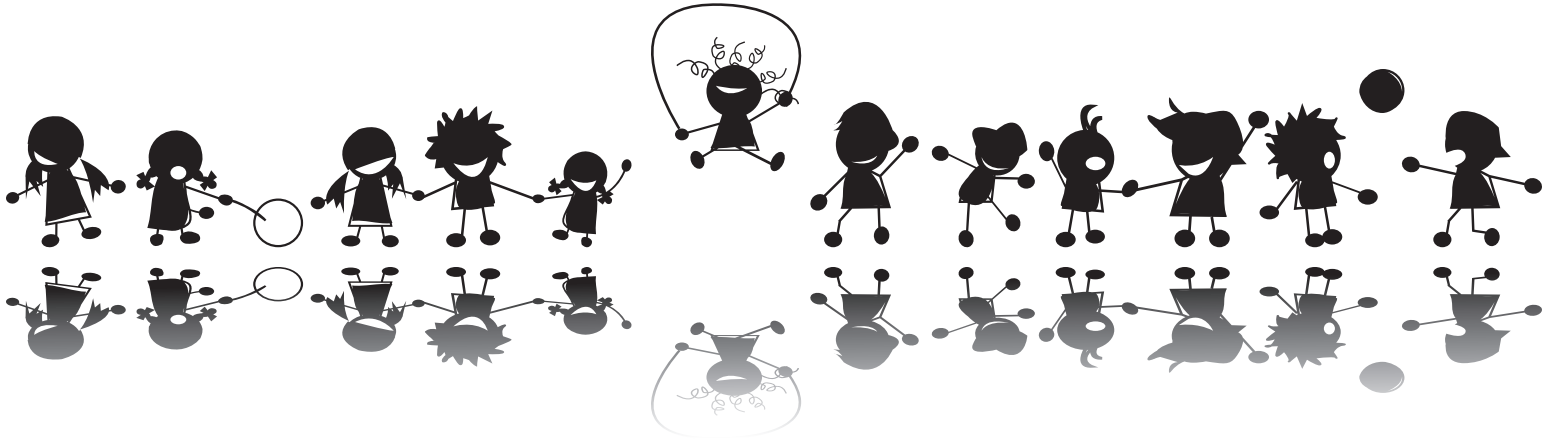


# DES MOINES ELEMENTARY COUNSELING PROGRAM



## 5th Grade Expectations for Learning About Friendship What you can do at home to help your child

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### **Group Cooperation**

#### Activities:

- Talk about groups or teams that family members belong to
- What rules do groups have to encourage cooperation?

### **Stumbling Blocks to Relationships**

#### Activities:

- Talk with your child about things that hurt relationships (breaking promises, lying, name-calling)

### **Building Blocks to Relationships**

#### Activities:

- Talk about what trust really means (being reliable, honest, dependable)
- Discuss who you trust and why (family and/or friends)
- Share how you show trustworthiness
- Practice trust with a fun activity (blindfold tour of the house; keep a diary for a week, etc.)

**Contact your Elementary School Counselor for more ideas**