



Not Just Better Students,
Better People

Kindergarten

Finished with Unit 3! Will
begin Unit 4 in March.

1st Grade

Finished with Unit 3! Will
begin Unit 4 in March.

2nd Grade

Finished with Unit 3! Will
begin Unit 4 in March.

3rd Grade

Finished with Unit 3! Will
begin Unit 4 in March.

4th Grade

Finished with Unit 3! Will
begin Unit 4 in March.

5th Grade Finished with Unit 3! Will begin Unit 4 in March.	6th Grade Summary: In this week's lesson, your child will create a storyboard (a visual plan for a video) that will inform their peers about the benefits of using emotion-management strategies. Try This at Home: Ask to see your child's storyboard. If they can't bring it home, ask them to describe it to you.
7th Grade Summary: In this week's lesson, your child will share strategies for how to interrupt unhelpful thoughts and manage strong emotions with their peers by creating a comic strip. Try This at Home: Ask to see your child's comic strip. If they don't have the comic strip, ask them to explain it to you.	8th Grade Summary: In this week's lesson, your child will complete their own stress-management plan. It will include their own signs of stress, the situations that contribute to their stress, strategies they can use to relieve stress, and people they can reach out to for help or support. Try This at Home: Ask to see your child's stress-management plan. Talk about the strategies they've identified and offer your support if you see them displaying any signs of stress.