

## Second Grade- Life Skills Lessons Update

Weeks 25-32 (2/16-4/10)

\*Look for the blue writing for at home ideas.

### Week 25: **Positive Self-Talk**

-Plenty of research has been done surrounding the power of positive self-talk. Speaking positively to yourself can have a wealth of benefits and increase the potential for success.

\*Encourage your child to use positive language not only to others but especially towards themselves. (For example I sometimes hear students say, “I’m dumb” when struggling with something challenging. Try redirecting this statement by saying something like, “You sound frustrated” or “It sounds like you could use some help, would you like my help?”

(Example research: <http://www.thedoctorwillseeyounow.com/content/kids/art3561.html>)

### Week 26: **Mindfulness**

-Second graders were introduced to the idea of mindfulness through the story, Peaceful Piggy Meditation. According to dictionary.com, Mindfulness is “a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.”

\*For research on the benefits of Mindfulness (also available from the Links page on my website): <http://www.mindfulkidsandfamilies.com/mindfulness/>

\*Please check out my blog posts titled, “Guided Relaxation Exercises” and “Calming Down Through Mindfulness” for stories to read with your child. These can be especially helpful for children who struggle getting to sleep.

### Week 27: **Diversity Overview**

-Students discuss the importance of acceptance of one another no matter how different each of us is. Along with acceptance is respect. One example we used was when someone says, “That’s disgusting! Gross!” when they see someone else eating something they don’t like. We talk about how everyone is allowed to have their own likes/dislikes and just because we don’t agree with them doesn’t mean one person is wrong and one person is right. A more respectful response instead of “gross” might be “that looks interesting” or “I’m not sure I would like that.”

Week 28: Spring Break

Week 29: **Job Exploration**

-Students hear about numerous jobs in the book, Pig Gets a Job and then draw a picture of a job that they are interested in or think they would like to do someday. Students also discuss their current job, being a student, and how important it is to try their hardest at their job now so they can get the job they really want when they're older.

\*Ask your child what he/she wants to do when he/she grows up. Talk about the importance of school in order to get there.

### Week 30: **Diversity in Strengths**

-Students discuss the importance of everyone having different strengths and how we can learn from one another and help one another.

### Week 31: **Goals**

-Students discuss the importance of setting goals and not giving up when things get difficult.

\*Ask you child what he/she would like to accomplish by the end of this year (which isn't all that far away!). Then share ideas of how he/she could reach that goal.

### Week 32: **TRAILS Curriculum Unit 1: Garret Finds his Special Strengths**

-Student identified their skills and strengths in earlier lessons and now they begin talking about how their strengths can help when having a rough day or struggling to learn something new. Focusing on positives can oftentimes help students work through challenges.

\*Encourage and model positive self-talk when challenges arise (example: "This is really tough, but I bet if I keep practicing, I will get better!")