

**Social Skills –Parent Note**

Your child just completed a social skills lesson. The topic was:

***I Can Read Body Language.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

1. Body Language is a way to communicate without using words
2. There are four things we need to look at in order to read Body Language:
* **Facial Expressions** – eyes and mouth
* **Posture** – head, back and shoulders
* **Gestures** - hands
* **Stance** – arms and legs
1. We also need to be aware of the messages our bodies are sending through our own facial expressions, posture, gestures, and stance
2. Eye contact is important to show attention and interest in the other person. If direct eye contact isn’t comfortable, try looking at the other person’s forehead instead

**Your child received a Lesson Summary magnet:**

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**If you have a moment, email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that might help your child for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. THANK YOU!!**