**URBANDALE ELEMENTARY COUNSELING PROGRAM**



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

**Students will know skills needed to pay attention; eye contact, think about what is being said, be quiet, sit still.**

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

**Focus Activities**

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| **Listening Skills** | **♦ Practice sitting still, using eye contact when listening.**  **♦ Play “Simon Says” to practice following directions.**  **♦ Take your child to the library for storytime to practice listening.** |

Contact your Elementary School Counselor for more ideas.