

What are Personal and Social Skills?

Did you know personal and social skills support your child in becoming more successful in school and later in life? Your child will participate in QuaverReady this school year to develop the following core competencies: self-management, self-awareness, social awareness, relationship skills, and responsible decision-making. This newsletter will keep you connected to what your child is learning in each.

Welcome to Family Connections!

Parent and Child Connections

Your child may not always feel excited to attend school. You can use the discussion prompts below to help children recognize their feelings. Ask them to share why they feel that way.

→ **Why is going to school beneficial?**

It's a place where they can connect with other students and learn and grow.

→ **How does regular attendance in school help them meet their goals for the future?**

An education helps them be what they want to be when they grow up.

To listen to [a school song from the curriculum](#), simply scan the QR code below.

QuaverReady's mission is to Help Students Succeed in Schools around the world.

When students feel valued and cared for, they are happier and achieve more academically.

Use the QR code to access [a QuaverReady school song](#).



*Yeah, this is my school!
Yeah, this is our school!
I'm proud!
Let's keep it cool!*

Reinforcing Life Skills

Ways to reinforce the skills your child is learning in school at home.

Self-Management

Rules are an important part of everyday life. Following the rules shows care and kindness for ourselves and others.

- ☐ Pick one rule you would like your child to follow at home.
- ☐ Create the rule and set expectations with your child. Then talk about why the rule is important.
- ☐ If your child is not following the rule, remind them of the reasons it is important.

Self-Awareness

It is normal to experience a range of feelings and emotions throughout the day.

- ☐ Help your child identify their feelings by asking them how they feel after school.
- ☐ Talk to your child about feelings they have felt strongly and feelings that seem smaller.
- ☐ Explore methods your child can use to calm down.

Social Awareness

Using good manners is an easy way for your child to show kindness to others.

- ☐ Talk to your child about what manners are and how using them shows respect and kindness.
- ☐ Discuss how to use manners with educators and classmates.
- ☐ Walk through some scenarios that might require your child to show good manners.

Relationship Skills

Everyone likes to be included, and most likely your child is no exception.

- ☐ Discuss with your child how it might feel when someone is left out.
- ☐ Ask how they can start a conversation with a child who might benefit from being included. Examples may include a new student or someone with differences.

Responsible Decision-Making

Everyone needs a little help from time to time.

- ☐ Let your child know that it is okay to ask for help in many situations.
- ☐ Talk to them about what situations might require them to ask for help. Brainstorm who might be appropriate people to ask.
- ☐ Give your child different scenarios, and ask them what they might do to ask for help.



Watch for our next Family Connections Newsletter: Self-Awareness

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