

What Is My Child Learning?

Unit Themes

Your child is learning behaviors and habits to help them succeed at school and in life. First graders discover that paying attention helps them learn and stay safe in different situations, such as on the playground or while crossing the street with an adult. They learn that distractions are things that take your attention away and ways to refocus their attention if they get distracted—for example, by reminding themselves to focus or moving to a different spot. Toward the end of the unit, they learn two new skills: the “hand jive” dance and drawing Pepito, a character from the Second Step program. While learning these skills, they practice using helpful thoughts, like “Keep going!” to encourage themselves.

Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- **Seek challenges**
- **Do better academically**
- **Handle transitions more easily**



Practice at Home

What to Look For

Notice and praise your child when they show that they can pay attention despite distractions. You can say, **I noticed you moved away from the TV when you were reading your story. Great job helping yourself pay attention!**

Try This!

Discuss: Talk to your child about learning to do the “hand jive” dance or learning to draw Pepito. Ask, **How did you feel when you first tried to learn it? What helped you get better?** Have them show you the steps they remember and tell you how they think they can continue to get better (practice and keep trying!).

Practice: Help your child choose something to learn or improve. For example, throwing a ball, writing a story, or drawing a rainbow. Set aside a few minutes each day for them to practice. Remind them to use helpful thoughts to keep going, and suggest ways they can manage any distractions.