

Success For All Foundation

Helping Your Students at Home

March 2020

Getting Along Together Skills to practice At Home

As we continue to work with our students at home, it is also an ideal opportunity for students to practice their social problem solving skills as we work together in close quarters. These strategies help to form strong partnerships, maintain positive mental health and making safe and responsible decisions.

The following strategies have already been introduced to your preschooler, kindergarten, and 1-3 grade students. These are strategies that you can ask your student about and remind them to use as they navigate these coming weeks.

“I” Message

An “I Message” allows a student to tell how he or she feels and why. Students have already learned the sentence stem “I feel _____ when _____.” This allows students to start the problem solving process.

Stop and Stay Cool Steps

Students have learned ways to calm themselves down when they are frustrated or angry

- Breathe in and count to 5, breathe out
- Give yourself a ‘Chilly Hug’

Games and Activities

- On My Pizza , I Like
 - To remember in reverse order a list of ingredients
- Going to Grandma's
 - Remember the order of items packed
- Simon Says
 - Stop and think about whether to complete and action
- I Spy
 - To focus on a question, answers and clues to guess an object