

Grade 5

October- We start our lessons with a discussion on stress/stress management. When the students enter fifth grade, they are usually surprised at the increase in their workload. Therefore, we like to take the time to talk to the kids about recognizing stress and its symptoms in themselves and how to cope with stress. **Don't forget to alert us at anytime throughout the year if a need arises with your child or another CCES student that you think could be addressed through a group setting.**