

First 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: **Making Friends is an Art**

-Students discussed different friend traits that important for healthy friendships. They also created “Friendship crowns” with words that are supposed to describe them as a friend.

*Ask your child what traits they think make a good friend and share your answer as well. While watching a show or out in the community point out good friend acts.

Week 20: **Is a Worry Worrying You?**

-Students read a story about worries and learn different strategies for getting rid of worries:

1. Tell someone you trust
2. Pretend to lock it up and throw away the key
3. Tell it to “go away!”
4. Think of something happy or funny

Week 21: **Teasing**

-Student hear a story about Mookey the Monkey who is born without any hear. Other students tease him for being “different” and mookey finds different ways to handle the teasing. Instead of getting upset or retaliating he:

1. Makes a joke
2. Asks his parents for help
3. Calmly walks away
4. Sticks with his friends
5. Ignores them

-Some students use teasing as a way to joke around with friends while other students are more bothered by teasing. Either way, all children should learn how to use their assertiveness skills to stand up for themselves in a way that is firm yet respectful (For example, “Please stop, I don’t like _____” or “I feel _____ when you _____, I would like _____”)

*Have your child practice “I feel _____” statements at home to express his/her needs. Point out characters in stories/movies/shows and discuss how individuals could handle teasing.

Week 22: **The Way I Feel**

-Students learned about different feeling words and discussed how people may have different feelings about the exact same thing and that is okay!

*Ask your child how he/she is feeling and respond with something such as, “I’m sorry you’re ____ (ex: sad).” Then help him/her brainstorm how to problem solve strategies (take deep breaths, find something fun to do, talk about it, etc.)

Week 23: **Bullying Behavior**

-Students discuss what bullying behavior looks like through the story Howard B. Wigglebottom Learns about Bullying. In this story, Howard learns to “Be brave, be bold, a teacher must be told.” If a student believes he/she is being bullied, it’s important they tell an adult they trust. 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 extreme difficult while teasing tends 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: **Mistakes**

-Students discuss the importance of mistakes. Everyone at some point has to make mistakes in order to learn, grow, and move on.

*Model positive ways to handle frustrations when making mistakes (Example: if a meal doesn’t turn out as good as planned say something such as, “I am very disappointed that my meal doesn’t taste how I wanted it to but I’m going to try to fix it by”)