



Parents and Caregivers,

Skills for Learning and Life (SLL) cultivates skills and fosters attitudes that support college, career, and life success. In addition, SLL strengthens teaching and learning of academic content, builds confidence, and supports our overall wellness.

The School District of Palm Beach County's SLL Framework is based upon required Health Instruction as outlined in Florida State Statute 1003.42(2)(o)(4) and involves acquiring and effectively applying knowledge, attitudes, and skills of self-awareness and self-management, responsible decision-making, resiliency, relationship skills (including conflict resolution), and social awareness (including understanding and respecting other viewpoints and backgrounds). In addition, the SLL Themes help students work towards achieving the outcomes of the Florida Resiliency Education Standards.

Over the next two months we will be implementing our third SLL Unit: "Caring for Each Other". Below is a chart with the SLL themes from this unit and some possible ways that you can reinforce these life skills at home if you wish.

Unit 3: Caring for Each Other		
Date	SLL Theme & Competency	Possible Discussion Questions and/or Family Activities
November 27th-December 1st	Taking Others' Perspectives (Social Awareness)	-How can taking others' perspectives (thoughts, feelings) help you be a better friend? -How do you think a person feels if... (someone is not sharing, or taking turns, your friend is sad about something that just happened, your friend is laughing and smiling)? - Read Aloud: Read a book and discuss with your child how the character is feeling and if they have ever felt this way. Share when you have felt that way too.
December 4th-8th	Demonstrating Empathy & Compassion (Social Awareness)	-How can you show compassion and kindness to others? -What does it mean to show empathy (kindness, or compassion)? - Let's Talk About It: Watch a movie or tv show with your child. Discuss how the characters showed compassion & empathy to others.
December 11th-15th	Recognizing & Appreciating Contributions of Others (Social Awareness)	-Who are some people in your life that you appreciate? Why do you appreciate them? - Appreciation Cards: Have your child write an appreciation card to their favorite teacher, family member, adult or friend letting them know why they appreciate that individual.
December 18th-22nd & January	Review Week	-What do you enjoy doing with your family? -If you could go anywhere in the world, where would you go and why?

9th-12th		<p>-What's your favorite joke?</p> <p>Family Day: Get out and spend time together doing some of your favorite activities. Have a picnic in the park or at the beach. Eat at one of your favorite spots or make your favorite family meal.</p> <p>Game Night: Pull out your favorite board or card game and have a family game night. You can even create your own games.</p>
January 16th-19th	Offering Help (Relationship Skills)	<p>-How do you feel when you are able to help someone?</p> <p>-How can you help someone (ex. family member, friend, sibling) this week?</p> <p>-Why do you think it is important to be helpful to your classmates/friends, teachers, and family members?</p> <p>-Offering Help: Think of three things you can do to help someone out in your house today. Encourage your child to help with those things.</p> <p>-Donations: Gather some clothes, books, and/or toys that you no longer need and donate them to a local charity.</p>
January 22nd-26th	Helping Others Feel Valued & Included (Relationship Skills)	<p>-When was a time that you felt valued? How did that make you feel?</p> <p>-What is something you can do to help include others?</p> <p>-Affirmation Card: Create affirmation cards for friends and/or family members to encourage them and build their confidence. For example, "You are smart.", "You are a good friend.", "You are good at solving problems.", "You are important." etc.</p> <p>-You Matter: Create a list of things that you all can do as a family to make each other feel valued and included.</p>