



Not Just Better Students,
Better People

Kindergarten

Summary: In this week's lesson, your child will learn how to state a problem without blame or name-calling. They'll practice identifying problems in given scenarios, listen to their teacher state the problem, and then repeat the statement.

Try This at Home: Children may be tempted to blame others when they're upset about something. Encourage your child to avoid blame by describing what happened without focusing on who is at fault.

1st Grade

Summary: In this week's lesson, your child will learn how to state a problem in a respectful way, without blame or name-calling. They'll practice identifying problems and then state the problem respectfully.

Try This at Home: Children may be tempted to blame others when they're upset about something. Encourage your child to avoid blame by describing what happened without focusing on who is at fault.

2nd Grade

Summary: In this week's lesson, your child will learn how to state a problem without using blame words.

Try This at Home: Ask your child for an example of blame words. Have them explain how they'd say a problem without using blame words.

3rd Grade Summary: In this week's lesson, your child will learn a new process for solving problems called STEP. Try This at Home: Ask your child if they can recall what each letter in STEP stands for. (S: Say the problem, T: Think of solutions, E: Explore the outcomes, P: Pick a solution.)	4th Grade Summary: In this week's lesson, your child will learn two ways to become a better problem-solver: speaking up for what they need and feeling calm before trying to solve the problem. Try This at Home: Talk with your child about times when they might have an interpersonal problem (a disagreement between two or more people) with a friend. Encourage them to use these moments as opportunities to practice feeling calm and speaking up for what they want or need.
5th Grade Summary: In this lesson, your child will learn how to begin to solve an interpersonal problem. This includes finding a way to feel calm, saying the problem respectfully, and deciding whether an adult's help is needed. Try This at Home: Ask your child what kind of interpersonal problems they can solve on their own and when they might need an adult's help.	6th Grade Summary: In this week's lesson, your child will examine changes they've gone through and how those changes can affect their relationships. Try This at Home: Share how one of your friendships or relationships has changed over time. Ask your child to share how some of their friendships have changed since starting middle school.
7th Grade Summary: In this week's lesson, your child will examine common reasons social conflicts escalate from minor to major. Try This at Home: Discuss with your child a time in your life when you were involved in an escalating conflict. What do you wish you had done instead? Ask your child if they are part of a conflict right now that they need help with.	8th Grade Summary: In this week's lesson, your child will explore their values and identify how behaviors that are important to them show them what they value. Try This at Home: Ask your child about some of the values they have identified and why. Share a few of your own values and how you live out those values in your day-to-day life.