**URBANDALE ELEMENTARY COUNSELING PROGRAM**



**4th Grade Expectations for Intrapersonal Skills Development**

**Students will know their attitude impacts their self-esteem.**

**Students will know the effects of feedback on their self-esteem.**

**Students will know how to accept or reject feedback.**

**(Coping, Feedback, Constructive Criticism, Destructive Criticism, Affirmations)**

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

• Have your child list five personal strengths.

• 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 a kind and caring friend, I will try my best even when things are challenging).

• Have a discussion with your child about constructive criticism and what can be learned from it. “Why is it sometimes hard to accept?” “What is the difference between constructive and destructive criticism?”

• Encourage children to work through mistakes they have made by accepting that mistakes are probable.”When was a time you made a mistake and it helped you learn?”

• Encourage children to work through the feedback they are given by asking themselves these questions:

1. Does this feedback match what I know about myself?
2. Does the person who gave me the feedback really have my best interests at heart?
3. Does this feedback help me be a better person?

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