

Social Skills Practice Checklist

Track progress as you practice these five social skills throughout the week.

How to Use This Checklist:

- Use this sheet to track your child’s progress with core social skills.
- Each time your child practices a skill, place a checkmark under the day it was used.
- At the end of the week, reflect on which skills came easily and which ones need more practice.

Skill	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Maintain Eye Contact	☐	☐	☐	☐	☐	☐	☐
Listen to Understand	☐	☐	☐	☐	☐	☐	☐
Practice Small Talk	☐	☐	☐	☐	☐	☐	☐
Pay Attention to Body Language	☐	☐	☐	☐	☐	☐	☐
Be Assertive	☐	☐	☐	☐	☐	☐	☐

Reflection Prompts (End of Week):

- ☐ Which social skill did I use most often?
- ☐ Which one was trickiest?
- ☐ What am I proud of this week?
- ☐ What will I keep practicing next week?