

Life Skills Programs
Hillsborough Township Public Schools
Life Skills K-6 Parent Program

“IT’S OKAY TO BE DIFFERENT”

Kindergarten - This program is designed to teach children about diversity and differences and will help them develop empathy for others. This lesson uses Todd Parr’s graphically appealing book *It’s Okay to Be Different* to help students understand what diversity means and how it applies to them. After a shared reading of the book, students will discuss the book and participate in activities to reinforce what makes them different and also that “kindness counts”.

“I’M PROUD TO BE ME”

Transitional Primary – This program is designed to enhance children’s self-esteem. Individuality, friendship, good attitudes and being kind to yourself and others are primary concepts found in this program. Developing self-esteem or the child’s perception of self is a valued goal for young children. Self-esteem develops from the impression a child receives from others and the child’s accumulated experiences. A child’s self-esteem is the foundation on which future relationships are built.

“STRANGER SAFETY”

First Grade – This lesson has a winning combination of fairytale adventure and concrete safety information. Using the book *Once Upon a Dragon*, this lesson will cover the essentials of stranger safety for children in a playful but concrete way. As a girl helps her lovable but impulsive dragon friend, each problem comes to an agreeable and safe resolution. The concepts in the book will be reinforced with discussion questions and engaging activities. Students will feel empowered with important safety information throughout the lesson.

“LET’S WORK IT OUT”

Second Grade - This program is designed to assist young children in understanding their feelings. Emphasis is placed on listening and communication skills to solve problems. Young children display when they are happy, angry, or frustrated. Expression is evident with words, laughter, tears, or perhaps aggressive behavior. Young children need experience that will assist in learning how to resolve conflict. This lesson will help students understand their feelings, learn how to control their feelings and develop skills in learning how to resolve conflicts.

“HOW I LEARNED NOT TO BE BULLIED”

Third Grade – This program is designed to help children understand common motives behind bullies actions and to learn non-violent techniques for coping with bullies. Another component in the program assists children in learning ways to maintain self esteem despite bullies’ continued attempts to damage it.

“DRUGS - WHAT KIDS NEED TO KNOW”

Fourth Grade - After viewing a video, this program will give students straight forward answers to the questions they have about drugs, help them understand just how drugs can affect their brains and bodies, and identify effective ways for them to say “No” to drugs, tobacco, alcohol and marijuana.

“GET A WINNING ATTITUDE”

Fifth Grade – “Get a Winning Attitude” explores what self-esteem is and how our attitude affects our performance and even our decisions. Students will learn that the keys to success include developing a winning attitude.

“SURVIVING PEER PRESSURE: You Can Do It!” –

Sixth Grade – This program, *Surviving Peer Pressure: You Can Do It!* was created to help young people understand that the desire to fit in with a group can sometimes lead a person to inappropriate behavior but that there are strategies they can follow to avoid finding themselves in this predicament.