

## Fourth Grade- Life Skills Lessons Update

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

\*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 18: Winter Break- No School

Week 19: **Taking Others' Perspectives** (Second Step Lesson 5)

-People sometimes and often have different perspectives on the exact same situation. It's important to respect one another's perspective in order to solve a conflict.

\*When reading a book or watching a show/movie where two characters are having a conflict/argument, ask your child how each character might see the situation.

Week 20: **Accepting Differences** (Second Step Lesson 6)

-Students talked about prejudice or judging someone before getting to know them. In each class, one or more students immediately brought up the holocaust wanting to know if prejudice had anything to do with the holocaust. Students determined that it didn't seem like Hitler knew enough about people who were Jewish before deciding they should be killed. He may have known a few people who were Jewish, but he certainly did not know them all. Sometimes it becomes habit to judge a group of individuals assuming they're all the same without realizing everyone is an individual and deserves to be treated so. (example: "All fourth grade students hate school. "While this may be true for some fourth graders, it certainly doesn't describe them all so it is unfair to use the word "all").

Week 21: **Accepting Differences Part 2**

-Complete lesson from lesson 6

Week 22: **Disagreeing Respectfully** (Second Step Lesson 7)

-Students learned about the importance of using respectful words when disagreeing. Calling someone else's idea "stupid" is not a good way to get them to agree with you. Students practiced acknowledging one another's perspectives without using the words "you always" or "you never" since these sound blaming and are often not accurate. (Always implies every single time something happens and never implies that not once did something happen).

\*Redirect your child to use “I” statements rather than “you” statements when disagreeing. I statements are assertive and often avoid blaming and disrespectful language.

Week 23: **Responding with Compassion** (Second Step Lesson 8)

-Compassion is empathy in action. Empathy is the ability to feel what another individual is feeling. Compassion is acting on that feeling by showing care. Students explore how they can show compassion to one another. It’s important to feel empathy towards another, but it’s even more important that actions match thoughts/words.

Week 24: **Introducing Emotion Management** (Second Step Lesson 9)

-The parts of the brain are discussed along with understanding that when emotions are strong, thinking is not as clear. An individual must learn how to calm their strong emotions down before being able to think clearly, problem solve, and respond appropriately. The first strategy students will learn is called triangle breathing (or bubble breathing). Taking a deep breath in through your nose for 3 seconds, then holding your breath for 3 seconds, then breathing out through your mouth for 3 seconds.