

**Universal Social Skill Tool
Team Activity Example**

Teaching Two People Supported Learning to Build Alliance

Social Skills selected for training plan

Working Together (Building Alliance)

Behavior definitions addressed in this tool (taken from the MN Direct Observation and Self-Assessment Tool)

Observable actions include:

- *Offer to help*
- *Do something together with someone*

Routine Selected for Learning/Practicing Social Skill: Dinner

Prepare for the Training

Decide how to share the training: 2 roommates living together

Who is will participate in the training (List people involved): Akemi and Martha

What materials are needed to complete the training: Practice skills in kitchen right before and during dinner preparation

Time allocated: 5 minutes before and 5 minutes during dinner preparation

Write down examples and nonexamples of the behavior (see example below):

Non-Examples of Social Skill

Watching Akemi get dinner ready from chair

Watch TV

Talk to friend on phone

Examples of Social Skill

Offer to get food out

Put plates on the table

Stir soup for Akemi

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Practice

1. Create the examples and non-examples of social skill – *Sit with Akemi and Martha right before dinner and ask them for examples of what is helpful and not helpful when making dinner*
2. Assess what is needed in order to learn/practice the social skill: *Akemi has helped Martha in the past and Martha likes to help with dinner but just needs reminders when it is dinner time. Martha does not always remember that it is good to help Akemi and often goes to her room to watch TV.*

Support for Martha

- *Help Martha create her own schedule when she gets home from work.*
- *Work with Martha on a visual schedule of what she wants to do when she gets home*
- *Help Martha can set her watch alarm to go off to signal it is time to see if Akemi needs help for dinner*

Support for Akemi

- *As Akemi is starting dinner, talk to Akemi about the steps involved in making dinner*
 - *Ask Akemi to make a list of what would be helpful for Martha*
 - *Support Akemi in preparing this list and present choices for Martha.*
 - *Akemi might put some snacks out for Martha to say thanks for the help*
3. Review progress celebrate success- *Ask Akemi and Martha to create a way to celebrate when they are working together to make dinner and each person is showing how they are building alliance with each other. This may involve making a brainstorming list of ideas and then selecting a way to celebrate. For instance, Akemi and Martha may decide to pick going out for ice cream together when they are working together several days in a row.*