

# Improve Soft Skills: Shyness

## Grade Level: Middle School

### SEL Competency: Relationship Skills

#### Student Reflection Questions

Glen says, "I kind of kept to myself, I was real quiet and didn't really need to interact with people". Why do you think this was concerning for Glen? What were the things that Glen did to help himself improve?

While there is nothing wrong with being quiet or shy, why is it important to learn to talk with other people? How comfortable are you with starting conversations with other people? If this is something that you feel you need to improve on, could you take similar actions to Glen?

Glen had to force himself to not be shy and he took action to improve himself. What skills would you like improve within yourself? What will be your plan?

#### Parent Reflection Questions

Although we do not see Glen's parents in the video, how do you think his parents could support Glen as he seeks to improve his interaction skills?

Are there activities at school or in the community that you think could help your child/children to improve on skills that will help them in social situations?

What "soft skills" or skills involving working with others are strengths for your child? Are there areas that need additional support? What support would be required to help your child in the area(s) you have identified?

#### Teacher Reflection Questions

Do students in your class/school have opportunities to help shy students become more socially adjusted?

My teaching supports students like Glen because...

Assess your school's extra-curricular activities. Are there areas for improvement? If so, what actions need to be taken?

Developing relationship skills within students is important because...