

## Third 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: **Being Assertive (Second Step 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 13: **Planning to Learn (Second Step Lesson 4)**

-A lesson on the importance of creating plans to be successful. For example, if a student struggles to remember to turn their homework in, he/she might write a three step plan that looks like:

1. Write a reminder sticky note and place it somewhere at home where you will see in the morning.
2. Pack backpack the night before with homework immediately after completing.
3. Write a reminder note for the top of desk at school also to remember to place finished homework in basket.

-A plan should be simple, possible, and easy to understand.

\*Help your child identify an area they could be more successful with (example: turning in homework, bringing homework materials home, writing homework in assignment notebook, getting homework and materials back to school, etc.) and help him/her come up with a simple three-step plan to help them be more successful.

**Week 14: Identifying Others' Feelings** (Second Step Lesson 5)

-A lesson beginning to address the importance of Empathy (considering how others' are feeling) by identifying others' feelings (clues are body language and facial expressions).

-At home: Ask your child to slow down and point out characters' feelings in books, stories, and tv shows and state why they believe that character is experiencing that feeling.

**Week 15: Understanding Perspectives** (Second Step Lesson 6)

-Students discussed a short video clip showing how there are two sides to every story. The story involved a boy spilling his milk all over a girl in the lunch room. The boy first laughs but then runs away. At this point students believe the boy is being mean and doesn't care. As the story continues, we see the boy come back with a towel and he apologizes for spilling the milk on accident. The story goes to show that it's important to get more information and not make snap judgments about one another.

**Week 16: Conflicting Feelings** (Second Step Lesson 7)

-Students discussed how a person can have two different feelings about the exact same thing and that it's okay. One example is a student who is moving might feel excited but also nervous. Conflicting feelings can feel confusing, but certainly do happen.

**Week 17: Kindness, the Gift of Giving**

-Third graders heard the story of Beatrice's Goat which is about a girl who has next to nothing but very much wants to earn enough money so she can go to school. Beatrice ends up being gifted a goat that her family can use for numerous things to make money. Students shared what they could give over winter break in the form of kindness that won't cost a penny (ex: a hug, a smile, a homemade gift, a chore, cleaning their room, etc.)