

Building Boundaries: Called to Protect for Young Children

First Grade: Rules for Interacting with Others

Child Development:

First graders continue their journey toward independence and toward more understanding about rules for conduct. Their efforts to be socially accepted outside the family make self-esteem a major issue for them. They need the approval of their parents and peers, and they can become anxious if they are pushed too hard to excel. As this is a year that brings with it a lot of emotions, first graders are learning to identify and manage their feelings.



Lesson Overview:

The focus of this program for first graders is about starting to build emotional boundary skills. The corresponding lessons are designed to reinforce the concept that interactions can affect how we feel. Children will review the basic types of feelings. In addition, they will review the concept of bullying and how it makes kids feel. Children will learn how to tell someone about people or events that make them feel mad, sad or scared.

Objectives for First Grade Students:

Students will

1. Review the concept of feelings and what makes them feel good or bad.
2. Learn the rules for how they're supposed to treat each other.
3. Learn about bullies and how they break rules for how people treat each other.

Your child will participate in three activities to reinforce the above objectives. These teach children how to identify feelings such as mad, sad, glad, and scared. In these lesson plans, children learn that the body reacts to these feelings. And they learn that the body and the feelings work together to teach us when we might be in danger or when someone is not treating us with respect. Finally, this lesson discusses the "Golden Rule" and asks children to consider how they want to be treated and how they want to treat others.

