Social Skills Challenge**

From the list provided choose three behaviours to practice this week with your family and friends.

Write them down and keep reading your list to check that you are trying to develop these new skills

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these support websites:

www.au.reachout.com
www.eheadspace.org.au

www.youthbeyondblue.com
<http://www.brave-online.com/>

