

4th Grade

Bringing LifeSkills Home

 With your child, complete the weekly homework activity.

 Signed, completed homework can be returned for a prize.

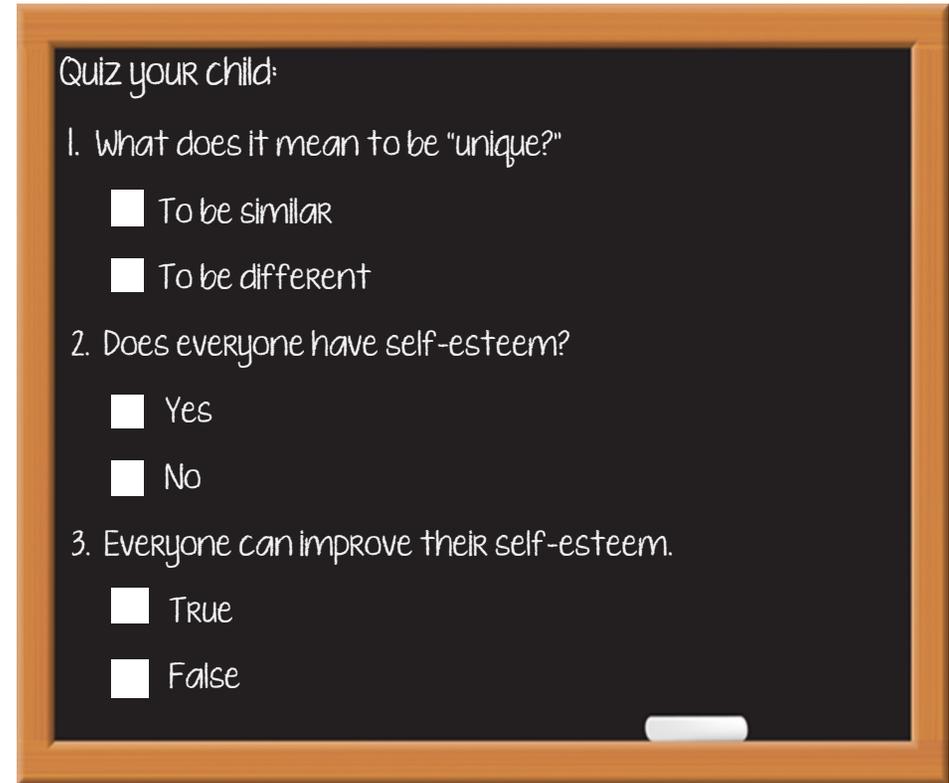




Bringing LifeSkills Home

Today we learned about self-esteem and what it means to be unique.

High self-esteem can empower a child to make positive choices. You can help your child enhance their self-esteem. Encourage your child by noticing and complimenting their positive behaviors. For example, display good grades, homework and other projects prominently in your home.



1. To be different 2. Yes 3. True

Student Name

Adult Signature

For parent updates, text: "LifeSkills" and the classroom teacher's name to 88202 Ex. "LifeSkillsJones"

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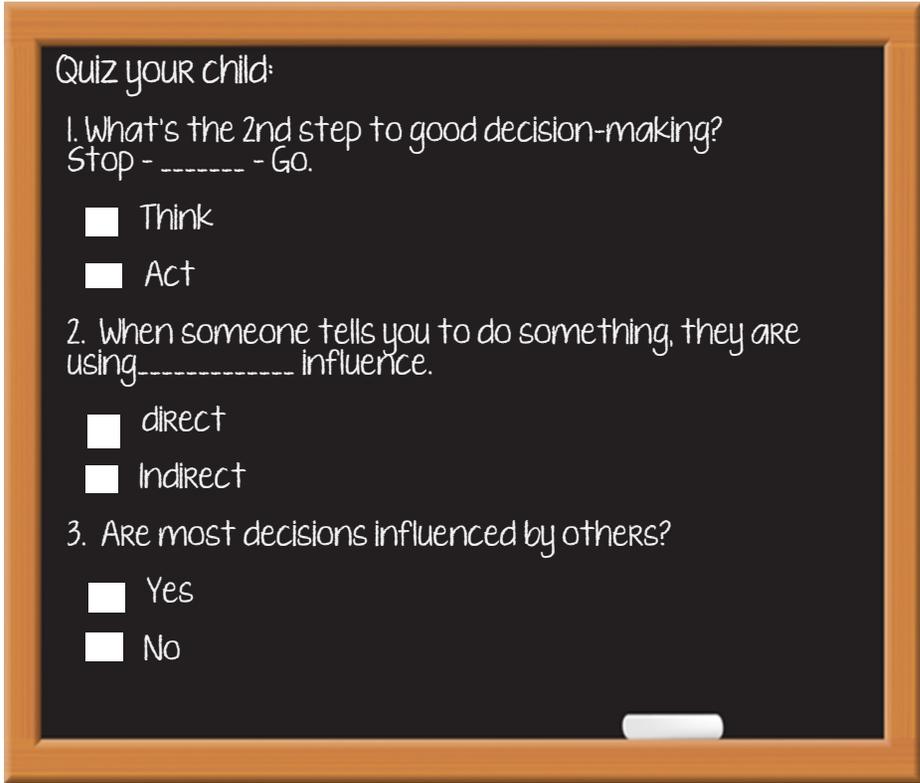
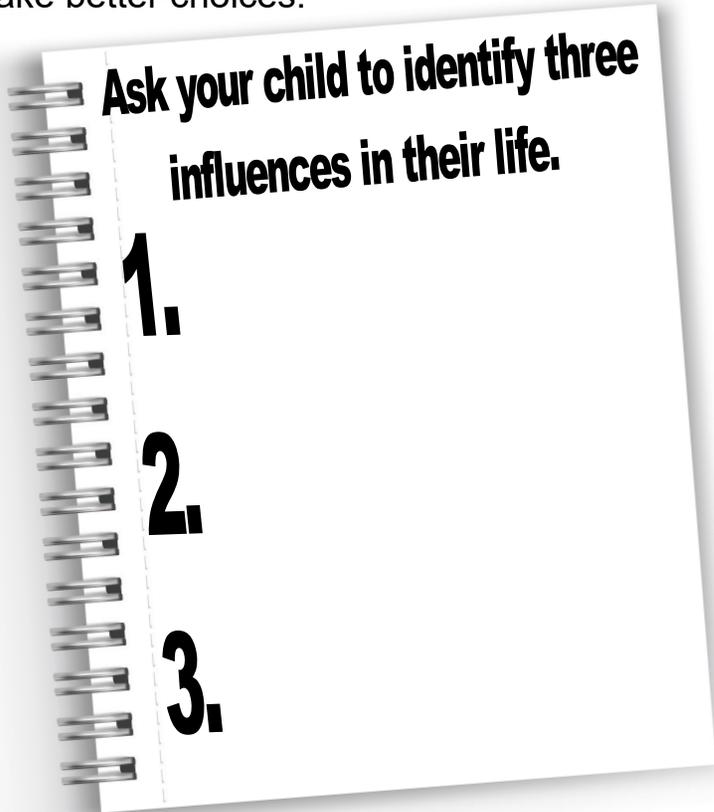
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Bringing LifeSkills Home

Today we learned the “Stop-Think-Go” decision-making process and how to recognize direct and indirect influences.

Children often make quick decisions without thinking about the consequences. You can help your child with their decision-making skills. If they want something, ask what is influencing them. When your child is aware of what is influencing their decisions, they can make better choices.



1. Think 2. direct 3. Yes

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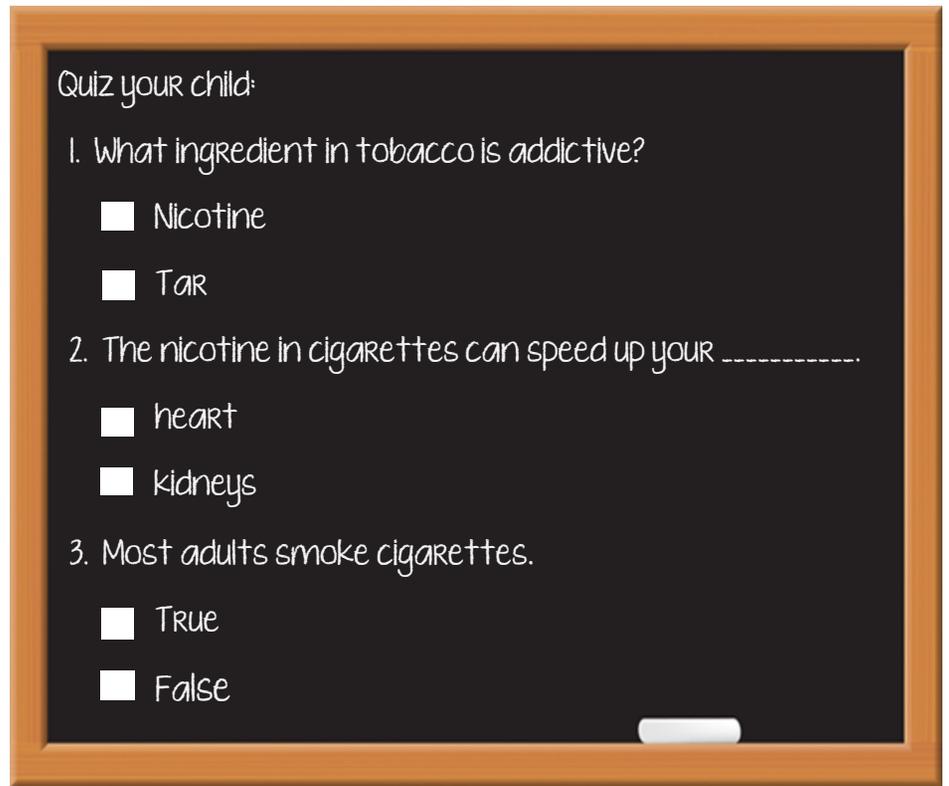
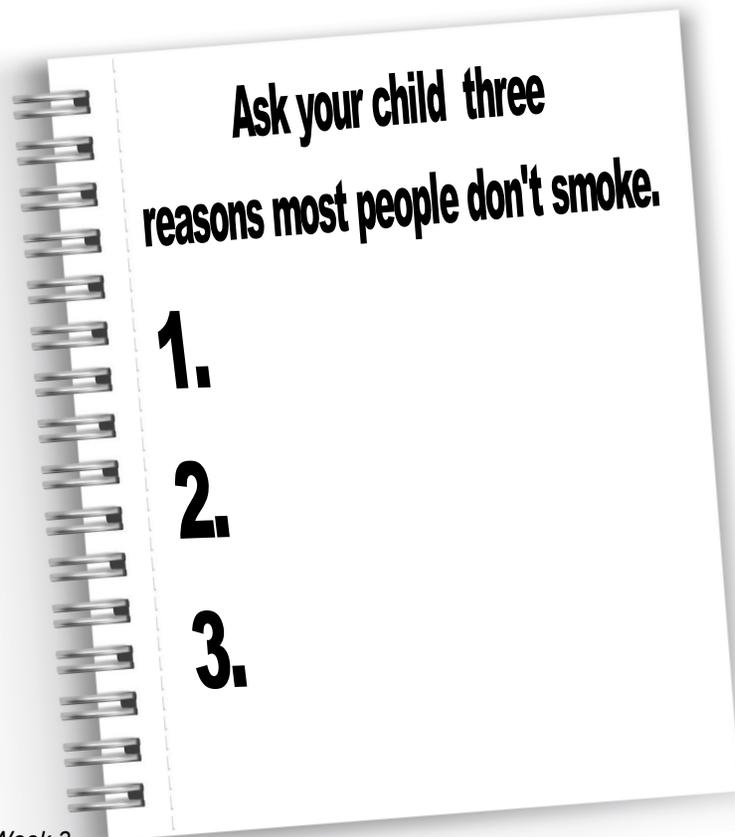
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Today we learned about the harmful effects of using nicotine.

Nicotine is a stimulant drug found in a variety of tobacco products including cigarettes, vape pens, and smokeless tobacco. Although traditional cigarette use among youth is on the decline, vaping is an increasing concern. If kids are convinced their parents don't want them to smoke, they're less likely to start. Clearly communicate your expectations.



1. Nicotine 2. heart 3. False

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Today we learned about advertising techniques.

Advertising can be very influential. Learning about the techniques used by advertisers can help your child make healthier choices. The next time you see an ad, discuss with your child the techniques used and the underlying messages.

Ask your child to name three advertising techniques.

1.

2.

3.

Quiz your child:

1. Are advertisements always true?

Yes

No

2. The _____ advertising technique makes it look like everyone is using the product.

Bandwagon

Scientific Evidence

3. Sometimes companies advertise unhealthy products by making them look fun or exciting.

True

False

1. No 2. Bandwagon 3. True

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Bringing LifeSkills Home

Today we learned about stress and how to manage stressful situations.

Every child experiences stress differently. Stress may come from both negative and positive situations. Help your child understand how to recognize their stress and develop healthy ways to cope.

Ask your child to describe three healthy ways they deal with stress.

1.

2.

3.

Quiz your child:

1. A stressor is
 - something that causes stress
 - something that gets rid of stress
2. Does everyone experience stress?
 - Yes
 - No
3. Which of these is a positive way to deal with stress?
 - Listen to music
 - Yell at someone

1. something that causes stress 2. Yes 3. Listen to music

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Today we learned about the importance of communication.

Children's communications skills are developed over time. The more effectively a child can communicate, the more likely they are to talk about their problems. Create daily opportunities for one-on-one conversations with your child.

Discuss with your child how you communicate with each other.

What does it look like when we're listening to each other?

1.

2.

What does it look like when we're distracted or not listening?

1.

2.

Quiz your child:

1. Talking to share information is called _____ communication.

- verbal
- non-verbal

2. An example of non-verbal communication is _____

- waving
- talking on the phone

3. Most communication is non-verbal.

- True
- False

1. verbal 2. waving 3. True

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Today we learned about positive and negative peer pressure.

A child's peers have both positive and negative influence over their behavior. School-age children are especially vulnerable to this peer pressure. Peer pressure is negative when it makes us feel uncomfortable or goes against our personal beliefs. Encourage your child to make healthy decisions and not do something just because other kids are doing it.

Ask your child who are three people they can talk to when they experience peer pressure.

- 1.
- 2.
- 3.

Quiz your child:

1. A..... is a person similar to you in age, grade, or other traits.

- peer
- friend

2. Is peer pressure always negative?

- Yes
- No

3. Which one of these is positive peer pressure?

- Reminding your friend to wear a helmet
- Standing by while your friend is bullied

1. peer 2. No 3. Reminding your friend to wear a helmet

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