

CRESCE
em São Vicente

5º Ano
4º Ano
TRANSIÇÕES

**SKILLS FOR
The 5th grade**

**CHROMOS
BOOK**

5º Ano
4º Ano



We have all started to count down the days until the end of the school year.

The next school year will be quite different. And it's going to have other kinds of demands.

So this week, we're proposing something very different that will accompany you until you go on vacation.

A *chromos*' book!!!

To that end, we created the Skills for the 5th grade.

During the next few weeks we will help you develop some skills that will be very useful from now on.

Of course, we can only help a little bit, all the work has to be done by you, and not only until the end of the year. Some of these skills develop throughout your life!

TASKCS

to be developed

Easy Level



Responsibility:

- Run errands

Respect:

- Say "thank you", ask "Please", don't interrupt someone while you talk

Autonomy:

- Choose one's clothes to wear

Medium Level

Responsibility:

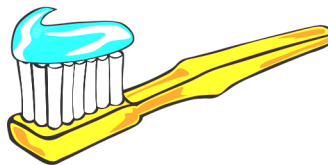
- Keep the schedule

Respect:

- Say "I'm sorry"

Autonomy:

- Take care of your own hygiene



Hard Level

Responsibility:

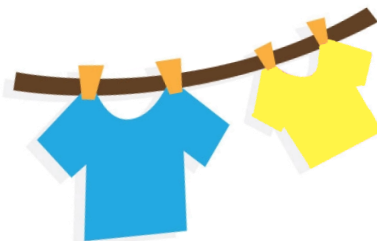
- Take part in domestic chores

Respect:

- Accepts opinions other than its own

Autonomy:

- Clean up your own room



Responsability



It's time to go to bed!

I know I'm different, but aren't we all?!



Respect

Autonomy

I can already pack the back-pack myself!



TASKS

To be developed



Initiative:

- You organise a party at home, invent a theme, decorate the house, make a snack, choose an activity that you think will entertain everyone, etc.

Persistence:

- Pick something you know is difficult, though possible. For example, tying your shoes or peeling an orange. Practice, finding several strategies, until you find one that works for you.

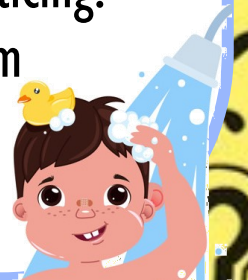


Patience:

- We know that patience is what you've been having the most, waiting for the pandemic to pass... There are tasks and routines that you must be sick of. Think of one of them and start doing it independently and calmly.

Ability to ask for help:

- Look for 3 things you still can't do alone. You may have trouble getting the shampoo out, putting the table correctly, tidying up some things in your room. Ask for help to teach you how to do it and start practicing. You may need help more than once, no problem it's normal.



**I shall
succeed!**



Initiative

Persistence

**I'll look this up
in the library.**



I need help.



Patience

**Ability to ask for
help**

**I have to take
it easy and
keep going.**



TASKS

To be developed 🧠

Self-control:

- Over the next week, keep an eye out for times when you lose control, and try to figure out why. The next week, you'll be watching what happens to your body before you lose control. In these two weeks, record everything on a sheet of paper, so that the next step is easier. In the third week, you will try to predict the changes in your body and thus control your behaviour.

Ability to think before you act:

- In the next few days, every time you have to talk about some complicated subject, rehearse first in the mirror. You will have to represent all the people who will be part of the dialogue and imagine all the answers they can give you during the conversation. Rehearse until you think the conversation can go well.



Ability to think about my behavior:



If you have any less correct behaviour, think about what went wrong and why. Try to understand where you failed (assume your mistake, your behaviour is your responsibility) and what made it happen. Think about a strategy to try and make sure that it doesn't happen again and practice it until you succeed. Write down your strategies and results on a sheet of paper to make it easier for you to understand what works.

Self-control



**Sweaty hands,
stomach pains...
I have to calm
me down,
I'm getting
nervous.**



**First I'll say
it makes me
sad and then
I'll ask so he
won't do it
again.**

**Ability to think
before action**

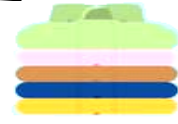
**Ability to think
about my behavior**

**I lost control
and was rude.
Next time I
have to calm
down before I
want to talk.**



TASKS

To be developed



Organization

- What day-to-day tasks would you benefit from the organization? Pick one and start slowly (for example, in the wardrobe it starts with a drawer) and with time, you'll find a logical arrangement for everything. Then try to do the same with your weekly schedule and study sessions.



Concentration:

- Concentration is never too much, practice whenever you can! Count from 100 to 1; count the total number of words on a page of a book; play games to find differences; read a short story or watch a movie trying to memorize every detail and then tell someone the story.

Ability to Work:

- During the next week, at the end of each work/study session, write down what went least well and may have interfered with your performance.



Time Management:

- Organise your schedule for next week, taking into account all the tasks you have to do and the time you think it will take to do them. In the following weeks adjust what you can't



Organization

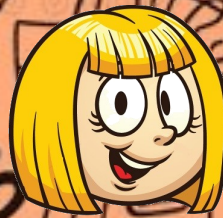
Concentration

Like to keep everything tidy.



Try not to waste time...

Work capacity



Time management

**The more extra work
pace won!**



