**URBANDALE ELEMENTARY COUNSELING PROGRAM**



**1st Grade Expectations for Learning About Intrapersonal Skills**

**Students will know what self esteem is.**

**Students will know who helps grow their self esteem.**

**Students will know some people can lower their self esteem.**

**What you can do at home to help your child**

• Have your child list five personal strengths.

• Discuss with your child, “Who are people at home and school who make you feel good about yourself?”

• Ask your child, “What can you do when you are around someone who makes you feel badly about yourself?”

• Having responsibilities increases a sense of self-worth. Give your child opportunities to show responsibility.

• Encourage positive self-talk (I can do hard work, I have friends who care about me, I am kind, I am special).

**Contact your Elementary School Counselor for more ideas**