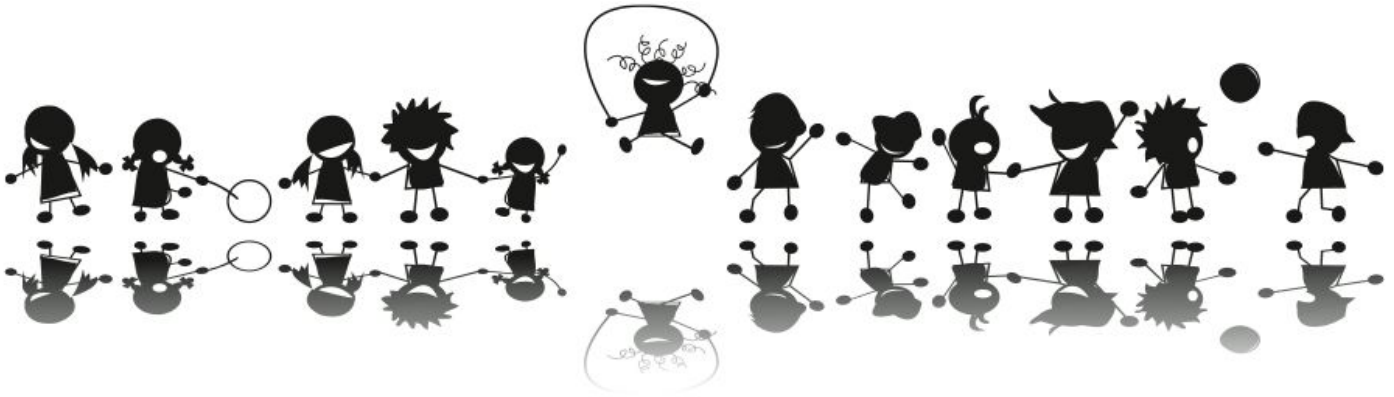


URBANDALE ELEMENTARY COUNSELING PROGRAM



4th Grade Expectations for Interpersonal Skills

Students will know what it means to empathize with someone.
Students will know problems can be solved in a win-win way.

What you can do at home to help your child

Cooperation

Activities:

- Do a family activity in teams of two or more (monopoly, checkers, bowling, etc.).
- Talk about what makes good teamwork with your family (communication, planning, listening etc.).

Conflict in Relationships

Activities:

- Practice with your child one or more of the following strategies to solve problems. Self-talk, I messages, ignoring, talk it out, walk away, cool down.
- Talk about and give examples of how problems can be solved in a win-win way (both people approve the solution).

Gossip and Rumors

Activities:

- Share a time when someone gossiped or told rumors about you. Talk about your feelings toward that person after you found out.

Empathy

Activities:

- Talk about the saying, “walk a mile in someone else’s shoes” (to help in understanding the feelings of others).

Contact your Elementary School Counselor for more ideas