

Kindergarten- Life Skills Lessons Update

Weeks 18-24 (1/5/15-2/13/15)

[*Look for letters sent home with your child for more information and at home ideas!](#)

Week 18: Winter Break- No School

Week 19: **Accidents Happen** (Second Step Lesson 7)

-Students learn that accidents happen because we are all human, but that it's important to apologize and try to fix mistakes. Kindergarteners practiced problem solving how to fix "accidents." Students also discussed the importance of apologizing when someone gets hurt (physically or emotionally). Even if a child isn't trying to hurt someone on purpose, they still need to learn the importance of an apology and then asking, "How can I help?" or "What can I do for you?"

[*Have your child practice apologizing and problem solving at home! This becomes especially important with other siblings at home. Model in front of your child with another adult what an apology looks and sounds like. Children learn more from what they see adults doing than but what adults tell them to do.](#)

Week 20: **Caring** (Second Step Lesson 8)

-Students discuss ways they show that they care about others (example: helping them, sharing, hugs/kisses for family, telling them, playing with friends, using kind/respectful words and actions, etc.)

-Students identified who cares about them and who they feel that they can talk to.

[*Ask your students how he/she can show that they care about others. Point out characters in TV shows/movies and discuss how he/she shows caring. Challenge your child when interacting with another if their actions show caring.](#)

Week 21: **Diversity**

-Students heard a story about a crayon box of crayons that do not get along until they realize at the end that they are all important and a picture isn't complete without all of them. It is important that students learn the importance of accepting differences as early as possible. Every student is very important and each class wouldn't be the same without them.

Week 22: **Helping** (Second Step Lesson 9)

-Students learned about the different feelings involved with helping others (helping= happy). They also learned the importance of asking if another student needs help before just jumping in.

A letter was sent home with a list of numerous things your child can do to be helpful at home. Helping at home can increase your child's confidence and feeling of self-worth, it gives students a feeling of importance and belonging in the family.

*Check out this week's letter and allow your child to help out at home. Talk about your feelings when your child helps you and vice versa.

Week 23: **Strong Feelings** (Second Step Unit 2, Lesson 1)

-Students are learning about strong feelings. The eventual purpose of discussing strong feelings is practicing how to manage them. There are many ways that students can express their emotions. Our hope is to teach them healthy, positive ways to express their emotions that are not harmful to themselves or anyone else.

*Look in this week's letter home for more detailed descriptions of cool down strategies your child is learning. Encourage him/her to practice these at home. Strategies include:

1. Placing a hand on your belly to check-in with how you're feeling (ex: "I am mad.")
2. Taking deep breaths (in through their nose for 3 seconds, hold for 3 seconds, breathe out through the mouth for 3 seconds)
3. Counting to 10 (or higher if needed)
4. Saying in your head, "Calm down."



Week 24: **Calming Down Strong Feelings** (Second Step Unit 2, Lesson 2)

-Continuing cool down strategies listed in blue above.

*The more a child can practice these strategies, the better they will get at remembering to use them when needed. Often children need encouragement/reminders to use strategies when in the midst of a strong emotion.