**URBANDALE ELEMENTARY COUNSELING PROGRAM**



**5th Grade Expectations for Intrapersonal Skills Development**

**Students will know they have the right to protect their boundaries.**

**Students will know they are in charge of their own thoughts.**

**Students will know they are responsible for their own actions and reactions.**

**(affirmations, safeguard [fence], self-control, self-talk)**

**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, I will keep working until I get the job done, I will try my best even when things are challenging).

Questions to Ask:

“What is the difference between aggressive and assertive?”

“What did you do this week that helped you take care of your self-esteem?”

“Why is it important for you to protect and grow your self-esteem?”

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