

CITIZENSHIP

Parent Resource

GRADES
3-5

What is citizenship?

Citizenship means helping my neighbor, community and nation.

As your child gets older, he or she will have opportunities to make choices that impact the school, community and nation.

In grades three through five, children begin:

- ✓ Recognizing the importance of building friendships and contributing to the community.
- ✓ Becoming more interested in issues affecting the community and nation.
- ✓ Gaining more responsibilities at home and school.

Below are ways you can help your child learn, practice and demonstrate citizenship:

ASK FOR EXAMPLES

Ask your child how he or she has displayed good citizenship by helping others or being a leader in his or her school and community (for example, joining a club that focuses on community service or showing a new student around school). Remind your child that any time he or she helps a friend he or she is displaying characteristics of citizenship.

IDENTIFY WAYS TO DEMONSTRATE GOOD CITIZENSHIP

Encourage your child to identify examples of good citizenship at home, at school and within his or her community. Some examples include enthusiastically listening to others, acting as a leader and encouraging your child to try his or her best.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying opportunities to volunteer or serve others in the school or community.



Identifying ways to participate in decision-making in the school or community.



DINNER TABLE CONVERSATION STARTER

Share with your child a meaningful volunteer experience that you had recently or when you were a student. Share the impact this had on you. How did you demonstrate citizenship? Discuss some ways you could volunteer together.

HELPING YOUR CHILD UNDERSTAND THE IMPORTANCE OF CITIZENSHIP WILL PREPARE HIM OR HER TO CONTRIBUTE TO AND TAKE PRIDE IN OUR COMMUNITY AND NATION.

CRITICAL THINKING & PROBLEM SOLVING

Parent Resource

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What is critical thinking and problem solving?

Critical thinking and problem solving means gathering information to think through and determine the best solution.

As your child gets older, he or she will need to continue developing critical thinking and problem solving skills to be successful in school and life. He or she can use these skills to make responsible choices, accomplish goals and maintain positive relationships through effective communication, collaboration and conflict resolution.

In grades three through five, children begin:

- ✓ Recognizing the importance of building relationships even when there are disagreements.
- ✓ Identifying solutions and potential outcomes when problems arise.
- ✓ Understanding the importance of taking ownership for personal actions.

Below are ways you can help your child learn, practice and demonstrate critical thinking and problem solving skills:

UNDERSTAND THE IMPORTANCE OF CONFLICT RESOLUTION



Support critical thinking and problem solving by helping your child understand the importance of conflict resolution. Strategies for resolving conflicts can include compromise, negotiation, agreeing to disagree and analyzing pros and cons. By practicing these strategies, your child will have the ability to develop solutions to everyday and more significant problems.

APPLY ORGANIZATIONAL STRATEGIES



When practicing critical thinking and problem solving skills, your child can apply organizational strategies to complete complicated tasks. Discuss and create a strategy to tackle the problem, such as breaking it down into smaller steps that are more manageable for your child.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying successful strategies for adjusting to change and setbacks.



Comparing conflict resolution methods to identify potential solutions to interpersonal challenges.



DINNER TABLE CONVERSATION STARTER

Discuss how you used critical thinking skills to overcome a recent obstacle. What steps were necessary in that process? Share how you gathered information to make the best choice.

WORKING WITH YOUR CHILD TO UNDERSTAND THE IMPORTANCE OF CRITICAL THINKING AND PROBLEM SOLVING WILL HELP HIM OR HER TO BECOME CONFIDENT, INDEPENDENT AND SUCCESSFUL.



EMPATHY

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What is empathy?

Empathy means understanding how and why others think, feel and act.

In grades three through five, children begin:

- ✓ Identifying the skills needed to work with others successfully.
- ✓ Understanding how attitudes and thoughts can impact friendships.

Below are ways you can help your child learn, practice and demonstrate empathy:

SHARE YOUR PERSPECTIVE

Share with your child about a time when you demonstrated empathy toward someone, for example, when you showed support to a family member or a friend. By sharing your perspective, your child will gain an understanding of what it means to be empathetic.

ASK YOUR CHILD TO SHARE

Demonstrating empathy can be challenging, especially if someone has upset you. Ask your child to share a time when being empathetic was challenging. Emphasize the benefits of being empathetic to others.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Volunteering together as a family on a project to benefit the community.



Actively listening to friends and family by making eye contact and not interrupting.



ACTIVITY TO DO WITH YOUR CHILD

Have your child identify a time in school or at home where he or she demonstrated empathy. Discuss how this interaction impacted others.

BY PRACTICING EMPATHY,
YOUR CHILD WILL IMPROVE
COMMUNICATION SKILLS
AND LEARN TO
REFLECT, OBSERVE AND
THINK ABOUT HIS OR HER
OWN BEHAVIORS.



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GRATITUDE

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What is gratitude?

Gratitude means being thankful and sharing appreciation with others.

Teaching your child to be grateful for what he or she has will help your child to focus on the positive aspects of life. Showing gratitude fosters kindness.

In grades three through five, children begin:

- ✓ Recognizing and being thankful for meaningful friendships and relationships.
- ✓ Showing respect when working with others.

Below are ways you can help your child learn, practice and demonstrate gratitude:

SHARE WHY YOU ARE GRATEFUL



Share with your child something for which you are grateful. After you share, ask your child to identify three things he or she is grateful for and why.

ENCOURAGE YOUR CHILD



Encourage your child to identify different ways he or she can express gratitude toward someone.

EXAMPLE

For example, sharing kind words, giving authentic compliments and offering assistance.

LEARNING TO FOSTER
AND EXPRESS
GRATITUDE WILL HELP
STRENGTHEN
RELATIONSHIPS, BUILD
CHARACTER AND
IMPROVE RESILIENCY.

RESILIENCY
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SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying three of your favorite things about your family.



Demonstrating gratitude to others through words and actions especially when situations are difficult.



ACTIVITY FOR YOU AND YOUR CHILD

Ask your child to think of something about his or her day for which he or she is grateful. Using slips of paper, have your child write each day what they are grateful for and put it into a special gratitude jar that he or she decorates. Over time, your child will find that they have a jar full of many reasons to be thankful.



GRIT

Parent Resource

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3-5

What is grit?

Grit means working consistently towards long-term goals.

As your child gets older, he or she will probably face situations where grit is needed to keep working toward reaching goals, despite setbacks.

In grades three through five, children begin:

- ✓ Spending more time engaged in teamwork and building friendships.
- ✓ Deciding on favorite activities and ways to spend free time.

Below are some ways you can help your child learn, practice and build grit:

START THE CONVERSATION

Talk about a time when you had to use grit to reach a goal and describe your sense of accomplishment. Share with them some of the obstacles you had to overcome to reach your goal. By sharing your perspective, your child will gain an understanding of the importance of grit and what it feels like when you reach your goals.

ASK YOUR CHILD

Ask your child to describe a time when he or she was trying to learn something new and had to set a personal goal. What was the most challenging part? How did he or she overcome this challenge?

IDENTIFY CHARACTERISTICS

Encourage your child to identify characteristics of grit. Some examples include staying focused, having a plan, and trying again even when it is difficult.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:

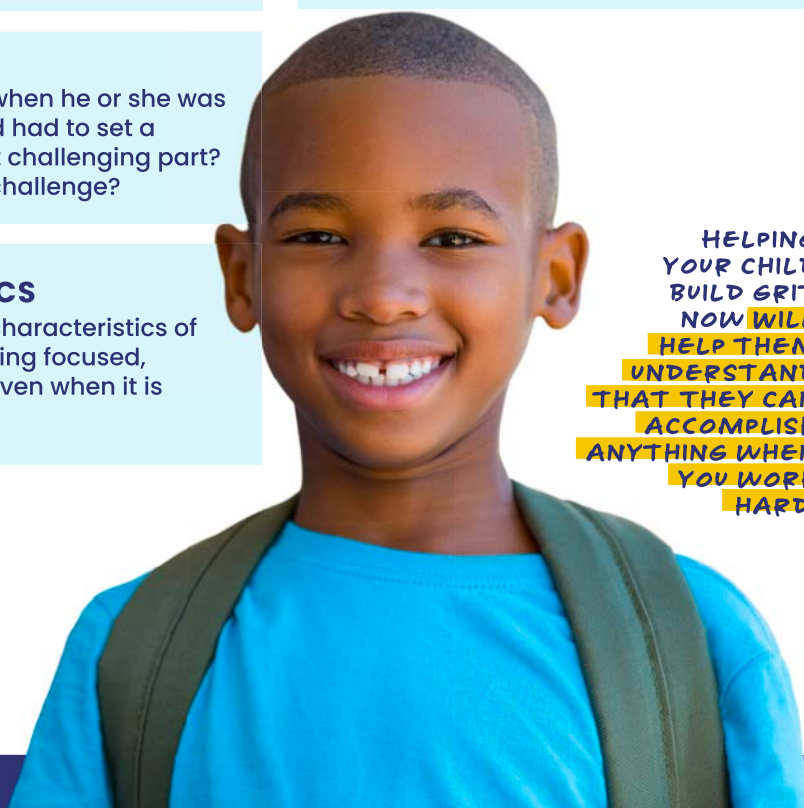


Describe positive ways to deal with failure and learn from challenges.



Create a personal goal and track progress toward achievement.

HELPING
YOUR CHILD
BUILD GRIT
NOW WILL
HELP THEM
UNDERSTAND
THAT THEY CAN
ACCOMPLISH
ANYTHING WHEN
YOU WORK
HARD.



HONESTY

Parent Resource

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3-5

What is honesty?

Honesty means telling the truth.

As your child gets older, honesty will continue to be a valuable characteristic. It is important for your child to learn how to be honest and to communicate in a respectful, kind and truthful manner.

In grades three through five, children begin or continue:

- ✓ Identifying ways to display trustworthiness.
- ✓ Understanding the importance of being honest.
- ✓ Discussing ways to demonstrate honesty and loyalty towards others.

Below are ways you can help your child learn, practice and demonstrate honesty:

CREATE AN ENVIRONMENT FOR HONESTY

Create an environment where honesty is honored and recognized. For example:

- Carefully consider your response when your child is honest about a mistake he or she made.
- Support your child in accepting responsibility for his or her actions.

ENCOURAGE HONESTY

Encourage your child to be honest as situations arise. For example, if your child is not truthful when telling details of a story, you can explain the importance of being honest with friends and family. Share about the difficulties that arise in friendships and at school if an individual is not trustworthy.

TOPICS TO CONSIDER DISCUSSING WITH YOUR CHILD:



Consider potential outcomes of repeating and/or sharing information that is not true.



Talk about ways that honesty and trustworthiness can lead to success in school.



DINNER TABLE CONVERSATION STARTER

Encourage your child to discuss a time when it was challenging to be honest, but it was the right decision. Share an example you have experienced where being honest was difficult but rewarding.

BY ENCOURAGING YOUR CHILD TO BE HONEST, YOU
CREATE AN ENVIRONMENT WHERE HONESTY IS
PRACTICED, EXPECTED AND APPRECIATED.



MENTORSHIP

Parent Resource

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3-5

What is mentorship?

Mentorship means giving or asking for support, guidance, training or expertise.

As your child gets older, he or she will begin to understand how mentors can help him or her achieve his or her goals.

In grades three through five, children begin:

- ✓ Helping others in the school and community.
- ✓ Knowing when to ask someone he or she trusts for support and guidance.
- ✓ Practicing decision-making and treating others with respect.

Below are ways you can help your child learn, practice and demonstrate mentorship:

ASK FOR AN EXAMPLE

Ask your child how he or she can share expertise or guidance. Ask your child for examples of ways to share knowledge include leading a group project or teaching a classmate or younger sibling a skill.

IDENTIFY A ROLE MODEL

Discuss with your child the qualities of someone he or she admires, such as a teacher, coach or family member. Encourage your child to have a conversation with this person to find out if he or she had a mentor that impacted his or her life. Discuss with your child how mentorship is a cycle that impacts many lives.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying opportunities to actively participate as a mentor or role model in the school or community.



Identifying potential mentors in the school or community based on areas of interest.



DINNER TABLE CONVERSATION STARTER

Discuss with your child how you have mentored someone in your life or how you benefited by being mentored. Each family member can share examples.

HELPING YOUR CHILD
UNDERSTAND THE
IMPORTANCE OF ASKING
FOR HELP AND HELPING
OTHERS CAN POSITIVELY
IMPACT HIM OR HER NOW
AND IN THE FUTURE.



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PERSEVERANCE

Parent Resource

What is perseverance?

Perseverance means continuing to try even when things are hard.

As your child gets older, it is important for him or her to continue to develop the perseverance to achieve his or her goals.

In grades three through five,
children begin:

- ✓ Learning how skills can be improved through hard work.
- ✓ Establishing personal goals and tracking progress towards achievement.
- ✓ Understanding that failure is an opportunity for learning and growth.

Below are ways you can help your child learn, practice and demonstrate perseverance:

ENCOURAGE NEW SKILLS

Encourage your child to learn a new skill or activity such as playing an instrument, participating in a sport or developing a hobby. By learning a new skill or activity, your child faces new obstacles while understanding the importance of the hard work necessary to achieve his or her goals.

WORK ON AN ACTIVITY

Ask your child to work on a difficult activity of his or her choice, like a puzzle. Your child may experience frustration while working on the project; encourage him or her to keep going until the goal is accomplished. Have your child identify how he or she managed to keep going despite challenges.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Designing and setting an individual goal (short or long-term) to adopt, maintain or improve a personal practice.



Identifying successful strategies for adjusting to change and setbacks.



ACTIVITY WITH YOUR CHILD

Together, sign up for an activity that requires effort and preparation. For example, completing a fun run or race. Ask your child, what are some potential challenges? How will we persevere to reach this goal?

BY ENCOURAGING YOUR CHILD TO PERSEVERE, YOU ARE HELPING HIM OR HER DEVELOP THE NECESSARY SKILLS TO ACHIEVE HIS OR HER GOALS.



RESPONSIBILITY

Parent Resource

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What is responsibility?

Responsibility means owning my actions, using good judgment and practicing self-control.

As your child gets older, it is important for him or her to continue to develop responsibility by taking ownership of his or her life. It is also important that your child acknowledges that he or she is accountable for the choices he or she makes.

In grades three through five, children begin:

- ✓ Identifying ways decisions affect others.
- ✓ Understanding positive ways to deal with failure and learn from challenges.
- ✓ Learning how attitudes and thoughts can influence one's behavior.

Below are ways you can help your child learn, practice and demonstrate responsibility:

DISCUSS ROLE RESPONSIBILITIES

Discuss with your child the responsibilities associated with their role as a student, sibling, friend or teammate.

ASSIGN HOUSEHOLD TASKS

Assign chores and household tasks to your child. By completing household tasks, your child will contribute to the household in a productive and positive way.

BY TEACHING YOUR CHILD TO BE RESPONSIBLE, YOU ARE HELPING HIM OR HER POSITIVELY CONTRIBUTE TO THE FAMILY, SCHOOL AND COMMUNITY.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Making responsible decisions that affect personal well-being.

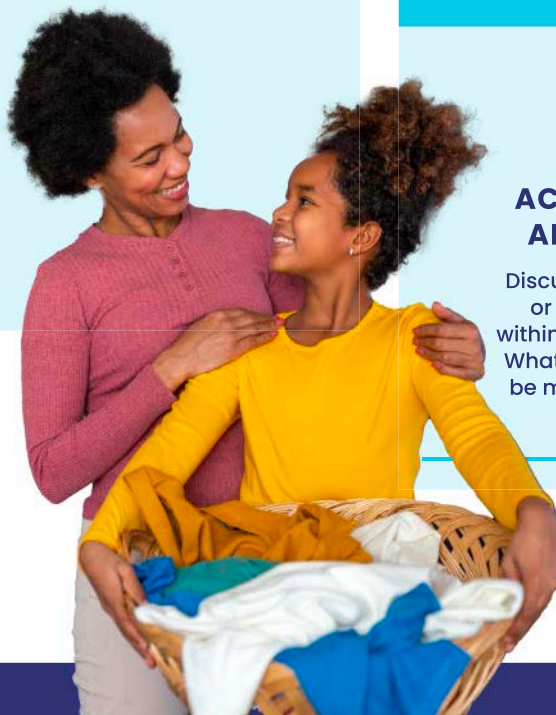


Taking responsibility for your actions. For example, apologizing when he or she has negatively impacted another or completing homework without being reminded.



ACTIVITY FOR YOU AND YOUR CHILD

Discuss with your child goals or plans your family has within the next week or month. What responsibilities need to be met to accomplish these goals or plans?



RESPONSIBLE DECISION-MAKING

Parent Resource

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DID YOU KNOW?

People make about 35,000 decisions **EVERY DAY!**

Responsible decision-making means thinking about all options and outcomes to make the best choice.

In grades three through five,
children begin:

- ✓ Recognizing the importance of building friendships.
- ✓ Experiencing peer pressure.
- ✓ Gaining more responsibilities at home and school.

DISCUSS TAKING RESPONSIBILITY

Discuss a time when you had to take responsibility for your actions.

EXAMPLE

Your friend loaned you a special gift he received for his birthday. You damaged the gift and then needed to tell your friend.

TALK ABOUT CONSEQUENCES

Talk to your child about considering consequences before acting.

EXAMPLE

You had a group project but did not complete your portion of the assignment. The group received a lower grade as a result.

DESCRIBE BEING RESPONSIBLE

Describe ways your child can be responsible.

EXAMPLE

Keeping your room and other spaces at home tidy helps the whole family.

AS YOUR CHILD GETS OLDER, HE OR SHE WILL HAVE TO MAKE MORE DECISIONS. TEACHING YOUR CHILD HOW TO MAKE RESPONSIBLE DECISIONS WILL HELP HIM OR HER BE PREPARED WHEN SITUATIONS ARISE AS A TEEN OR ADULT.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Discuss ways to take responsibility for one's actions.



Identify ways in which my decisions affect others.



DINNER TABLE CONVERSATION STARTERS

Describe a decision you made today. What were the choices you considered? What were the possible outcomes? What was the outcome? Do you think that was a responsible decision? What were the pros and cons of your decision?

In planning ahead for tomorrow, what are some decisions you may need to make at school this week? At home? What information might you need to make the best choices?

SELF-AWARENESS & SELF-MANAGEMENT

Parent Resource

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What is self-awareness and self-management?

Self-awareness and self-management means to understand and govern our thoughts, actions and impact on others.

As your child gets older, he or she will continue to develop self-awareness and self-management skills by recognizing how one's thoughts and ideas influence choices and impact others.

In grades three through five, children continue:

- ✓ Recognizing the skills needed when working with others.
- ✓ Understanding and discussing ways to take responsibility for one's actions.
- ✓ Identifying ways in which his or her decisions affect others.

Below are ways you can help your child learn, practice and demonstrate self-awareness and self-management skills:

SHARE AN EXAMPLE



Share with your child about a time when you had to compromise with someone. Did the solution change the way you interacted with that person?

HELP MAKE RESPONSIBLE DECISIONS



Help your child make responsible decisions by explaining the difference between "need to" and "want to." For example, "I need to do my homework, but I want to play my new video game."

BY GAINING SELF-AWARENESS AND LEARNING SELF-MANAGEMENT, YOUR CHILD WILL TAKE AN ACTIVE ROLE IN MONITORING AND ADAPTING HIS OR HER BEHAVIOR.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Recognizing the importance of considering others' perspectives when communicating and interacting with them.



Working well with others by listening, cooperating, taking turns and compromising.



DINNER TABLE CONVERSATION STARTER

Discuss with your child ways that you have struggled with self-management. This could be leaving on time in the morning, regularly checking the mail or finding time to do hobbies. Describe the strategies you used to overcome these struggles and practice self-management.

