

First Grade- Life Skills Lessons Update

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

*Look for the blue writing for at home ideas!

Week 12: **Howard B. Wigglebottom Listens to His Heart**

- A lesson on the importance of doing what you love because you love it and not just because a friend is doing it.
- Feel free to read many Howard B. Wigglebottom books and lessons on www.wedolisten.org

Week 13: **It's Hard to be a Verb!**

-A verb is an action word and students are often times moving, First graders heard about what to do when you just feel like you have to move.

- Wiggle your wiggles before they wiggle you (stretch your fingers, wiggle your toes, crinkle your face, scrunch your nose)- This is for when a student feels like he/she needs movement in the classroom.
- Use a focus squishy (some students are able to focus better with having a small object in their hands to squeeze or move around)
- *Make a Nag Board (where students write down all the tasks they are supposed to get done say, before school. The student then checks off as he/she completes each task... For added incentive allow the student to work towards something they like (For example, after completing all items on their nag board, the student gets to do an activity of his/her choice with mom/dad).

Week 14: **Personal Space**

-A lesson on the importance of personal space through the book titled, "Personal Space Camp" by Julia Cook. The following ideas were addressed:

- Personal space is the amount of physical space around a person that makes them feel comfortable.
- Some students need more space between themselves and others in order to feel comfortable while other do not need as much space.
- Usually our personal space bubble is bigger when we're around strangers or people we don't know very well because we need more space and are not comfortable getting close to people we don't know.
- At school, students' personal space bubble should be about the size of a hula hoop

- If a student feels someone is invading their personal space, they should ask them nicely, “Would you please give me more space?” or if possible, move them self over.

*Ask your child how much space they need in order to feel comfortable at home, at school, around family, around friends, around strangers, etc and what could be done if that personal space bubble is popped.

Week 15: **The Grouchies**

-A lesson on what to do when you wake up “grouchy” or just feel like you’re having a bad day. Students created their own “Grouchy Day Plan” including the following:

- Think of something that makes you happy
- Talk to a grownup you trust
- Do something kind for someone else
- Do something you love to do (write, draw, sing, play, etc.)

Week 16: **Diversity of Needs**

-A lesson on differing needs and how every student needs help with something. Examples included: math, reading, writing, anger strategies, getting along with others, making friends, etc.

-“Fair isn’t everyone getting the exact same thing, fair is everyone getting what he/she needs in order to be successful.”

-All students do not have the exact same challenges and therefore need differing levels of support academically, socially, and emotionally.

Week 17: Partial Week for Winter Break