

Fourth Grade- Life Skills Lessons Update

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

*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. (The student who returns the most home links by the end of the year will receive a prize.)

Week 12: **Empathy and Respect** (Second Step Lesson 1)

-The beginning of many lessons from a social/emotional curriculum titled “Second Step.” Students should be bringing home “Home Link” worksheets. Worksheets are never required, but are strongly encouraged. It is a great way to gain a better understanding of what your child is doing in class. The student who brings back the most home links by the end of the year will win a prize of some sort.

Week 13: **CCD Decision Making**

-A lesson on the importance of weighing choices with their potential negative and positive consequences in order to make the best decision possible.

Week 14: **Listening and Attention** (Second Step Lesson 2)

-A lesson that looks at the feelings involved with active listening. Active listening is an important skill for healthy friendships and includes:

1. Focusing on the person’s words
2. Repeating/summarizing what a person says
3. Asking questions about what is said
4. Not interrupting

Week 15: **Being Assertive** (Second Steps Lesson 3)

-A lesson on what assertiveness is and how to show it. Students heard about three styles of communicating: Passive, Aggressive, and Assertive and discussed how communicating assertive is more likely to get them what they want in a way that isn’t hurting anyone else or themselves. Assertiveness skills include:

- Using a firm tone of voice
- Using manners and politeness (“Please stop _____”
- Looking the person in the eye and facing them with shoulders square

*Challenge your child to practice the assertiveness skills above. Check off which skills they use accurately and discuss which needs more work. For fun, allow your child to test your assertiveness skills.

Week 16: **Predicting Feelings** (Second Step Lesson 4)

-Predicting others' feelings is the basis of empathy (considering how others are feeling) and a very strong skill to have in creating and keeping positive relationships.

Week 17: Partial week for winter break