**Third Grade Lessons:**

I will be with our child’s class twice a month for about 30 min and share a variety of topics. All of the lessons are presented in alignment with the American School Counseling Association’s (ASCA) Mindsets and Behaviors for Student Success, SecondStep curriculum for social and academic success, and the Safer Smarter Kids Abuse Prevention Curriculum.

* **Problem Solving** – Third Grade is a time of big review of the STEPS to solving problems is so important. The students are reminded about the STEPs to problem solving; S=Say the problem, T=Think of solutions, E=Explore consequences, P=Pick the best solution. However, different in 2nd Grade, we focus on saying the problem without blame; what does each person WANT. This is an easy step to identify the problem and lead into finding an appropriate solution. Also, focusing on safe and respectful solutions is important to compromise.
* **Dealing with Peer Pressure** – We will integrate the STEPs to solving problems with this issue. Sometimes peer pressure can be negative and a serious problem. We will talk about being assertive appropriately and how this can possibly help with the negative peer pressure your children sometimes experience.
* **Feelings** – We will be building on Empathy! We will focus on perspectives of others and that it is ok for ALL of us to have different feelings and outlooks on situations. This will lead to understanding conflicting feelings for ourselves and having empathy for others who are conflicted. Finally, we will talk about accepting differences and being respectful of other’s differences by having empathy and showing compassion.
* **Empowering your child to protect themselves** – In 3rd Grade, we begin to talk about being a Good Citizen and introducing some vocabulary that explains how we might act in society; wrongdoing, wrongdoer, victim, and bystander. We review the idea of body boundaries and person space again and why it is important to remaining safe. We introduce the idea of personal power to help us make safe decisions for ourselves and others.

If you would like more information on any of the above topics, please do not hesitate to contact me.