

Fifth Grade- Life Skills Lessons Update

Weeks 12-17 (11/17-12/23)

*Look for the blue writing for at home ideas!

Week 12: Learning Styles

-A lesson on three different learning styles (Visual, Auditory, and kinesthetic). Students tested to see what their own learning style is and then viewed learning strategies for their specific learning style.

Week 13: Motivators

-Learning what motivates a child is important to helping them be successful. Motivators can be used as positive reinforcement for accomplishments. Students identified things and people that help motivate them.

*Ask your child what kind of positive reinforcement would help them complete things such as homework or chores (playing a game, time with a parent or friend, time on a computer, etc.)

Week 14: Matter of Attitude

-A lesson on three different ways to look at unfortunate situations through “different colored glasses”:

- Red/pink glasses: blaming everyone else/becoming angry at others
- Green: accepting that something negative happened and focusing on what you can control and what you can do about the issue.
- Blue: self-pity, feeling sorry for self

*When you believe your child is looking negatively at a situation, encourage them to “put their green glasses” and focus on what they can do rather than dwell on things they cannot change.



Week 15: Partner Pair

-Students effectively paired up with another student and they worked together to help one another update their Learner Resumes.

Week 16: Umbrella of Self-Confidence

-Students seemed to enjoy throwing negative situations (in the form of balled up paper) at Ms. Peterson while she attempted to use her self-confidence (in the form of an umbrella) to block it.

-Building up a child's self-confidence can be extremely beneficial when faced with negative circumstances

-Students created their own Self-confidence umbrellas including:

- Something they're proud of
- Things they do well
- Personal strengths



Week 17: Partial week for winter break