

Third 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: Cold Day- No School

Week 20: **Friendship Attractors and Repellers**

-Third graders discussed traits that attract friends to them and traits that repel friends away from them.

*Ask your child what traits he/she thinks they have that attracts or repels friends. Point out characters in books/stories/movies/show that seem to repel or attract friends.

Week 21: **Teasing**

--Students hear the story called Simon's Hook, a story about how teasing is often about students trying to get attention from another. When a student gives another attention for teasing, it's like they are being "hooked." Students are encouraged to try the following strategies:

1. Ignore
2. Walk away
3. Make a joke
4. Agree ("I do have curly hair and I love it!")

*Have your child practice "I feel ____" statements at home to express his/her needs. Point out characters in stories/movies/shows and discuss how individuals could handle teasing.

Week 22: **Accepting Differences** (Second Step Lesson 8)

-Students discuss one of the best ways to get along with one another is to accept differences and find things in common. Students did this with one or two partners and then identified what they could or want to learn from the one another.

Week 23: **Showing Compassion** (Second Step Lesson 9)

-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: No School