



Des Moines Elementary Counseling Program

3rd Grade Expectations for Study Skills



What you can do to help your child at home

Focus areas	Activities
Develop a relaxing routine	♦ Practice ways to relax when nervous, anxious, excited, or frustrated (deep breathing, counting, etc.)
Talk and think positively	♦ Develop a family cheer, rap, song, etc. using encouraging words
Don't get stuck	♦ Divide chores and activities into smaller, easy to manage portions
Practice to make progress	♦ Make a practice chart to track progress (homework, chores, sports, music, etc.)
Prepare your body physically	♦ Set consistent bedtimes (10 hours of sleep) ♦ Healthy eating ♦ Regular exercise ♦ Good hygiene

Contact your elementary counselor for more ideas.