





# Do You Have What it Takes to be a 5th Grader?

Being ready to move on to a new grade level has more to do with your ATTITUDE and SKILLS than what you know! You will be able to take on the academic, social, and emotional challenges of 5th grade with the following 4 skills:

<b>Self-Advocacy</b>  	<b>Perseverance</b>  	<b>Independence</b>  	<b>Cooperation</b>  
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Let's break it down!

	Self- Advocacy	Perseverance	Independence	Cooperation
<b>It Means:</b>	Asking for what you need to be successful!	Taking on new challenges, and not giving up!	Taking care of what you need to do without a lot of reminders!	Working well no matter who your partner is.
<b>It Looks like:</b>	<ul style="list-style-type: none"> <li>- Asking for help when you don't understand something in class.</li> <li>- Asking for a new seat if you can't focus where you are.</li> <li>- Saying "I don't like that" when someone isn't treating you with respect.</li> <li>- Walking away from a situation that doesn't feel right or is dangerous</li> </ul>	<ul style="list-style-type: none"> <li>-Testing different strategies to find an answer before asking for help.</li> <li>-Using a "bad" grade to help motivate you to relearn the material</li> <li>- Trying something new, even if you aren't sure you'll be good at it!</li> <li>- Having a "growth mindset" - believing that you can always improve!</li> </ul>	<ul style="list-style-type: none"> <li>- Working for a little in class, and then remembering to finish later</li> <li>- Writing down assignments without being told.</li> <li>-Listening to directions the first time so you know what to do!</li> <li>- Acting in line with your values, instead of following the crowd</li> </ul>	<ul style="list-style-type: none"> <li>- If you are assigned a partner, accept your partner without complaining.</li> <li>-If you can choose, look around for someone who might be left out.</li> <li>-Take turns between listening and sharing ideas. Compromise!</li> <li>-Do not change or alter anything on a project until everyone agrees to.</li> </ul>

	Self Advocacy	Perseverance	Independence	Cooperation
<b>Practice!</b>	<p><b>Easy:</b> Practice speaking up about things you like - "This dinner is delicious." "I love this movie!" It will make it easier to speak up during difficult events.</p> <p><b>Advanced:</b> Think about some things you might need help with academically. Write out an example of what you might say to a teacher to ask for help! Show it to an adult at your house.</p> <p>Think about something that you might have to stand up for yourself about socially. Write out a sample script using an "I Statement" (I feel _____ when you _____, next time can you _____.) Show it to an adult in your house!</p>	<p><b>Easy:</b> Try a Minute Win It Activity like cup stacking or picking up small items with chop sticks! Focus on how you feel and the thoughts in your head - are you being kind to yourself? Is it fun to try something new (and maybe a little weird?) It doesn't matter if you succeed or not - it just matters that you keep trying for the whole minute!</p> <p><b>Advanced:</b> Use your least favorite color pen to write out the messages that your brain tells you when you are struggling or trying something new. Then, use your favorite color pen to go through and "flip" those thoughts to encourage a growth mindset (ie - I can't do this YET, or I CAN do it!).</p>	<p><b>Easy:</b> Think about a task that an adult used to do for you that you now do for yourself (like tying shoes). How did you learn to do it yourself?</p> <p><b>Advanced:</b> Give yourself a chore or task that helps your family. Try to think through what each of the steps would be without help. So, if your task would be to do the dishes - you would first clear the table, then load the dishwasher, etc. Also mark down when and how often the task needs to be done. Post your task on the fridge or somewhere you will see it! For one week, have an adult in your house put a tally mark or a check by your task every time you do all of the steps without being reminded.</p>	<p><b>Easy:</b> Practice being polite and saying "Please", "Thank you", and "Excuse me" to adults in your house, siblings, and even pets!</p> <p><b>Advanced:</b> Practice active listening! Active listening is using your whole body to show another person that you are interested in what they have to say. For example, you might keep your eyes turned towards them and keep your hands still. You might nod your head or smile to encourage them to keep talking. Experiment with an adult in your house! Ask them to tell you about a time that they had to cooperate at work or when they were in school. Use your active listening the whole time!</p>

