

SOCIAL SKILLS OUTSIDE PRACTICE RECORD

Making Requests

The steps are:

1. Look at the person.
2. Say exactly what you would like the person to do.
3. Tell the person how it would make you feel.

In making your request, use phrases like:

“I would like you to ____”

“I would really appreciate it if you would do _____”

“It’s very important to me that you help me with _____”

Name: _____ Date Assigned: _____

Person Assisting with Outside Practice: _____

Skill Being Practiced: _____

My Plan (brief description of assignment):

Practice Date: _____ Location: _____

Briefly describe what took place:

How effective were you at using the skill during the outside practice? Please check one:

- Not at all effective
- A little effective
- Moderately effective
- Very effective
- Highly effective