



**Not Just Better Students,
Better People**

Kindergarten

Summary: In this week's lesson, your child will learn that taking time to feel calm before reacting is a helpful first step to solving a problem.

Try This at Home: Let your child see you taking a moment to feel calm at home when things are busy or stressful. For example, say, "Today was a really busy day. I'm going to take a few slow breaths to help me feel calm." Invite your child to join you.

1st Grade

Summary: In this week's lesson, your child will learn helpful ways to respond to a problem caused by accident. They'll practice phrases for apologizing: "I'm sorry. It was an accident. Are you okay? How can I help?"

Try This at Home: When accidents occur at home, take time to apologize and encourage your child to do the same, using the new phrases they learned at school this week.

2nd Grade

Summary: In this week's lesson, your child will learn that thinking of more than one way to solve a problem can help them find one that works better or that they like better.

Try This at Home: Ask your child to explain why it can be good to think of more than one way to solve a problem.

3rd Grade

Summary: In this week's lesson your child will learn how to say a problem by thinking about what each person wants or needs.

Try This at Home: Ask your child how they would say a problem respectfully, without blaming anyone.

4th Grade

Summary: In this week's lesson, your child will begin to learn a process for solving interpersonal problems. They'll learn how to say the problem respectfully and without blame.

Try This at Home: Talk with your child about an interpersonal problem they've had at home. Help your child think about each person's point of view, and then work together to say the problem respectfully.

5th Grade

Summary: In this lesson, your child will consider when, where, and with whom it would be best to work on an interpersonal problem.

Try This at Home: Ask your child why it's important to think about when, where, and with whom it would be best to work on an interpersonal problem.

6th Grade

Summary: In this week's lesson, your child will identify behaviors that can cause conflicts to escalate, so they keep them from becoming more serious.

Try This at Home: Tell your child about a time when you played a part in escalating a conflict. Explain what you wished you had done instead. Ask your child if they are part of a conflict right now that they need help with.

7th Grade

Summary: In this week's lesson, your child will explore how using emotion-management strategies, such as slow breathing, walking away, reframing the situation, and practicing positive self-talk, can help prevent a conflict from escalating.

Try This at Home: Share with your child strategies you use to help yourself feel calm during escalating conflicts. Ask them to tell you any additional strategies they find helpful beyond the ones covered in the lesson.

8th Grade

Summary: In this week's lesson, your child will draw connections between their values and the healthy relationships in their life.

Try This at Home: Ask your child about how one of their values shows up in a healthy relationship they have. This could be a friendship, a sibling or other familial relationship, or even a professional relationship with a teacher or coach.