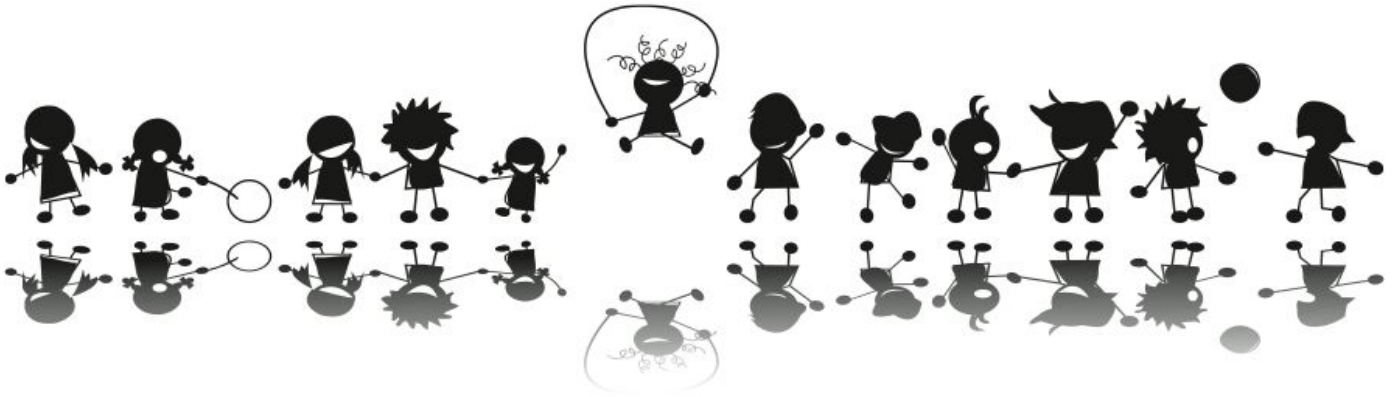


# URBANDALE ELEMENTARY COUNSELING PROGRAM



## Kindergarten Expectations for Interpersonal Skills

Students will know the difference between friendly and unfriendly behavior.

Students will know characteristics of a friend. (following rules, being kind, sharing, taking turns, introduce self, invite others to play)

Students will know how to express their feelings when dealing with a problem; I feel...sad, angry, frustrated.

Students will know there are ways to solve problems with others.

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

### How to be a friend

Activities:

- Ask “Did you meet a new friend” “What did you do to show you were a friend?”
- Talk about how it feels to be a good friend.

### Working with others

Activities:

- Do an activity together that uses cooperation skills (Lego’s, puzzles, cooking/baking, chores).
- Talk about how it feels when everyone takes turns and works together.

### Being kind and helpful

Activities:

- Encourage use of manners (please, thank you, excuse me).
- Notice and acknowledge your child doing the right thing (I saw you being kind to your friend, thank you for sharing with your brother, I noticed you helped Grandma clean the table, etc.).
- Ask your child to share a time when they have been kind.

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