

Bee PALS (Social Skills)

How to Join Play

1-page quick tool

Regulate: take a deep breath or squeeze hands

SEE

Show your child first

Say:

“Can I play?”

OR

Point to icon

- walk over
- stand next to group
- wait 5-10 seconds

Don't tell them. Show them.

TRY

- Say it
- Point to icon
- Practice with parent first

DO

Use in real life:

- park
- siblings
- playdates

REFLECT

Did it work?

Yes

Almost

Not yet

