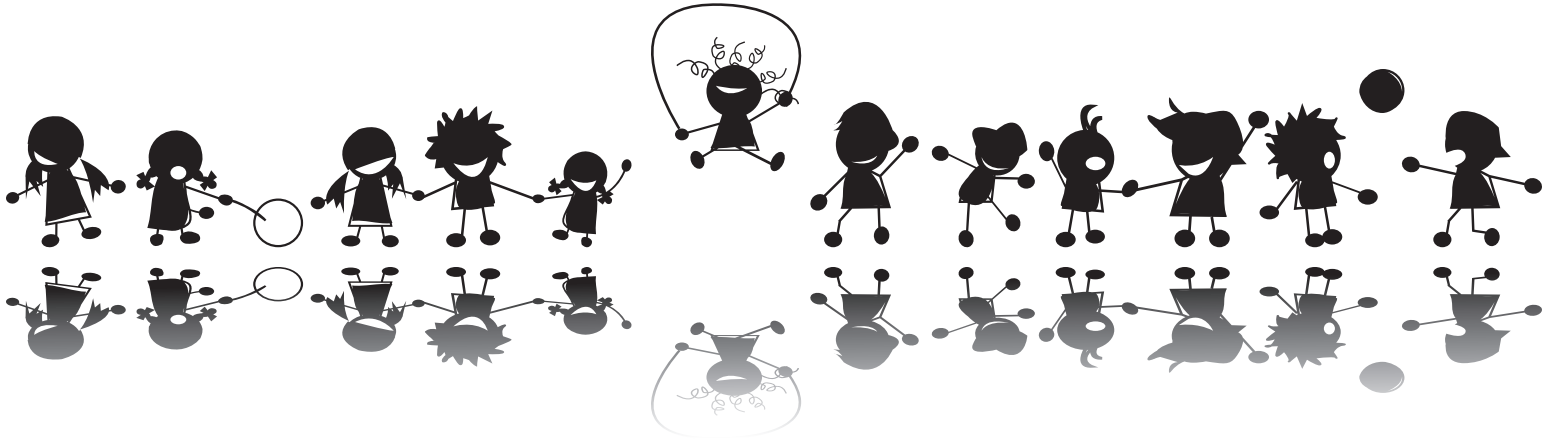


DES MOINES ELEMENTARY COUNSELING PROGRAM



4th Grade Expectations for Learning About Friendship What you can do at home to help your child

Cooperation

Activities:

- Do a family activity in teams of two or more (monopoly, checkers, bowling, etc.)
- Talk about what makes good teamwork with your family (communication, planning, listening etc.)

Conflict in Relationships

Activities:

- Have your child share about a difficult situation he/she has had or seen involving friends
- Practice with your child one or more of the following strategies to solve problems. Self-talk, I messages, ignoring, talk it out, walk away, cool down

Gossip and Rumors

Activities:

- Share a time when someone told gossip or rumors about you
- Talk about your feelings toward that person after you found out

Empathy

Activities:

- Talk about the saying, "walk a mile in someone else's shoes" (to help in understanding the feelings of others)

Contact your Elementary School Counselor for more ideas