

# LIFE SKILL LESSON: REVIEW

date \_\_/\_\_/\_\_

Spend 5 minutes to connect with your child and understand how they did last week.

## 1. Any notes or observations:

How was your child after the lesson?  
Did they behave differently?  
What about their attitude or thinking?  
How did they do with the challenge?

## 2. Questions to ask your child:

What went well, last week?  
What didn't go so well, last week?  
What will you do to improve, next time?  
What did you learn about yourself?  
How do you feel (about the week)?

The questions will get your child to recognise that some things went well & to come up with solutions for those that didn't. Finally, we want them to open up and discuss their emotions.

## Your notes and observations from the questions:

## 3. Ask your child to record successful incidents in their SUCCESS JOURNAL

### Ready for the next lesson and the week ahead?:

- Offer positive encouragement & praise when you see new behaviour
- Use your own experiences (successes and failures) to bring the lesson to life
- Look out for those 'teachable moments'- day to day incidents where you can incorporate a life skill learning
- Encourage your child to express their emotions, this is how you can really help and connect
- Look out for those 'teachable moments'- day to day incidents where you can incorporate a life skill learning

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The fate of a child is in the hands of his parents.

-Shinichi Suzuki (Japanese Educator).