



**What Is My Child Learning?**  
 Your child is learning and practicing four Skills for Learning: focusing attention, listening, using self-talk, and being assertive.

**Why Is It Important?**  
 Using Skills for Learning helps children be better learners. Self-talk helps children stay focused and on task.

**Ask your child: When do you use self-talk to help you be a better learner at school?**

**Read Together**

Using Skills for Learning helps you be a better learner. You’ve been learning to focus your attention, listen, and use self-talk. Focusing your attention and listening show respect.

This week, you practiced self-talk. Self-talk is talking to yourself in a quiet voice or in your head. Using self-talk helps you stay focused and on task and manage distractions.

**Practice Together: Distraction Detectives**

1. Go to the room where your child usually does his or her homework and pretend you’re *both* second-grade students working on a homework assignment.
2. Become distraction detectives! Walk around the room and identify things that could distract you (such as television, computer, toys, or siblings).
3. For each distraction, decide on self-talk you could use to stay focused and on task.
4. Say your self-talk out loud and write it down below. Use the back of this paper if you need more space.

Distraction	Self-Talk

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)
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