

## **Skill 5: Following Instructions**

### **SKILL STEPS**

**1. Listen carefully to the instructions.**

Remind students that they should think about what is being said.

**2. Ask questions about anything you don't understand.**

Teach students Asking for Help (Skill 2) or Asking a Question (Skill 9).

**3. Repeat the instructions to the person (or to yourself).**

This step is necessary to be sure students clearly understand the directions.

**4. Follow the instructions.**

### **SUGGESTED MODELING SITUATIONS**

- ▶ *School:* A teacher explains an assignment.
- ▶ *Home:* Your mom or dad gives you instructions on how to cook or how to do a chore.
- ▶ *Peer group:* A friend gives you directions for getting to his/her house.
- ▶ *Community:* A security guard at the mall explains rules for behavior.

### **COMMENTS**

For students to perform this skill successfully, they must be able to complete the task required of them independently. The skill will only frustrate them if they follow the steps and then find that the task is too difficult.

Sample Homework Report I

**Skill 32: Dealing with Another's Anger**

Name Chloe Date November 15

**SKILL STEPS**

1. Listen to what the person has to say.
2. Think about your choices:
  - a. Keep listening.
  - b. Ask why the person is angry.
  - c. Give the person an idea to fix the problem.
  - d. Walk away for now.
3. Act out your best choice.

**FILL IN NOW**

With whom will I try this? My brother.

When? After school.

**FILL IN AFTER YOU PRACTICE THE SKILL**

What happened? He was mad cause he was grounded. I listened. I asked him if he wanted to watch TV with me. He didn't hit me.

How did I do?



Why did I circle this? I listened. I made a good choice.

Sample Homework Report 2

**Skill 54: Accepting No**

Name Bobby Date January 10

**SKILL STEPS**

1. Decide why you were told no.
2. Think about your choices:
  - a. Do something else.
  - b. Say how you feel in a friendly way.
  - c. Write about how you feel.
3. Act out your best choice.

When did I practice?

How did I do?

*I got grounded.*



*Asked Jacob to come over.*



*I wanted a new video game.*



*Had to do work at recess.*

