

# Fifth Grade- Life Skills Lessons Update

Weeks 18-24 (1/5-2/13)

\*Look for the blue writing for at home ideas

Week 18: Winter Break- No School

Week 19: Cold Day- No School

Week 20: **Self-Esteem**

-Self-esteem is how a person feels about his/herself. Students take a self-esteem quiz to gauge how they're feeling. Then they begin identifying ways to build their own self-esteem (focusing on strengths, using positive self-talk, thinking about things they are good at, etc.)

\*Model healthy self-esteem by avoiding any negative words to describe yourself such as "I'm such an airhead." For some people, it is very difficult to not say or at least think negative thoughts throughout the day (ex: "How could I forget to pick up eggs, I'm so dumb sometimes!"). When kids hear their parents speaking this way, they are more likely to speak that way about themselves as well. Our thoughts become our words and our words become our actions. Practice saying positive affirmations with your child each morning/evening in the mirror (example: "I am smart. I am fun. I am a good friend. I am a good person. I am funny. I am calm. Etc.) Make it a fun activity by each coming up with your own positive statements. It's okay if they're different!

Week 21: **Continue with Self-Esteem Strategies**

-Students listed 10 positive affirmations they could say to themselves to boost their self-esteem

Week 22: **Reputation**

-Reputation is how others view you. Your actions become your reputation.

Week 23: **Bullying Behavior**

-Students discuss what bullying behavior looks like through a story. In this story, students learn to talk to an adult they trust if they witness bullying behavior. Many students were struggling with the difference between teasing and bullying. Teasing is often a one-time occurrence while bullying involves intentional, repetitious behavior. Bullying makes the target's life extremely difficult while teasing tends to dissipate or stop when an individual says, "Please stop". Some students also questioned the difference between a conflict and bullying. A conflict is two-sided such as a disagreement or argument between two or more students while bullying involves a target and one or more students who are doing the bullying. See below for official definitions:

-Our school district's policy (based on DPI's definition) on bullying includes the definition:

Definition of Bullying Behavior: Bullying is deliberate and intentional behavior using words or actions, intended to cause fear, intimidation or harm. Bullying may be repeated behavior and involves an imbalance of power. The behavior may be motivated by an actual or perceived distinguishing characteristic, such as, but not limited to: age, national origin, race, ethnicity, religion, gender, gender identification, sexual orientation, physical attributes, physical or mental ability or disability, and social, economic, or family status.

Bullying behavior can be:

1. Physical (e.g., assault, hitting or punching, kicking, theft)
2. Verbal (e.g., threatening or intimidating language, teasing or name-calling, racist remarks)
3. Indirect (e.g., spreading cruel rumors, intimidation through gestures, social exclusion and sending insulting messages or pictures by mobile phone or using the Internet – also known as cyber bullying)

**\*Role play different scenarios with your child to determine what bullying behavior looks like and what teasing looks like.**

Week 24: No School