**Fourth 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** – We will discuss the STEPs to solving problems and stress the importance of knowing not to place blame and being respectful when trying to solve problems at school. Knowing how to solve problems, and think critically, is important to your child’s school success. We will learn about the idea that some problems are complicated and might need a plan to solve. Making a plan will help your student break the problem up in small chunks that will be more manageable to solve.
* **Dealing with Peer Pressure** – It is important for students to understand that it is ok for them to sometimes say ‘No’ to others when it involves their safety! Additionally, when your child feels guilty or remorse about what they have done with their friends, that is a clue that maybe it is ok to NOT go along with peer pressure. This will lead into a discussion about taking responsibility.
* **Empathy and Respect** – Reinforcing empathy and respect is so important to building a school environment where all students feel safe and nurtured. We want this environment for ALL students at Pillar Falls. Reviewing this with 4th Graders is important, as they are becoming role models for younger students. Building on the empathy and respect will help your student get along with others.
* **Empowering your child to protect themselves** – In 4th Grade, we introduce the Kids’ Bill of Rights! They are; the Right to Safety, the Right to Respect, the Right to Identity, and the Right to Voice. We will have several lessons on these Kids’ Rights and how they can keep your child safe through internalization and problem solving situations.
* **Discovery of learning styles/study skills/goal setting -** Students will take some time to learn the connection between academics and their personal qualities. They will take an interest inventory and apply it to different classes they might start taking in Middle School and beyond. Students will apply study skills to goal setting and reflect upon how these two subjects can help them as they begin to move into Fifth grade and on in their educational life.

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