

Social Skills Agenda-February



Date	Monday	Tuesday	Wednesday	Thursday	Friday
2/2	Mrs. M Lesson	ADHD Documentary	ADHD Documentary	ADHD Documentary	Fun Friday
2/9	Mrs. M Lesson	ADHD Documentary	ADHD Documentary	ADHD Documentary	Fun Friday
2/16	No School	Executive Function Skills	Executive Functioning Skills	Executive Functioning Skills	Fun Friday
2/23	Mrs. M Lesson	Social Situations	Social Situations	Social Situations	Fun Friday



This month, students will explore topics that promote self-awareness, growth, and social understanding. They will begin by watching the documentary *Disrupters* to learn more about individuals who face learning differences and how they use their strengths to succeed. The following week, students will focus on developing executive function skills such as organization, time management, and self-regulation. To conclude the month, students will practice responding to social situations and strengthening their communication skills.

How Parents Can Support at Home:

Parents can encourage their child by discussing the themes from *Disrupters* and highlighting how everyone learns and thinks differently. At home, families can support executive function growth by creating simple routines—like using planners, setting reminders, or organizing weekly tasks together. When it comes to social situations, parents can model healthy communication by role-playing common scenarios (e.g., resolving conflicts or expressing emotions clearly). These small, consistent practices help reinforce what students are learning in class and build lifelong skills for success.