

Social Skills Checklist

Social Skills are the skills we use every day to interact and communicate with others.

The best way to help your child develop social skills is through playing and meaningful interactions.

Here is a checklist of the average age-appropriate social skills. If you have concerns about your child's social skills, please seek professional help.

	RELATIONSHIPS	SELF-CONFIDENCE	SELF-AWARENESS	MANAGING FEELINGS
3 YEARS OLD	Interested in others' play and starting to join in.	Welcomes and values praise for what they have done	Expresses own preferences and interests	Can express their own feelings such as happy, sad, cross, scared, worried.
4 YEARS OLD	Keeps play going by responding to what others are saying or doing.	Confident to talk to other children when playing, and will communicate freely about home.	Enjoys the responsibility of carrying out small tasks	Aware of own feelings & knows that some actions and words can hurt others' feelings.
5 YEARS OLD	Initiates conversations, attends to and takes account of what others say.	Confident to speak to others about own needs, wants, interests and opinions.	Can describe self in positive terms and talk about abilities.	Beginning to be able to negotiate and solve problems without aggression eg when someone has taken their toy
6 YEARS OLD	Plays cooperatively, shows sensitivity to others' needs and feelings	Confident to try new activities and say why they like some activities more than others.	Says when they do or don't want help	Adjusts their behaviour to different situations, and take changes of routine in their stride.