

GROWING UP 5TH GRADE PARENT TALK ASSIGNMENTS



NAME: _____

PARENT SIGNATURE: _____

1

UNDERSTANDING OTHERS



Read the sentence and use your imagination to answer the questions.

Your best friend asked to copy your Math homework, even though they know how you feel about cheating.

Why do you think your friend could be asking you for the answers?

What could happen to you if you get caught sharing the answers with your friend? What could happen to them?

How can you tell them no in a respectful way so that they will not ask you again?

NAME:

PARENT SIGNATURE:

2

THINK ABOUT IT

Think of the last time you regretted your actions

Describe the situation:

.....
.....

What were you thinking and feeling at the time?

.....
.....

Who was impacted by your behavior? How?

.....
.....

What can you do to make things better?

.....
.....

What can you learn from this experience?

.....
.....

Name: _____

WHICH KIND OF SMART ARE YOU?

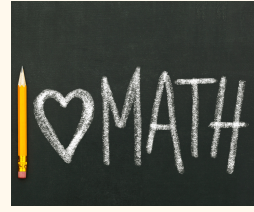
3



Art/Crafts



Nature



Numbers



People



Reading/Writing



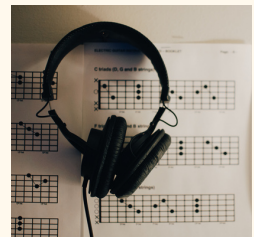
Thinking



Body



Self



Music

9 MULTIPLE INTELLIGENCES

Rate each intelligence 1-9.

1 = This is most like me. 9 = This is least like me.

Share with your parents what you have learned about multiple intelligences, and why you chose the numbers you did.

“EVERYBODY IS A GENIUS. BUT IF YOU JUDGE A FISH BY ITS ABILITY TO CLIMB A TREE, IT WILL LIVE ITS WHOLE LIFE BELIEVING THAT IT IS STUPID.”

~ ALBERT EINSTEIN

Parent's Signature: _____

Due Session 4

ALIVE & WELL

4

A DAY IN THE LIFE



List at least 10 decisions that you have made in the last 24 hours:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Was someone making you do these things or were they your own choices?

Pick a decision you made and write the consequences (good or bad) of that decision.

Were any of the decisions you made, wise decisions? How do you know?

Who is responsible for the decisions you make?

Name _____ Parent Signature _____

5

MY PERSONAL HEALTH GOAL

Due Session 6

ALIVE & WELL

NAME:

MY GOAL IS:

STEPS TO REACH MY GOAL:

BARRIERS THAT COULD KEEP ME FROM REACHING MY GOAL:

PERSONAL CHOICES I WILL HAVE TO MAKE:

PEOPLE WHO WILL KEEP ME ACCOUNTABLE:

PARENT SIGNATURE: _____

NAME: _____

ALIVE & WELL

6

QUALITIES OF A GOOD FRIEND



Sometimes we choose friends for the wrong reasons. This assignment is meant to help you take a step back to think about what really matters to you.

1. What character qualities do you think make a person a good friend?

2. From the list you made above, write down every quality that your best friend possesses. If you do not have a best friend then pick the person you hang out with the most.

3. From the list on question 1, write down every quality that you believe you possess.

4. Do your friend's character qualities match with your answer to question 1?

Yes

No

Sometimes

If yes, you should thank them for being such a good friend. If no or sometimes, maybe it is time to reevaluate your friendship

Parent Signature: _____

SCREENTIME RULES TO KEEP ME SAFE

7



As a family, mark the guidelines you plan to follow.

- *I will avoid sites, games, music and movies that do not encourage me to treat myself and others with respect.*
- *I will avoid sites, games, music and movies that do not encourage me to make wise choices.*
- *I will not post information about myself, including my family, school, phone number or address.*
- *I will not spend more than two hours daily on my device and will shut it off 30 minutes before bed.*
- *I will remember that not everyone is who they say they are.*
- *If someone makes me feel uncomfortable on a device, in any way, I will tell a trusted adult.*
- *I will not post or comment on things unless it is helpful and kind to others.*
- *I will not send pictures or videos of myself to anyone unless I am fully clothed.*
- *If I receive an inappropriate text, snap or picture, I will not forward it. I will immediately tell a trusted adult.*
- *I will avoid watching and participating in online challenges and trends that could harm myself or others.*
- *I will NEVER meet someone alone in person that I only know online.*



Return the bottom portion for a prize.

Yes, My student showed me the list of screen time rules.

Parent signature _____ Student name _____