

Tips for First Grade Families

Here are some ways you can work with your student at home to help them be more successful in the classroom! Please read over the following and try these at home 😊

Create Routines

Having routines at home allow your student to learn independence. Students are required to be independent often in the classroom.

Ideas: Bedtime routine, unpacking after school, getting ready for school, helping pack lunch, clean up after a meal, etc.

Multi-Step Directions

Teaching children multi-step directions is crucial as it enhances their cognitive development, executive functioning skills, memory, attention to detail, and problem-solving abilities. Using language such as "first," "next," and "then" supports comprehension skills, reduces anxiety by providing predictability, and fosters independence.

Example: First, take your toys up to your room. Next, make your bed. Then, brush your teeth. (After, check to see if students followed these steps!)

Make them WAIT!

Teaching children to wait is essential for developing patience and self-control. It helps them manage frustration and delayed gratification, which are important life skills.

Ideas: Set a 5 minute timer and tell them they can ask you questions once the timer is up, not responding right away when they call your name, having them save their own allowance for a toy, gardening, story time with reading one chapter per night, etc.

Problem Solving & Building Resiliency

Letting kids solve problems on their own builds their resilience and ability to handle setbacks. At school, we discuss small vs. big problems (dangerous or emergency situations), which you can also talk about at home.

Ideas: Talk about situations at home that could be considered BIG problems and walk through and who they should talk to, talk about small problems that may occur at home and ways they may be able to solve them independently.

Self-Regulation Strategies

Teaching kids self-regulation is vital for their emotional and social growth. It helps them manage emotions, behaviors, and impulses, leading to better decision-making and resiliency. The Zones of Regulation curriculum supports by helping children recognize and manage their emotional states effectively.

Ideas: Practice making faces for what each zone may look like (red, yellow, green, blue), find a place at home that is similar to our classroom Calm Down Corner, practice taking belly breaths and filling up their tummy with a balloon, etc.