



Not Just Better Students,
Better People

Kindergarten

Summary: In this week's lesson, your child will learn to use body language and context clues to figure out when someone feels mad. They'll practice looking at the person's face and body, as well as thinking about what's going on in the situation.

Try This at Home: Encourage your child to notice when others around them feel mad. 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 mad.

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 calm. They'll practice looking at the person's face and body, as well as thinking about what's going on in the situation.

Try This at Home: Encourage your child to notice when others around them feel calm. 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 calm.

2nd Grade

Summary: In this week's lesson, your child will learn how to use positive self-talk to help themselves feel better when they're upset, disappointed, or worried.

Try This at Home: Ask your child what they want to tell themselves when they're having a tough day. Encourage them to use positive self-talk at home.

3rd Grade Summary: In this week’s lesson, your child will learn how, when, and where to take a break in different situations as a way to manage a strong emotion. Try This at Home: Discuss where and how your child can take a break at home. Then ask your child how they could take a break in place, for example, in the car or at the grocery store.	4th Grade Summary: In this week’s lesson, your child will learn about questions they can ask to rethink situations and they’ll practice asking these questions using made-up stories. Try This at Home: Ask your child, “What questions could you ask yourself to rethink a situation?” (Questions might include, “What happened?” “Has this ever happened to anyone else?” and “What’s something good that happened?”) Talk about how those questions can help them think differently about a situation.
5th Grade Summary: In this week’s lesson, your child will practice breaking down situations that feel big and unmanageable into smaller, more manageable pieces. They will also practice identifying a small change someone could make to manage their strong emotions the next time a situation occurs. Try This at Home: Tell your child about a recurring situation in your life that typically causes you to feel a strong emotion, like stress or anger. Ask your child what you can change to make the situation better, and why they would suggest that change.	6th Grade Summary: In this week’s lesson, your child will learn how to use guiding principles when making a decision. This can help your child make decisions they feel good about. Try This at Home: Tell your child about a tough decision you’ve made. Share what you think about when you’re making decisions. Ask your child to describe a tough decision they’ve made.

7th Grade

Summary: In this week's lesson, your child will learn about factors that shape and influence self-concept, including less obvious factors, such as comparison with others, messages in media, and what they believe others think about them.

Try This at Home: Tell your child about something that shapes or influences the way you see yourself. Ask them what shapes or influences their self-concept and which influences help them feel good about who they are.

8th Grade

Summary: In this week's lesson, your child will learn how to build confidence by preparing their physical and emotional state and by observing others.

Try This at Home: Tell your child about a time when you watched someone do something and it helped you feel more confident. Ask your child to describe one of the confidence-building strategies they learned about.