

6th 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 the importance of self-image and how it affects behavior.

Self-image is how you perceive yourself. Children tend to act like the person they think they are. A positive self-image is important because it can affect a child's ability to develop a healthy lifestyle. Those who have a positive self-image are less likely to start using tobacco products, alcohol, or other drugs.

Ask your child five words that describe how they see themselves

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

Quiz your child:

1. What is self-image?

How you see yourself

A selfie

2. Is it possible to improve your self-image?

Yes

No

3. When setting a goal it should be -----

measurable

unrealistic

1. How you see yourself 2. Yes 3. measurable

Student Name

Adult Signature

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

For family activities and resources related to this topic:
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Bringing LifeSkills Home

Today we learned the "Three C's" of effective decision-making:

Clarify, Consider, Choose

Children are involved in decision making every day. Some decisions are made without much thought (what to eat, what to wear) while others require more time and effort. To make the best possible decisions, they need to be aware of the people or things that influence them. Decisions should be made after carefully thinking about the consequences, or outcomes, of each choice.

Ask your child to name five people or things that influence their decisions:

- 1.
- 2.
- 3.
- 4.
- 5.

Quiz your child:

1. The 3 C's of effective decision making are clarify, _____, choose.

comprehend

consider

2. Most decisions we make are influenced by other people or things.

True

False

3. To make the best possible decisions:

Be aware of people who influence you

Choose quickly

1. Consider 2. True 3. Be aware of people who influence you

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Today we learned about the harmful effects of smoking, vaping and chewing.

Most children know that tobacco use is harmful to your health. However, many think vaping is harmless. The vapor produced by electronic cigarettes and vape pens is not just water - it usually contains nicotine and other chemicals. See the attached fact sheet for more information.

Ask your child three reasons for not smoking, vaping or chewing:

1.

2.

3.

Quiz your child:

1. Do most adults smoke cigarettes?

Yes

No

2. The nicotine in tobacco products is a _____ drug.

stimulant

depressant

3. A negative effect of nicotine use is _____.

your heart beats faster

your heart beats slower

1. No 2. stimulant 3. your heart beats faster

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Bringing LifeSkills Home

Today we learned how alcohol affects the body.

Alcohol is a depressant drug that can have short and long-term effects on the body. Students discussed alcohol myths and realities and made a list of reasons for not drinking alcohol. Parents are the greatest influence in a child's life. Set clear rules and expectations about not drinking alcohol.

Ask your child five reasons for not drinking alcohol.

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

Quiz your child:

1. Is alcohol a depressant drug?
 - Yes
 - No
2. People who wait until the legal age of 21 to drink alcohol are less likely to develop problems with alcohol.
 - True
 - False
3. Most high school students drink alcohol.
 - True
 - False

1. Yes 2. True 3. False

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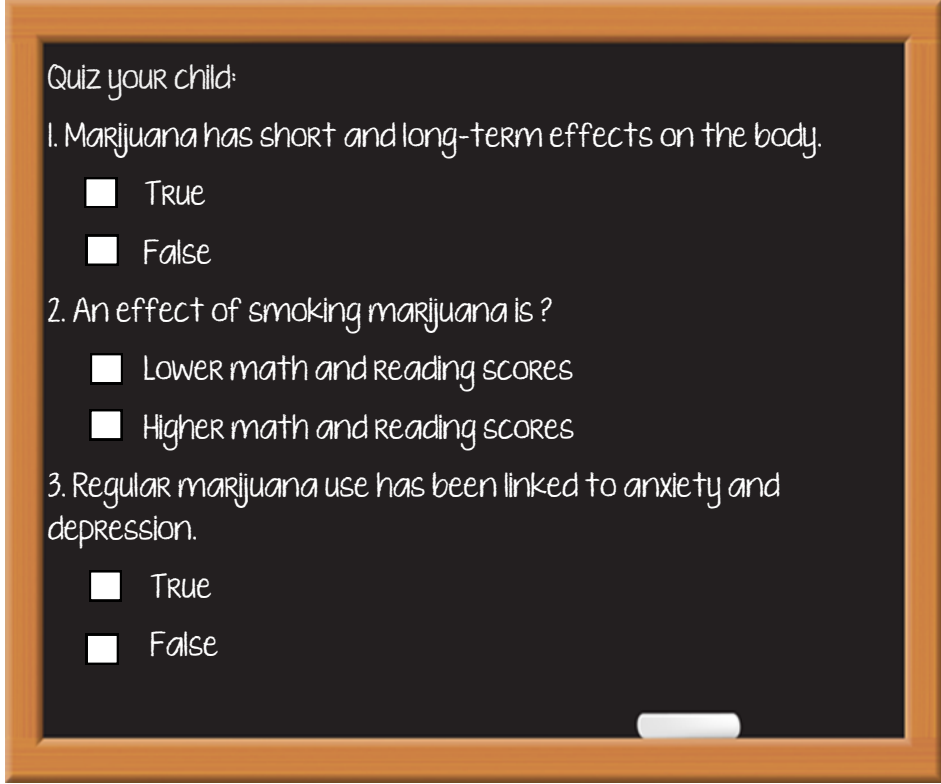
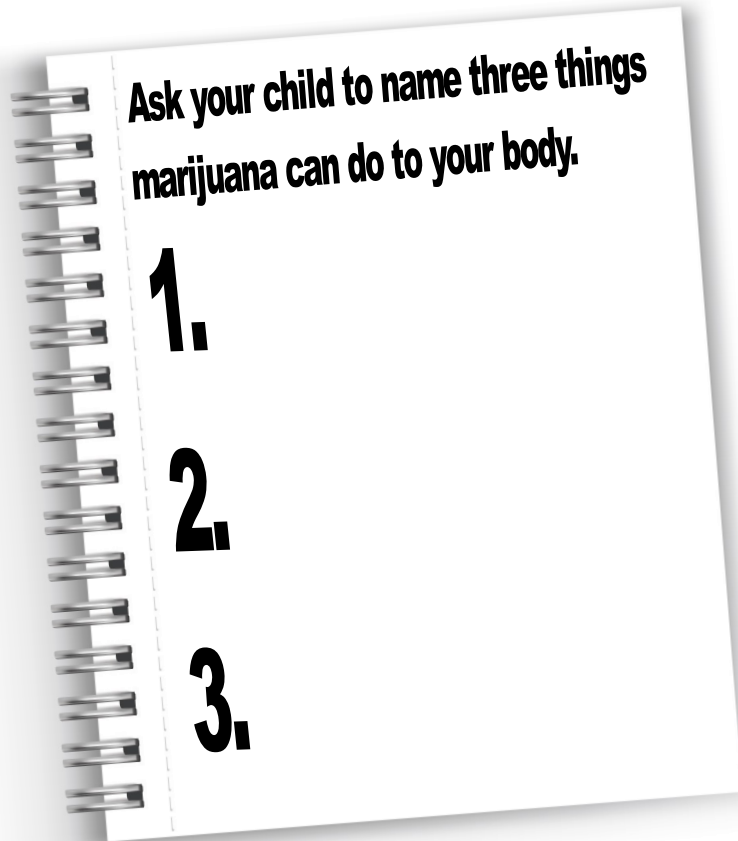
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Today we learned how marijuana affects the mind and the body.

Students learned that youth who regularly use marijuana are more likely to have memory issues, difficulty learning, and lower math and reading scores. Encourage your child to make healthy decisions that help them achieve their goals. Talk to your child about the risks associated with marijuana use. Be your child's trusted resource.



Quiz your child:

1. Marijuana has short and long-term effects on the body.

- True
- False

2. An effect of smoking marijuana is ?

- Lower math and reading scores
- Higher math and reading scores

3. Regular marijuana use has been linked to anxiety and depression.

- True
- False

1. True 2. Lower math and reading scores 3. True

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Bringing LifeSkills Home

Today we learned about advertising.

Advertising is a powerful source of influence on consumer decisions. This week students learned about media literacy - the ability to identify different types of media and understand the messages they are sending. We discussed the techniques companies use to sell their products. You can work to enhance your child's media literacy at home by asking questions and prompting discussion about ads you see. A great question to start with is "What is this company trying to sell?" or "Who do you think their target audience is for this product?"

Ask your child to describe three different advertising techniques companies use.

1.

2.

3.

Quiz your child:

1. The advertising jingle "I'm lovin' it" is an example of a(n) _____
 - stated message
 - implied message
2. When creating an ad, companies sometimes use more than one advertising technique
 - True
 - False
3. Some advertisements try to trick you into buying things you don't need.
 - True
 - False

1. stated message 2. True 3. True

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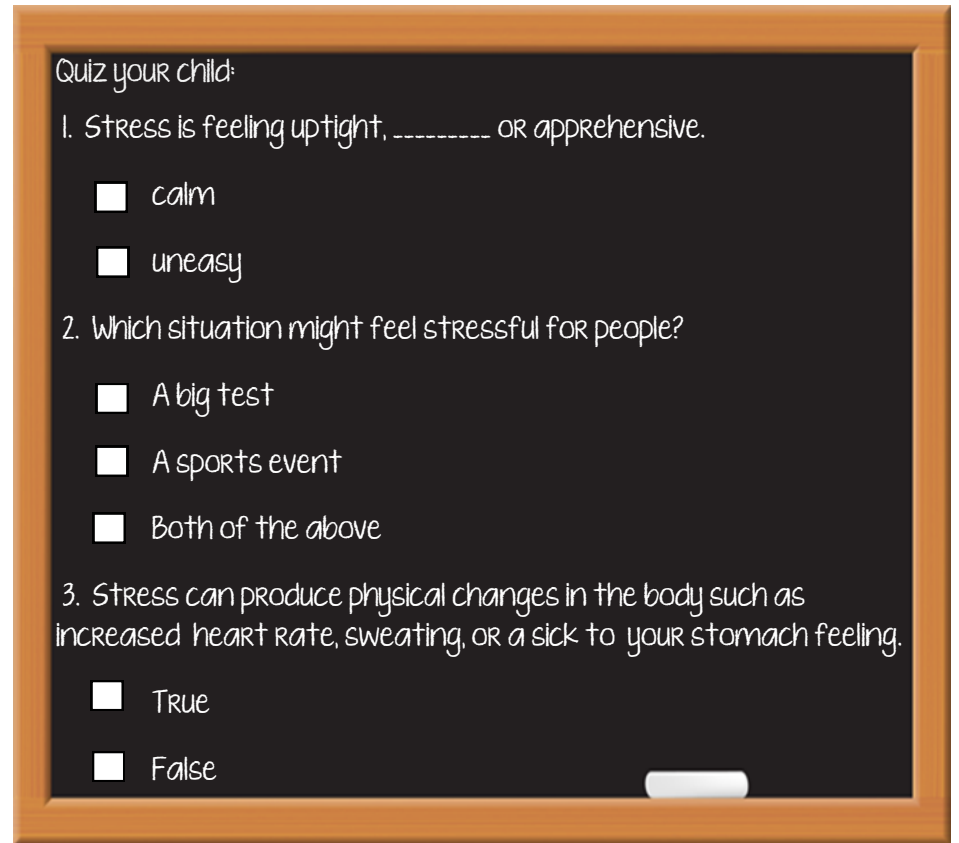
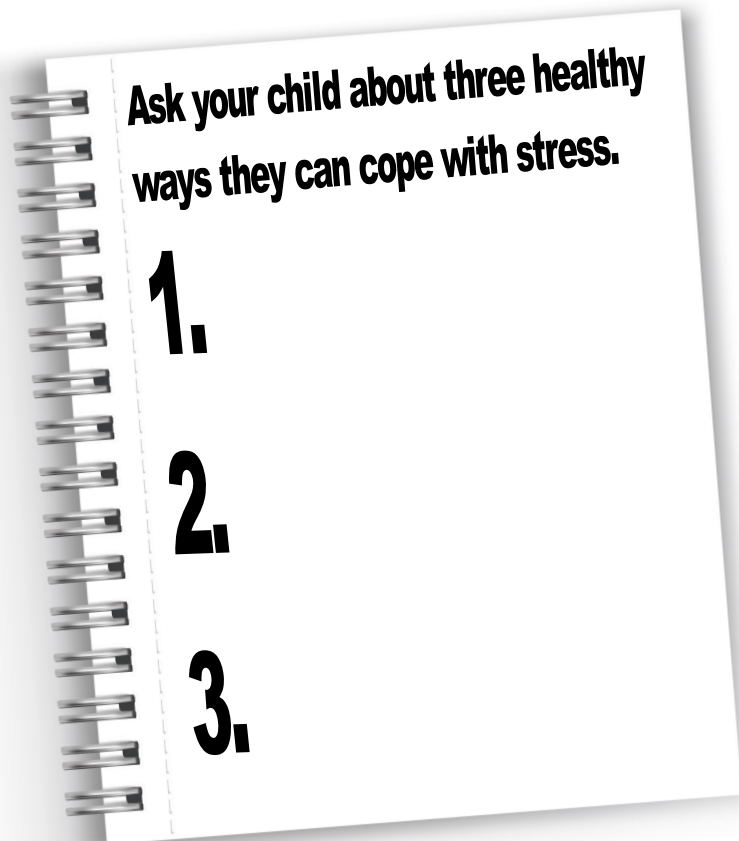
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Today we learned how to recognize and manage stress.

Stress is a feeling we all experience. Today your child gained a better understanding of how their body reacts to stressful situations. Students discussed how stress can be experienced differently by each person, from the situations that cause their stress, to how they cope. Talk to your child about what situations cause them stress. Students learned that positive coping skills such as deep breathing can help ease stress.



1. uneasy 2. Both of the above 3. True

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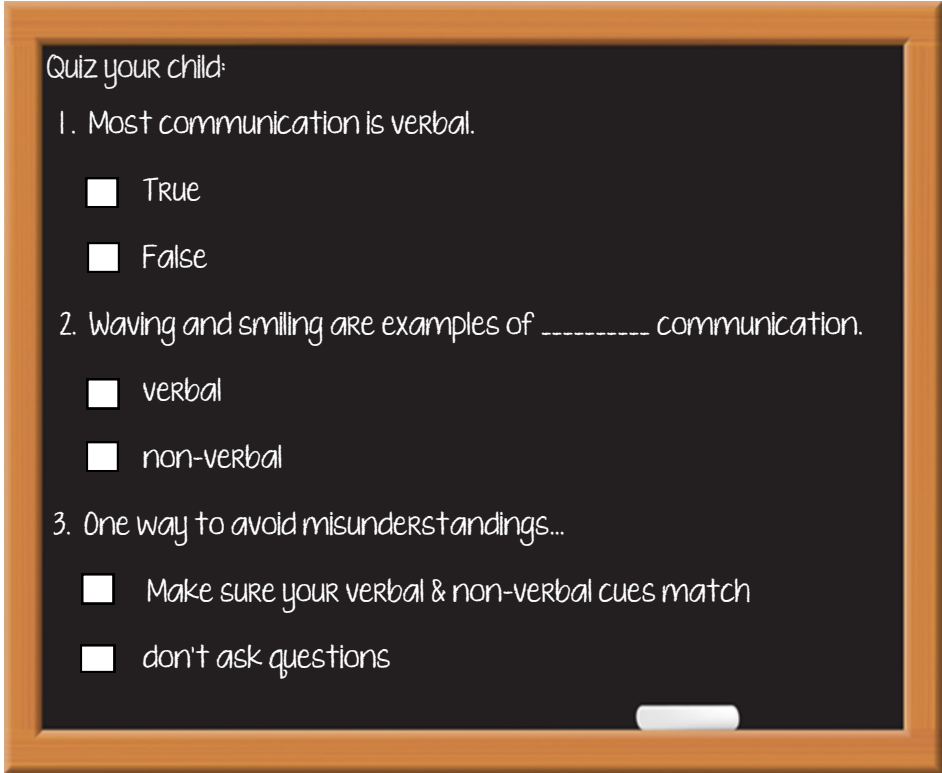
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Today we learned skills to help communicate clearly.

Effective communication helps us develop satisfying and healthy relationships. A child who can communicate well is better able to avoid misunderstandings. You can help your child by practicing clear verbal and non-verbal communication and discussing misunderstandings.



Quiz your child:

1. Most communication is verbal.
 - True
 - False

2. Waving and smiling are examples of _____ communication.
 - verbal
 - non-verbal

3. One way to avoid misunderstandings...
 - Make sure your verbal & non-verbal cues match
 - don't ask questions

1. False 2. non-verbal 3. Make sure your verbal and non-verbal cues match

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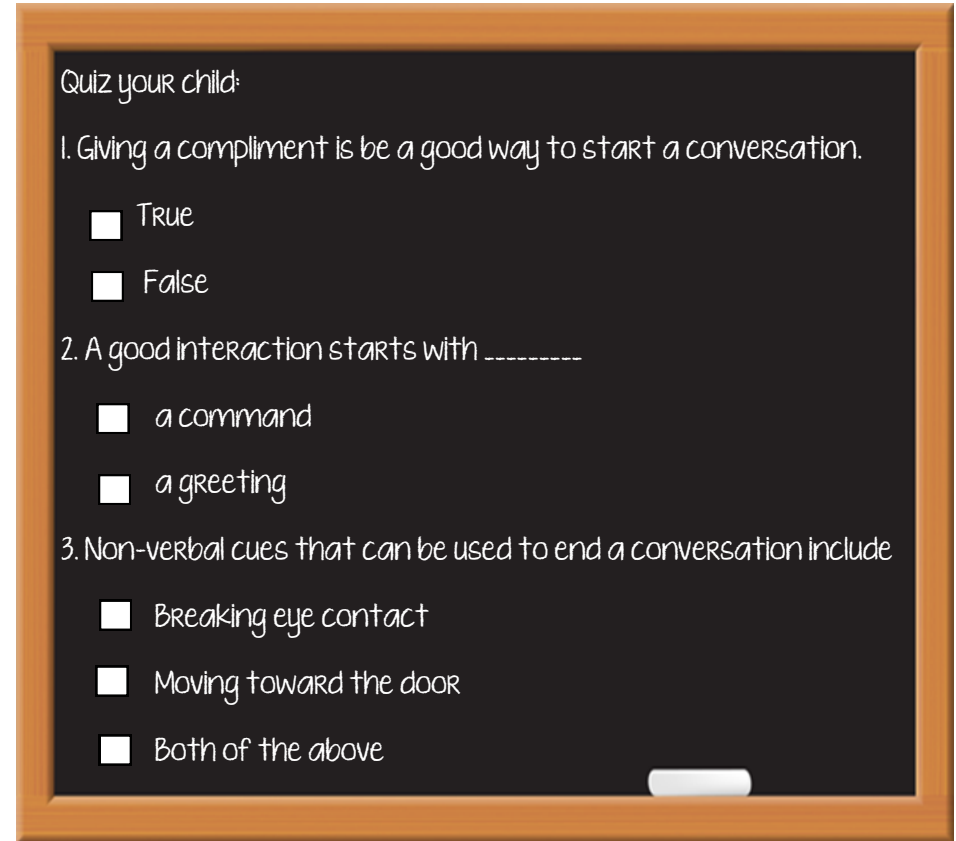
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Today we learned how to feel more comfortable in social situations.

Sometimes people feel uncomfortable in social situations. It's important we recognize that social interactions have changed and that electronics and social media now impact children's social lives. Start a conversation today about the importance social interactions. Help your child think through what they might say in different situations.



1. True 2. a greeting 3. Both of the above

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