

Six Simple Skills Steps

1	Set a clear goal
	Choose 1 skill. Set a SMARTE goal. Specific Measureable Achievable Relevant Timed Evaluated
2	Prepare
	Think through teaching the skill & get everything you need <i>For example</i> ; visuals, Social Stories, timer, video. Where will you set things up, Who will teach & When?
3	Demonstrate & teach
	Model or demonstrate the skill. You can use role plays, video, Social Stories etc... Set up the learning to be visual, well-structured & looking achievable.
4	Practice Practice Practice
	Practice at least once every day. Give the learner the help they need at each step
5	Reinforce
	Make the skill stronger. Consider rewards and when to use & fade from use
6	Generalise
	Practice the skill with different people, places, times of the day and materials. Remember as they learn the skill to fade your help to increase independence
7	Maintain overtime
	Monitor the new skill so it is not forgotten & give opportunities to practice if needed