

Kindergarten- Life Skills Lessons Update

Weeks 25-32 (2/16-4/10)

*Look for letters sent home with your child for more information and at home ideas from the Second Step curriculum.



Week 25: **More Ways to Manage Strong Feelings** (Second Step, Unit 2, Lesson 3)

-Students reviewed and practiced cool down strategies as well as learned two more:

- Say, “calm down”
- Take deep breaths
- Count out loud
- Talk to a trusted adult
- Do something you enjoy

*Encourage your child to practice cool down strategies and perhaps even identify a “cool down spot” in your house where he/she can go to use strategies when needed.

Week 26: **Dealing with Waiting** (Second Step, Unit 2, Lesson 4)

-Students learn a number of games they can play alone while waiting to help build patience.

Games include:

- Count as high as you can in your head
- Pick a color and try to find as many things of that color in the room
- Pick a letter in the alphabet and try to think of as many animals that start with that letter as you can
- Pretend you’re going on a trip and think about each item you would bring along and pack in your suitcase.

*Make a list of activities your child can do independently while waiting at home or in the car.

Week 27: **Dealing with not Getting What You Want** (Second Step, Unit 2, Lesson 5)

Week 28: Spring Break

Week 29: **Am I Angry?** (Second Step, Unit 2, Lesson 6)

-Students begin to identify different parts of the body that may be affected by strong feelings such as anger. Some children (or adults) experience muscles tightening, face reddening, or fast beating heart.

*Share with your child your body's signs of anger and allow your child to share with you. If your child is unsure, try to pay attention next time and discuss it after.

Week 30: **Dealing with Being Hurt** (Second Step, Unit 2, Lesson 7)

Week 31: Short Week- **Auto-B-Good Showing Friendliness**

*Ask you child what he/she is doing to show friendliness or show that he/she cares about others. Share how you show friendliness (smiling, helping, allowing others to help, kind words, etc.).

Week 32: **Losing Something** (Second Step, Unit 3, Lesson 1)

-Students began to learn "Problem Solving Steps":

1. How do I feel?
2. What is the problem?
3. What can I do?

-Students begin practicing solving other's problems as well as their own.

*Encourage your child to use the above steps for solving "kid-sized" problems at home.

