



MS. Amanda's Agenda

MARCH 9 - MARCH 27



For the next two weeks in our lessons, students in grades 3-5 will be focusing on an important skill: connecting with others. Building positive relationships is a key part of helping students feel safe, confident, and ready to learn.

We will discuss why connection matters and how it helps people feel seen, valued, and included. Students will reflect on times when someone made them feel welcomed and talk about the kinds of actions that help create strong friendships and positive classroom communities.

We will also explore several social-emotional skills that support healthy relationships, including:

- *Self-awareness – recognizing our own feelings and reactions
- *Empathy – understanding and caring about how others feel
- *Active listening – listening carefully to understand someone else's thoughts and feelings
- *Relationship skills – communicating kindly and respectfully with others

Through small group discussions and activities, students will discuss ways to make others feel included, what can sometimes make connection difficult, and what we can do when misunderstandings happen. They will share ideas such as asking questions, being curious about others' perspectives, and showing kindness through small everyday actions.

Students will also practice thinking about situations from another person's point of view and discuss how empathy can help us work through disagreements respectfully.

As we close, students will reflect on one action they can take to build stronger connections with others at school.

Conversation Starters for Home

You might ask your child:

- What does it mean to help someone feel included?
- What is one way you can show empathy to a friend or classmate?
- What helps you feel connected to others at school?

Thank you for supporting your child's social and emotional growth. These skills help students build strong relationships, navigate challenges, and contribute positively to their school community.

