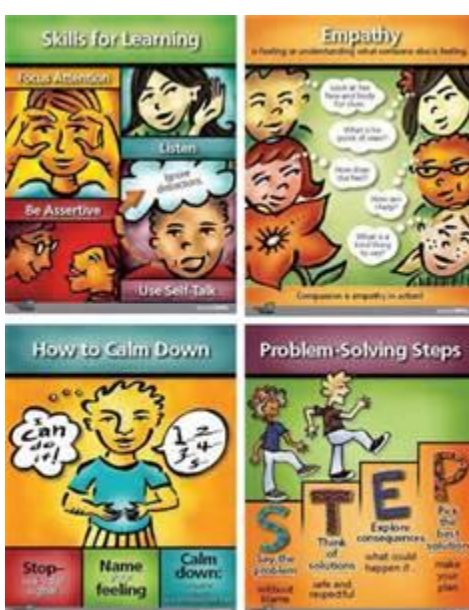


# Second Step



Second Step program is a 22 week session program designed to teach children how to understand and manage their emotions, control their reactions, be aware of others' feelings, and have the skills to problem-solve and make responsible decisions. Each lesson consists of a Warm up, Introduction, Story and Discussion, Skill Practice and Wrap up. Second step is broken down into four units of learning consisting of Skills for Learning, Empathy, Emotion Management, and Problem Solving.



## Unit 1-Skills for Learning

Lesson 1, Being Respectful Learner is focusing your attention and listen helps you be a better learner. Focusing your attention and listening show respect.

Lesson 2, Using Self Talk means talking to yourself in a quiet voice or in your head. Self-talk can help you focus, stay on task and handle distractions

Lesson 3, Being Assertive means asking for what you want or need in a calm and firm voice. Being assertive is a respectful way to get what you want or need.

Lesson 4, Planning to Learn. Making a plan can help you be a better learner. A plan is good if the order makes sense, it's simple and you can do it.

## Unit 2-Empathy

Lesson 5 Identifying Other's feelings- Looking for clues on a person's face or body and in the situation helps you notice and understand how that person is feeling. People can have different feelings about the same situation. All feelings are natural

Lesson 6, Understanding Perspectives-People can have different feelings about the same situation, and their feelings can change. Empathy is feeling or understanding what someone else is feeling. Thinking about other's perspectives helps you have empathy for them.

Lesson 7, conflicting Feelings- You can have conflicting feelings about a situation. Having empathy helps you notice when other's feelings are the same as or differ from yours.

Lesson 8, Accepting Differences- Having empathy helps you understand accept how others are the same as or differ from you. Accepting and appreciating other's differences is respectful.

Lesson 9, Showing Compassion, Focusing attention on and listening to others can help you have empathy and show compassion. You can say kind words or do helpful things to show your compassion

Lesson 10, Making Friends, Focusing attention and listening to others help you make conversation. Making conversation helps you make friends and get along better with others.

### **Unit 3, Emotion Management**

Lesson 11, Introducing Emotion Management, when you feel strong feelings, it's hard to think clearly. Focusing attention on your body gives you clues about how you're feeling. Thinking about your feelings helps the thinking part of your brain get back in control.

Lesson 12, Managing Test Anxiety, Using a stop signal and naming your feelings are the first two calming down steps.

Lesson 13, Handling Accusations, You can use belly breathing to calm down. Calming down helps you handle accusations calm and thoughtfully. It's important to take responsibility when you've made a mistake.

Lesson 14, Managing Disappointment.-Negative self-talk can make strong feelings even stronger. You can calm down by using positive self-talk. Setting a new goal and making a plan to achieve it are positive ways to handle disappointment.

Lesson 15, Managing Anger, Everyone feels angry sometimes, but hurting other people's feelings or bodies is not okay. It's important to calm down angry feelings so you don't do something hurtful. Being assertive is a respectful way to get what you want or need.

Lesson 16- Managing Hurt Feelings-Calming down when your feelings have been hurt can help you avoid jumping to conclusions. Thinking of other explanations and getting more information can help you avoid jumping to conclusions.

### **Unit 4, Problem Solving**

Lessons 17, Solving Problems Part 1- calming down helps you think so you can solve problems. Following steps can help you solve problems. Saying the problem without blame is respectful.

Lesson 18, Solving Problems part 2, following steps can help you solve problems. Solutions to problems must be safe and respectful. Solutions can have positive or negative consequences.

Lesson 19, Solving classroom problems-calming down helps you think so you can solve problems. Following steps can help you solve problems. Getting along with others helps you be a better learner at school

Lesson 20, Solving Peer-Exclusion Problems-Following step can help you solve problems. Being assertive is a safe and respectful solution to be problems like being excluded. Excluding others is not nice or respectful.

Lesson 21, dealing with Negative Peer Pressure-calming down helps your think so you can solve problems. Following steps can help you solve problems. Being assertive can help you resist negative peer pressure.

Lesson 22 Reviewing Second Step Skills-Using second step skills can help you be a better learner and get along with others.