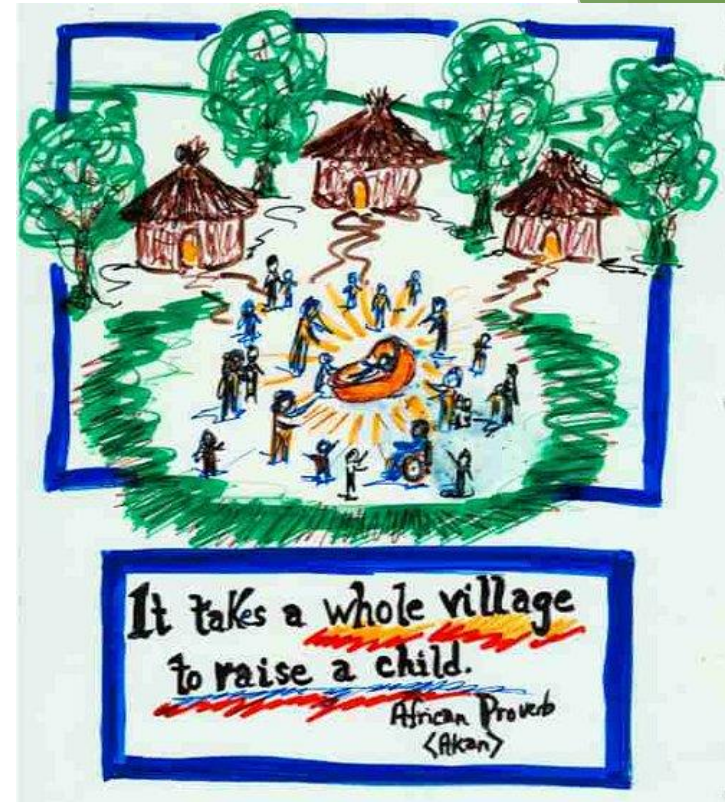


The following slides offer ideas that can help with children's social skills at school.

What you do at HOME makes a difference for us at school!

It takes a VILLAGE and we appreciate our Discovery Families.

♥ Miss Denise
School Counselor at Discovery



***LIMIT SCREEN TIME (30 min-1 HR A DAY after doing other activities.)**

- Eat meals without screens to encourage conversation skills
- Role model healthy screen time use
- Read books together at night instead of screen usage

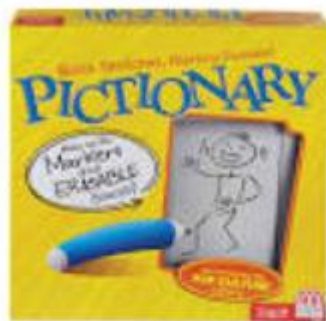


These skills show up at school as:
Not needing a screen when upset or bored,
and being good at waiting and listening.

Play games!



Apples to Apples



Pictionary



Monopoly



Connect Four



Jenga



The Game of Life



The Game of Life



Yahtzee



Cranium



Guess Who?

These skills show up at school as: working well in groups, being a good sport when losing, and knowing how to play games like these at free choice in class. It is also a way to practice reading in a FUN way!

Parent & Child Play



Praise your child's play:

"I'm so impressed with that tower you built."

"What a great game you invented".

GET OUTSIDE every day, even if it's just for a walk!



1. All kids need is a place to play and their own imagination!
2. Cut back on extra curricular activities
3. Invite the neighbors/ other same age friends
4. Limit screen time
5. Let your child get “bored”
6. Teach by example- get active and have fun!

These skills show up at school as: getting along well with others, knowing how to play recess games, having endurance for PE and recess, and having a great imagination! 😊 😊

But my child is bored!

You are not a bad parent if your child is bored.

How many of us have had to manage feelings of boredom before?

Learning how to deal with being bored is a great skill for kids to have.

Create a list of activity choices for them to look at when bored


Plan one outside activity each day (going to the store, riding bikes, going to the park) so that there is something to look forward to.

Have your child help plan for the next week(a local park, hiking, playdate, library, making a recipe, making a craft)

If you wait long enough, your child will 'find' something to do!


BE CONSISTENT! If they have finished their screen time, then they should not get to do more if they are bored.

Create a daily schedule for your family just like teachers do at school!
<https://thetripclip.com/>



Morning Routine

☐




Shower

☐




Get dressed

☐




Eat breakfast

☐




Brush teeth

☐



Pack lunch

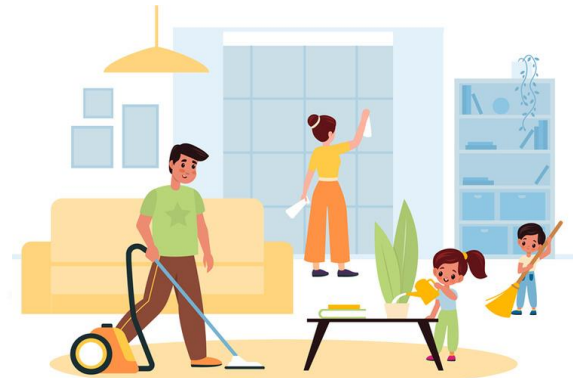
☐



Pack homework

Practical skills needed for school!

- ▶ Packing and Unpacking their own items.
- ▶ Helping to make a snack or lunch
- ▶ Organizing! This is a skill that has to be learned. “Clean Your Room” often needs to be taught.
- ▶ Getting dressed by themselves
- ▶ Eating Manners
- ▶ Carrying their own items
- ▶ Having EMPATHY for others: volunteer or helping a neighbor



These skills show up at school as: being polite, having manners at lunchtime, self-sufficiency, empathy towards others and having more self confidence! 😊 😊 😊

Thanks for reading!

Questions or comments? Email Miss Denise at
Darnelld@Issaquah.wednet.edu

