

CRESCER
em São Vicente

5º Ano
4º Ano
TRANSIÇÕES

**Skills for
the 5th grade**

CHROMOS

5º Ano

4º Ano

CHROMOS

Cut out the front part of the stickers and glue it to the booklet or, if you prefer, cut out the two parts and glue them together.

Responsability



**I asked my parents for a dog...
And they gave it to me!
But every day, without fail, I
bring Lightning out in the
morning, afternoon and night.
He needs to walk and do his
needs. And I pick up his waste!**

The responsibility is the duty to do everything we have committed ourselves to, and it becomes our obligation. In addition, we are also to blame for everything that happens because we have not fulfilled these duties.

So, before you take on a responsibility, think carefully about how you are going to carry it out and whether you are prepared to do it yourself or whether, at first, you need help.

TRANSICÕES

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CHROMOS

5º Ano

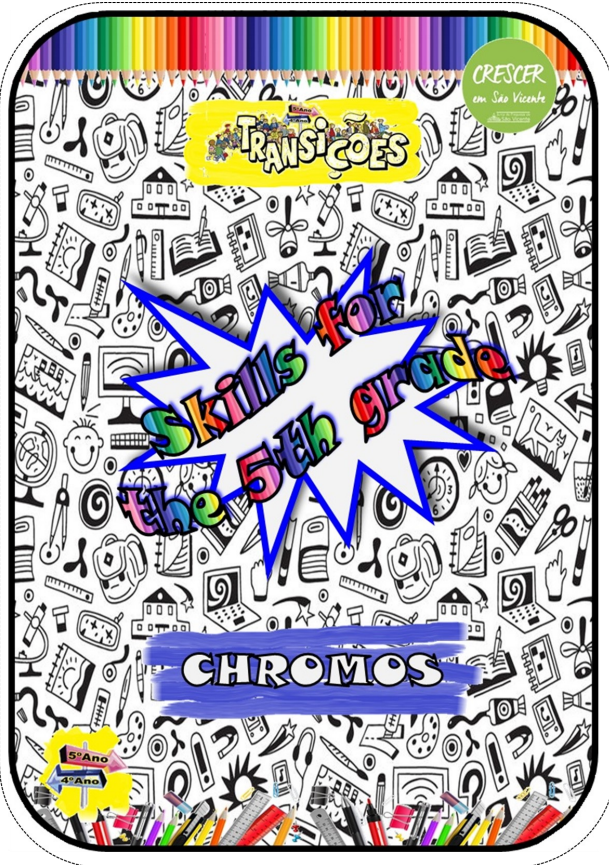
Respect



I try to follow all the rules. And I even understand the importance of having to be quiet in the library, but even so, sometimes it's hard to follow...!

Respect is one of the most important skills, especially in social interaction, as it implies tolerance for difference. This competence makes one treat others in a thoughtful, sensitive and humble way, preventing reproachable attitudes.

Respect also leads to obedience and compliance with established norms and rules.



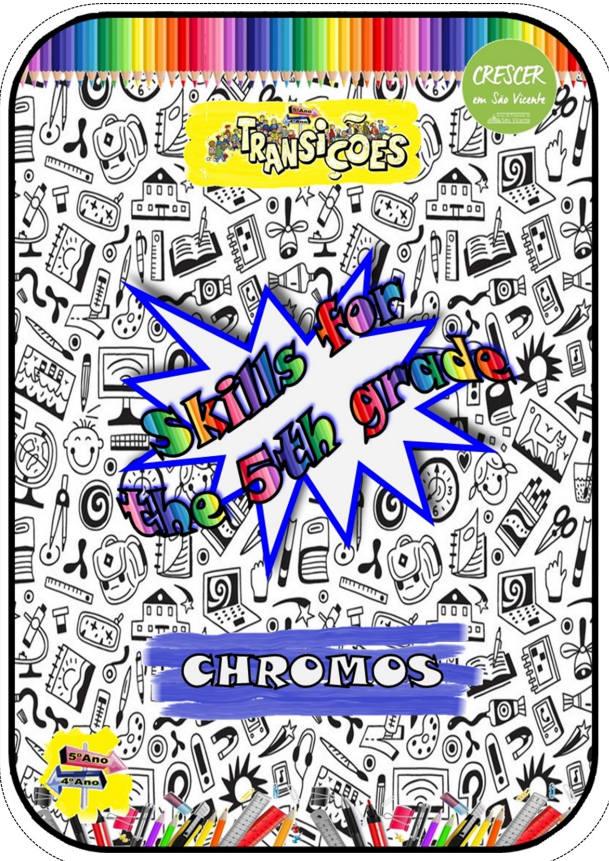
Autonomy



I'm good at keeping to schedules, and I don't need anyone chasing me... So I know I always have time for everything. And now, it's time to play!!!

Autonomy is the competence to manage one's own life, using one's own means, wishes and/or principles.

This competence is strongly linked to freedom of choice, but even more so to responsibility. Autonomy makes it possible to make decisions of one's own, but it also implies taking the consequences of those decisions.



Initiative

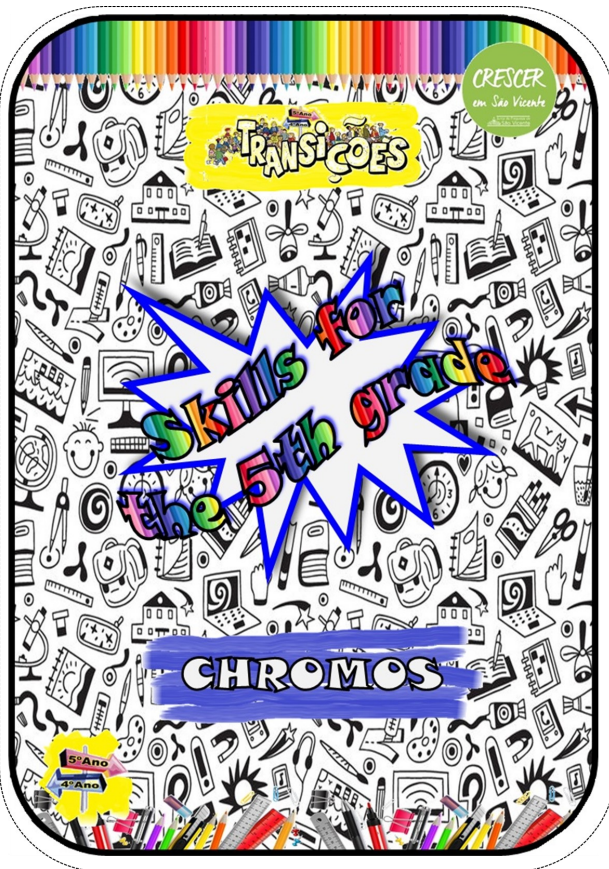


With the fires, this area was deforested. So I'm organizing a party, to raise funds and volunteers, so we can plant trees.

The initiative is what gives rise to the beginning of something, the first step of a project or the starting point of an action.

To have initiative is to be the first to remember or to put into practice a plan, an idea, an activity, etc.

Initiative is the willingness or resourcefulness in solving challenges or problems, in a diligent way.

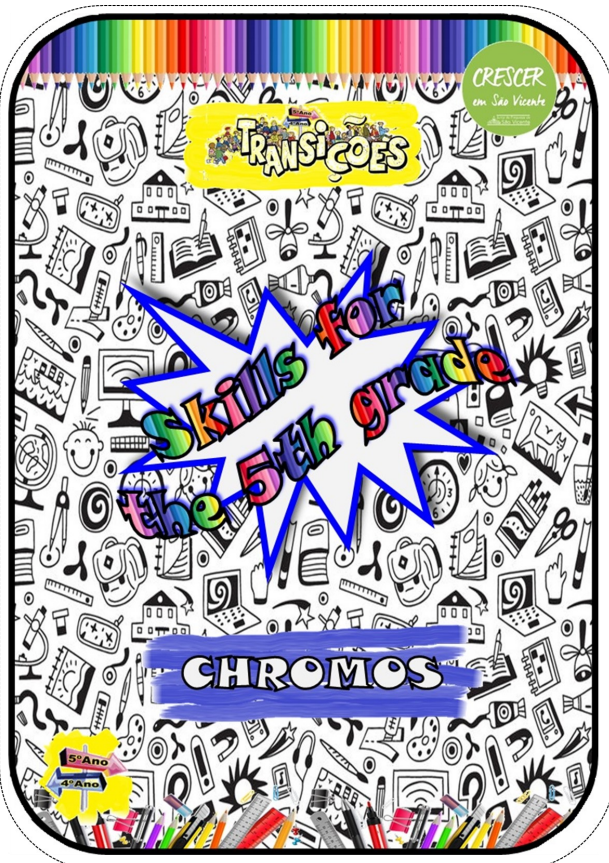


Persistence



I like to play goal! But I'm not a good goalkeeper... I'll have to train till I get better at it!

Persistence is the ability to not give up easily and to remain constant in something. It is a very important characteristic to achieve objectives or goals, because someone persistent focuses and strives to achieve them, without being shaken by criticism, obstacles or difficulties. This implies adapting as needed, learning and doing whatever is necessary.

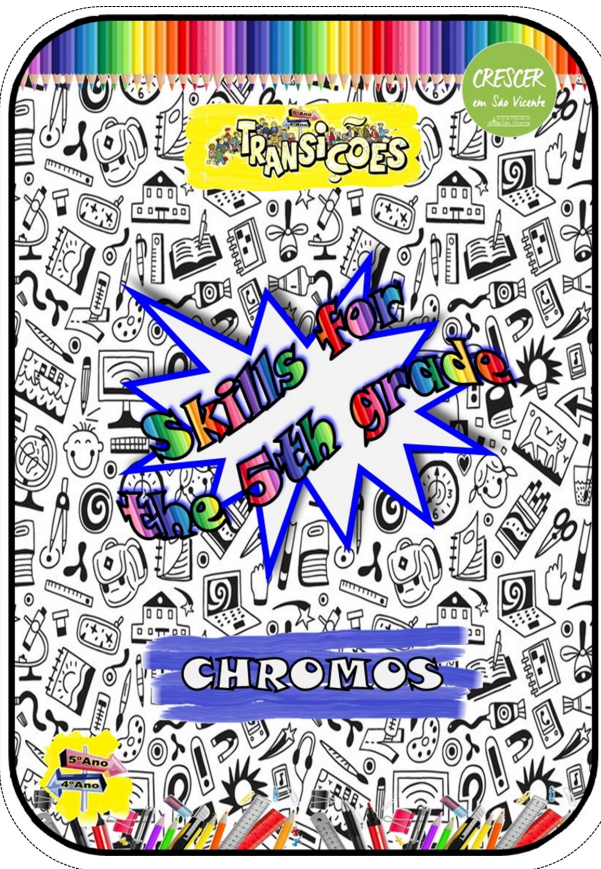


Patience

I've had enough of the confinement, washing my hands, wearing a mask... but it's a matter of waiting a little longer and soon all this will be over!



Patience is the quiet with which one expects something desired. On the other hand, it is the ability to endure setbacks, misfortunes and difficulties without losing one's temper. Thus, patience is linked to tolerance with mistakes, of others and one's own, in unwanted situations. To act with patience means not to be in a hurry, to be attentive and cautious about what one does, to know how to listen, see and speak with care.



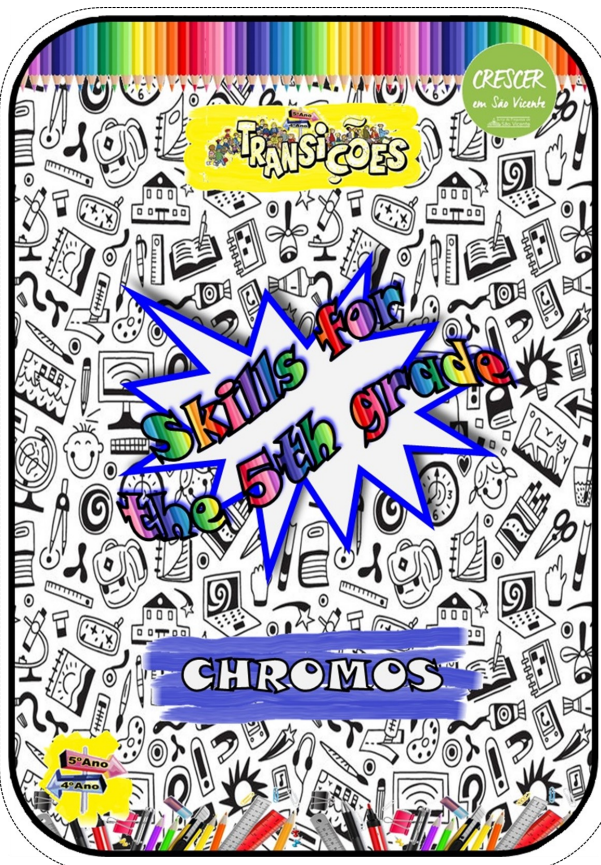
Ability to ask for help

I'm glad I asked you to come with me! I couldn't have done it alone.



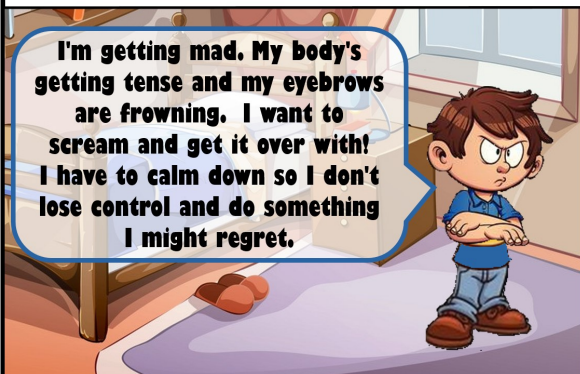
I'm glad you asked me to come with you! Without you I wouldn't have seen this landscape!

Asking for help always creates learning and evolution! The ability to ask for help means that you know what your difficulties are, that you're worried about the quality of things you're doing and want to be even better. So you should define the kind of help you need and help whoever needs it. And you shouldn't try to do everything by yourself when you see that you can't, or try to get them to do things for you.



Self-control

I'm getting mad. My body's getting tense and my eyebrows are frowning. I want to scream and get it over with! I have to calm down so I don't lose control and do something I might regret.

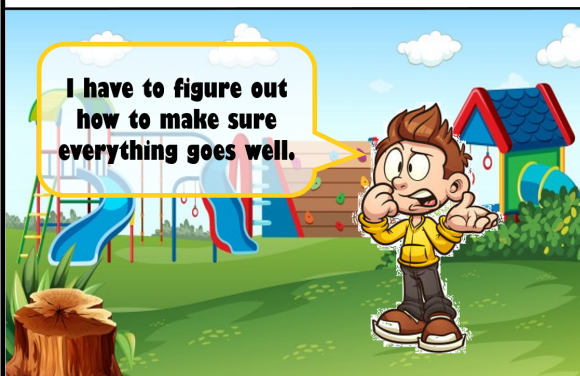


You can't control how you feel. And you can't always control what you think. But you can learn to control your behavior.

Self-control is the ability to control your behavior, no matter what you're feeling or thinking. To do this, it's very important to know your reactions to certain feelings and events, so you can predict your impulses and control them.

Ability to think before you act

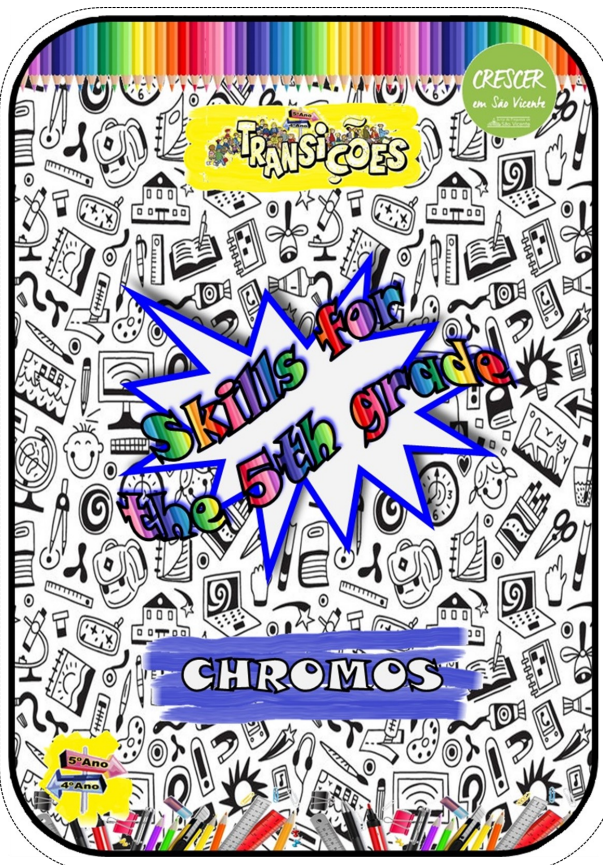
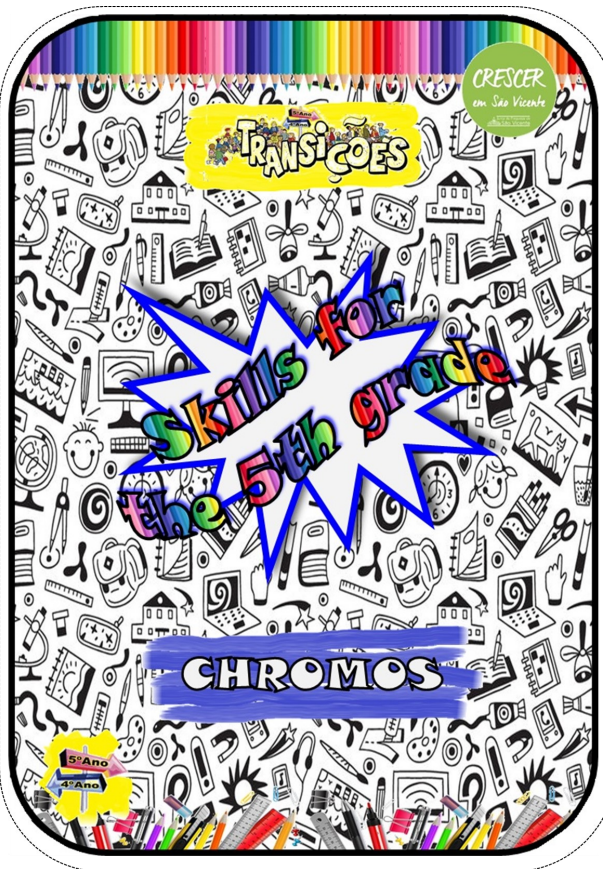
I have to figure out how to make sure everything goes well.



Sometimes you can lose control over your actions.

This is mainly because of the emotions that provoke reactions and thoughts that make you react on impulse and without thinking.

The ability to think before you act is to be able to stop and come up with a plan; a response that is right and serves you right.



Capacity to think about my behavior

Was Isa upset?
Why was she...?
Maybe I was unfair...
Next time I have to ask
what exactly happened
before I talk.



Mistakes are normal. Most of our learning begins with error. We try many times until we succeed. The ability to think about your behavior is part of this idea. Every once in a while you make a mistake, but if you think about what went wrong, you can do better next time.

