



Not Just Better Students,
Better People

Kindergarten

Summary: In this week's lesson, your child will learn two ways to help themselves feel calm when they encounter strong feelings: asking for help and slow breathing.

Try This at Home: Ask your child to tell you some ways they've learned to feel calm when they get upset. Have them teach you how to use slow breathing to feel calm.

1st Grade

Summary: In this week's lesson, your child will learn to use body language and context clues to figure out when someone feels frustrated. They'll practice looking at the person's face and body, as well as thinking about what's going on in the situation. They'll also learn about a new strategy for feeling calm when they get frustrated: slow counting.

Try This at Home: Encourage your child to notice when others around them feel frustrated. Have them practice using body language and context clues to figure out when family members, friends, or characters in books, movies, or on TV might be feeling frustrated.

2nd Grade

Summary: In this week's lesson, your child will learn that people can have different feelings in the same situation because of their experiences.

Try This at Home: Ask your child for an example of something that people can have different feelings about. Talk about the reasons people might have different feelings about it.

3rd Grade

Summary: In this week's lesson, your child will learn words for three degrees of happiness: content, happy, and excited.

Try This at Home: Ask your child to explain the differences between feeling content, happy, and excited.

4th Grade

Summary: In this week's lesson, your child will practice rethinking a situation they've personally experienced.

Try This at Home: Ask your child, "How could rethinking help you the next time you're in a situation where you feel a strong emotion?" It's important to note that rethinking is not a good strategy to use when someone is hurt or in danger.

5th Grade

Summary: In this week's lesson, your child will practice identifying things that a person can or can't change in a recurring situation that causes them to feel a strong emotion. Then they will focus on the things that can be changed to recommend something the person could think or do differently to manage their emotions in the future.

Try This at Home: Ask your child if there's anything coming up at school that makes them feel a strong emotion, like nervous, frustrated, or stressed. Ask them what they could think or do differently to make the situation easier to handle.

6th Grade

Summary: In this week's lesson, your child will learn how to use multiple guiding principles when making a decision.

Try This at Home: Ask your child about decisions they've made where they used or could have used their guiding principles.

7th Grade

Summary: In this week's lesson, your child will describe how their self-concept has changed over time.

Try This at Home: Tell your child about the way you saw yourself in middle school and how it's different than the way you see yourself now. Ask them to describe how their self-concept has changed over time.

8th Grade

Summary: In this week's lesson, your child will learn how to build confidence by getting encouragement from others and by reflecting on past experiences.

Try This at Home: Tell your child about a time when you got encouragement from someone and it helped you build confidence. Ask your child to describe one of the ways they've learned to build confidence.