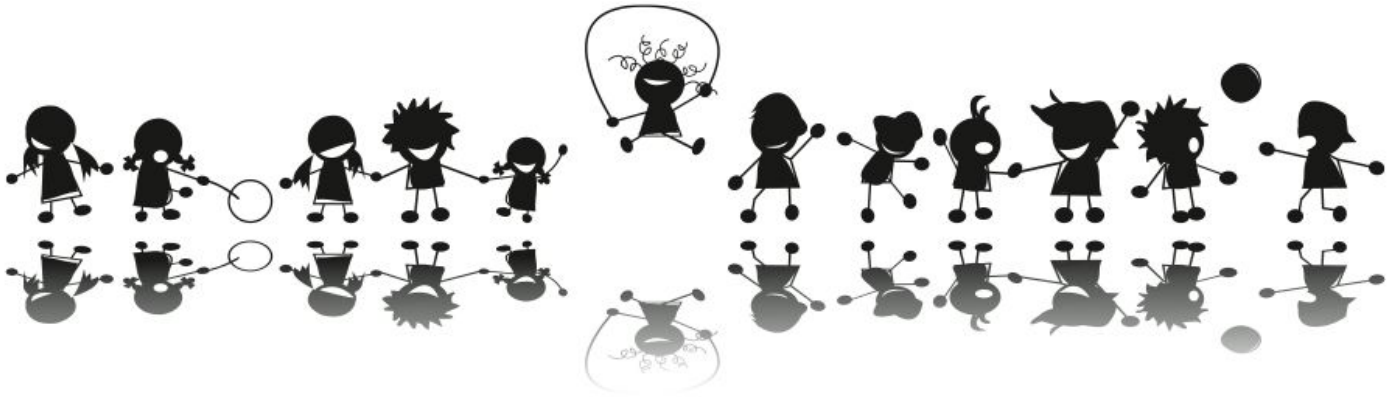


URBANDALE ELEMENTARY COUNSELING PROGRAM



1st Grade Expectations for Interpersonal Skills

Students will know different ways to make a friend. (smile, say nice things, ask questions, give compliments, cooperate, etc.)

Students will know problem-solving steps--Stop, Think, Choose

Students will know steps to an I-message.

What you can do at home to help your child

How to be a friend

Activities:

- Ask “Did you meet a new friend?” “What did you do to show you were a friend?”
- Talk about how it feels to be a good friend.
- Encourage play dates with friends to practice friendship skills.

Working with others

Activities:

- Do an activity together that uses cooperation skills (Lego’s, puzzles, cooking/baking, chores).
- Talk about how it feels when everyone takes turns and works together.
- Encourage your child to express feelings when there is a problem. I feel _____, when you _____, and I want _____.

Being kind and helpful

Activities:

- Encourage use of manners (please, thank you, excuse me).
- Notice and acknowledge your child doing the right thing (I saw you being kind to your friend, thank you for sharing with your brother, I noticed you helped Grandma clean the table, etc.).
- Ask your child to share a time when they have been kind.

Contact your Elementary School Counselor for more ideas