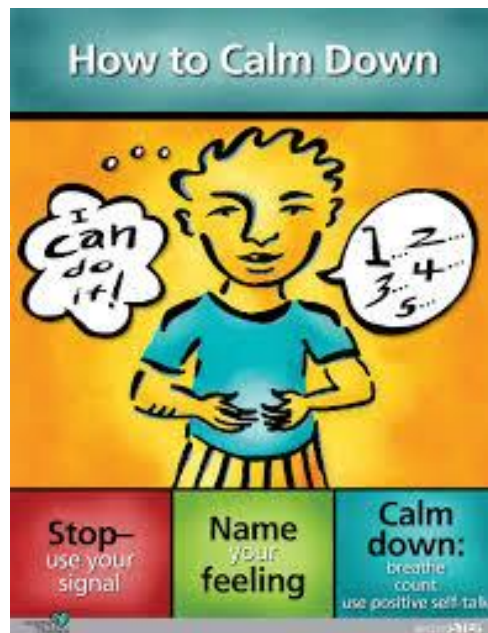


## Third Grade- Life Skills Lessons Update

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

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

\*Look for the blue writing for at home ideas. Also, home links are periodically sent home with ideas for further practice. Students are instructed that the home links are not required but that they must go home to show an adult. The adult and child can decide together if they would like to/have time to do the activity. Home links are a great way for parents/guardians to learn and help their child practice what is being taught in the counseling room.



Students are learning how to calm strong emotions through a 3-step model (also seen above):

1. Stop- Use your signal (such as saying, “chill out, calm down, chillax” in your head) after recognizing signs of strong emotions (Example: anger might= red face, tense muscles, warmth)
2. Name your feeling (“I’m feeling \_\_\_\_\_”)
3. Calm Down (deep breathing, counting, using positive self-talk)

Many lessons in the curriculum, Second Step, focus on the above model to help students learn how to manage their strong emotions.

\*Encourage your child to complete the home links as well as practice cool down strategies.

Week 25: Making Friends (Second Step Lesson 10)

Week 26: Introducing Emotion Management (Second Step Lesson 11)

Week 27: Managing Test Anxiety (Second Step Lesson 12)

Week 28: Spring Break

Week 29: Handling Accusations (Second Step Lesson 13)

Week 30: **CCD Decision-Making**

-Student discuss the Decision-Making Model called CCD in which CCD stand for Choices, Consequences, Decisions.

-Student practice determining what choices they have in a problem and then identify what positive and negative consequences may come with each choice. This information should then help students make the best possible decision for them.