

CRESCER  
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!



The background is a dense, repeating pattern of various educational and creative icons in a light brown or tan color. These icons include a clock, a heart, a person's head with a lightbulb, a microscope, a globe, a pencil, a ruler, a book, a computer monitor, a question mark, a lightbulb, a paint palette, a pair of scissors, a magnifying glass, a notepad, a pencil case, a backpack, a pair of glasses, a compass, a protractor, a calculator, a smartphone, a tablet, a laptop, a camera, a film strip, a musical note, a speech bubble, a handshake, a trophy, a star, a gear, a leaf, a flower, a butterfly, a bird, a fish, a planet, a rocket, a satellite, a satellite dish, a radio tower, a television, a computer mouse, a keyboard, a printer, a scanner, a fax machine, a copier, a shredder, a stapler, a hole punch, a paperclip, a rubber band, a string, a needle, a thread, a button, a zipper, a belt, a shoe, a hat, a coat, a bag, a suitcase, a backpack, a briefcase, a folder, a binder, a ring binder, a spiral notebook, a loose-leaf notebook, a clipboard, a pen, a marker, a highlighter, a sharpener, a eraser, a glue stick, a stapler, a hole punch, a paperclip, a rubber band, a string, a needle, a thread, a button, a zipper, a belt, a shoe, a hat, a coat, a bag, a suitcase, a backpack, a briefcase, a folder, a binder, a ring binder, a spiral notebook, a loose-leaf notebook, a clipboard, a pen, a marker, a highlighter, a sharpener, a eraser, a glue stick.

Every week we'll launch some skills.

You'll have to assess whether you need to develop them further or whether they're already well acquired. In case you think you need to strengthen some, or several of the skills we propose, we will challenge you to perform some tasks.

If you manage to do them you will get the geeks corresponding to the skills that the tasks develop. That way, you'll complete your notebook. This week's skills are special because they are important for everything and at any age.

This way, even if you consider that, for your age, these skills are well acquired, we challenge you to do the tasks anyway, but taking into account the level of difficulty.



# TASKCS

## to be developed

### Easy Level



#### Responsability:

- Run errands

#### Respect:

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

#### Autonomy:

- Choose one's clothes to wear

### Medium Level

#### Responsability:

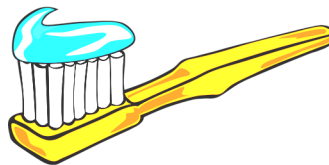
- Keep the schedule

#### Respect:

- Say "I'm sorry"

#### Autonomy:

- Take care of your own hygiene



### Hard Level

#### Responsability:

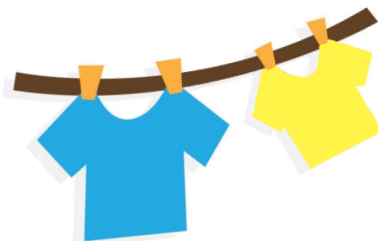
- Take part in domestic chores

#### 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.

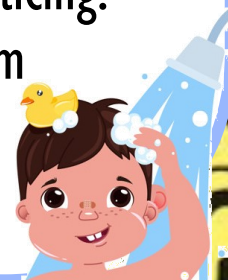


### Patience:

- 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**

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



**Persistence**

**I need help.**

**Ability to ask for  
help**

**Patience**

**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**

**Like to keep everything tidy.**

**Concentration**

**Try not to waste time...**

**Work capacity**

**Time management**

**The more extra work  
pace won!**





