

What Is My Child Learning?

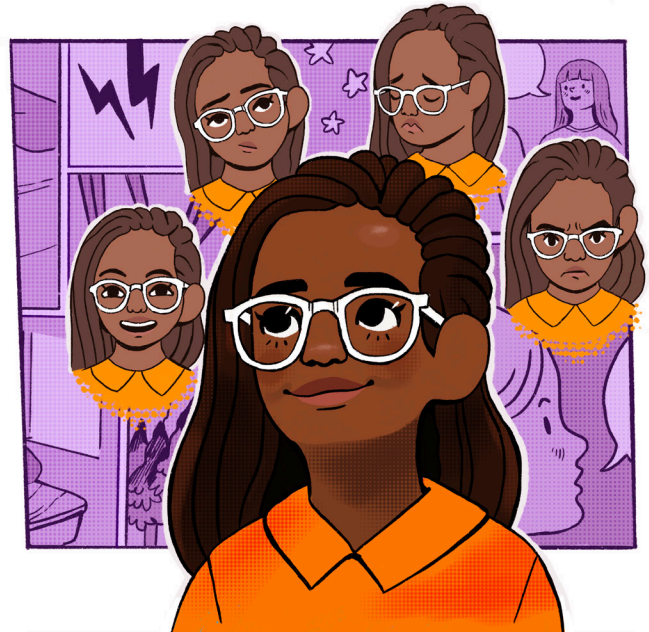
Unit Themes

Your child is learning to anticipate recurring situations that cause them to feel strong emotions like stress, frustration, or anger. Fifth graders practice looking at what makes a situation upsetting for them. Then they learn to identify a change they can make to handle the situation better in the future.

Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- **Develop stronger coping skills**
- **Be better problem-solvers**
- **Make better decisions**
- **Build stronger relationships**



Practice at Home

What to Look For

Notice and praise your child when they handle a situation more easily than they have in the past. For example, if your child is ready for school on time after days of being late. You can say, **I notice you've made some changes. Good job planning ahead so you could be on time today.**

Try This!

Discuss: Take turns talking about how you know when you're feeling stress. Describe situations that cause you to feel this way.

Practice: When your child seems stressed, ask how they're feeling and if there's anything they could do differently to feel better the next time they experience a similar situation.