



Not Just Better Students,
Better People

Kindergarten

Summary: In this week's lesson, your child will learn that it's important to practice and keep trying in order to get better at something they want to learn.

Try This at Home: Encourage your child to choose something they want to get better at (such as tying their shoes, adding or subtracting, writing their name, dribbling a ball, or snapping their fingers). Set aside a few minutes each day for them to practice the skill, and highlight the progress they're making.

1st Grade

Summary: In this week's lesson, your child will practice using helpful thoughts to encourage themselves and keep going while learning a dance with their classmates.

Try This at Home: Ask your child to suggest some helpful thoughts to encourage you or another family member to complete a challenging task (for example, a school/home/work project, or an exercise routine).

2nd Grade

Summary: In this week's lesson, your child will learn how to replace an unhelpful thought with a helpful thought so they can keep going when learning feels hard.

Try This at Home: Ask your child how they might change an unhelpful thought into a helpful thought. Encourage them by using helpful thoughts at home.

3rd Grade

Summary: In this week's lesson, your child will work with a partner to make a practice plan that includes what they want to learn, how they will practice, and what they can do if they aren't improving.

Try This at Home: Ask your child to tell you what a practice plan includes.

4th Grade

Summary: In this week's lesson, your child's class will reflect on their journey of working toward their 2-week goal.

Try This at Home: Ask your child about their experience with setting a class goal and working toward it. What worked? What didn't work? What could they do next time? Reflect on a goal you've worked toward and what you learned.

5th Grade Summary: In this week’s lesson, your child will learn how to reflect on their experience working toward a goal. Try This at Home: Ask your child to tell you about their goal-setting journey, including what worked, what didn’t work, and what they could do next time. Tell your child about a goal that you set and worked toward. What worked, what didn’t work, and what did you learn?	6th Grade Summary: In this week’s lesson, your child will practice breaking big goals down into smaller, short-term goals. Try This at Home: Think of a time you achieved a big goal, such as learning to drive or graduating from school. Tell your child about your goal and the series of smaller steps you needed to take to achieve it. Ask your child to tell you about a goal they have.
7th Grade Summary: In this week’s lesson, your child will learn how to use If–Then plans to overcome roadblocks. If–Then Plans help your child anticipate potential roadblocks and come up with plans for addressing them. Try This at Home: Ask your child to explain to you what an If–Then Plan is. Work together to make a plan for how your child can respond positively to a difficult situation they might encounter at home.	8th Grade Summary: In this week's lesson, your child will identify and respond to positive and negative influences that may affect them while pursuing a goal. Try This at Home: Tell your child about something positive or negative that influenced you as you were working toward a goal. For example, a friend who helped you find a job or learn a new skill. Ask your child about positive and negative factors that may influence them.