

What Is My Child Learning?

Unit Themes

Your child is learning ways to solve interpersonal problems. First graders learn that a problem is something that happens between people that causes someone to feel upset, like when someone takes the last snack without sharing or something gets broken. They practice describing common problems respectfully, without blaming others, and learn that some problems are caused by accident. Toward the end of the unit, they practice asking for what they want or need in order to solve a problem and learn to say “I’m sorry. It was an accident. Are you okay? How can I help?” when they cause a problem by accident.

Why is it important?

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

- **Make positive choices**
- **Experience greater well-being**
- **Contribute to a better school environment**



Practice at Home

What to Look For

Notice and praise your child when they take steps to help solve problems, such as when they ask for what they want or need to solve a problem. You can say, **I noticed you felt sad when Alex and Xian weren’t playing with you, and you asked if you could join their game. Great job asking for what you need to solve the problem!**

Try This!

Practice: If problems or disagreements arise—for example, between siblings or friends—help your child say the problem respectfully without blaming others. Encourage them to say “Aditi, I’ve been waiting for a turn with the basketball” instead of “Aditi, you never take turns with the basketball!”

Discuss: When reading books or watching a show, help your child recognize problems and what the characters might want or need to solve them. Ask, **What is the problem?** and **What can they ask for to help solve the problem?**