

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!

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:

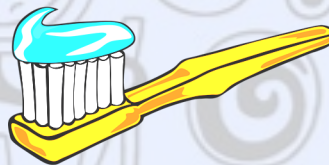
- Keep the schedule

#### Respect:

- Say "I'm sorry"

#### Autonomy:

- Take care of your own hygiene



### Hard Level

#### Responsabilidade:

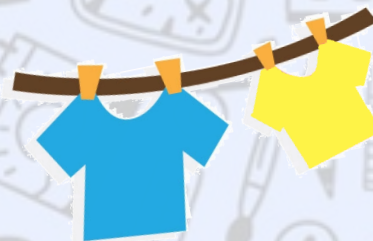
- Take part in domestic chores

#### 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

**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**



**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**

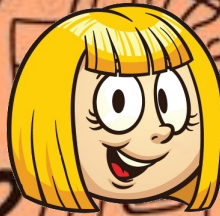
**Concentration**

**Like to keep everything tidy.**



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

**Work capacity**



**Time management**

**The more extra work  
pace won!**





**CRESCER**  
*em São Vicente*

A Junta de Freguesia de  
São Vicente

