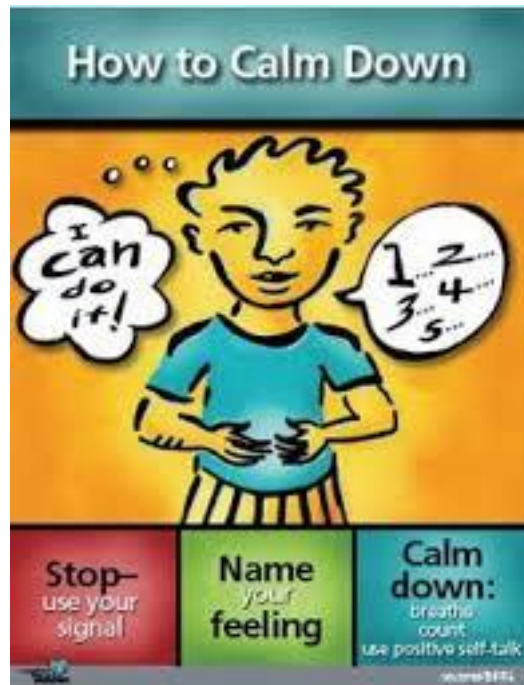


Fourth Grade- Life Skills Lessons Update

Weeks 25-30 (2/16-3/27)

*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 25: **Introducing Emotion Management** (Continued)

- Students are learning how to calm strong emotions through a 3-step model (also seen above):

1. Stop- Use your signal (such as saying, “chill out, calm down, chillax” in your head) after recognizing signs of strong emotions (Example: anger might= red face, tense muscles, warmth)
2. Name your feeling (“I’m feeling _____”)
3. Calm Down (deep breathing, counting, using positive self-talk)

The majority of lessons in the curriculum, Second Step, focus on the above model to help students learn how to manage their strong emotions.

*Encourage your child to complete the home links as well as practice cool down strategies.

Week 26: **Calming Down** (Second Step Lesson 10)

Week 27: **Managing Anxiety** (Second Step Lesson 11)

Week 28: Spring Break

Week 29: Emotion Management Post-Test

Week 30: **Managing Frustration** (Second Step Lesson 12)

Week 31: Short Week (Finish Managing Frustration)

Week 32: **Resisting Revenge** (Second Step Lesson 13)