**URBANDALE ELEMENTARY COUNSELING PROGRAM**



**Kindergarten Expectations for Intrapersonal Skills Development**

**The students will know the 6 Pillars of Character**

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

**Trustworthiness**

• Talk about what it means to be trustworthy. How can you show you are honest in our family?

• Talk about how it feels to be trustworthy. How will people feel if you keep your promises?

**Respect**

• Talk about the Golden Rule. Tell how you use the golden rule at your job.

• What words show good manners? Make a poster using several of the words or phrases.

**Responsibility**

• Give your child an age appropriate chore to complete (pick up your toys, set the table, put dirty clothes in the hamper). Use a chart to show success.

**Fairness**

• Play a game that encourages taking turns and following rules. When your child does not follow the rules, point out how you feel or a friend might feel when that happens.

• Give your child opportunities to share.

**Caring**

• Help your child write a thank you note.

• Practice giving compliments to others.

**Citizenship**

• Do activities together to help the earth. (pick up trash, recycle, plant trees and flowers)

• Help others (neighbors, donate unused items, donate toys your child has outgrown, encourage giving to others)

• Discuss laws and how they keep us safe. Discuss the rules of your family and why they are important.

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