



# Des Moines Elementary Counseling Program

## 1st Grade Expectations for Study Skills



---

---

### What you can do to help your child at home

Ready to Learn  
Focus Areas

Activities

Paying attention	♦ Play "Follow the Leader" to practice paying attention
Listening	♦ Have child repeat directions to show active listening
Asking questions	♦ Play "20 Questions" to practice asking good questions
Self-encouragement	♦ Invite your child to practice saying encouraging things to yourself (I think I can, keep trying, I did my best)

**Contact your elementary counselor for more ideas.**

