



2nd Step Curriculum

Teaching social-emotional learning (SEL) is as important as teaching any of the core subjects.

Teaching and learning are about problem solving. Education is the process by which you put teachers and learners in the best possible environment for them to do this together. And the best possible environment is one where people feel safe, supported, and respected, and where kids and adults are excited and passionate about learning.

2nd Step curriculum is supported by music and videos, take-home activities, parent letters and stories kids relate to, the developmentally appropriate Second Step lessons have helped teachers instill social-emotional skills in their students for over 20 years.

Early Learning

The youngest learners will benefit with self-regulation and executive-function skills that help them pay attention, remember directions, and control their own behavior/choices.

Elementary

Students in grades K–5 continue developing their social-emotional skills—including making friends, managing emotions, and solving problems—to set them on the path for social success and academic readiness.

Middle School

Middle-schoolers are better prepared to navigate adolescence with communication, coping, and decision-making skills that help them make good choices and avoid pitfalls, such as peer pressure, substance abuse, and bullying.

<http://www.cfchildren.org/second-step/elementary> - Take a tour!

Example - 2nd Step 4th Grade Overview of Topics

Lessons taught once a week taking 40-minutes, followed by 10-minute daily activities.

UNIT 1

Empathy and Skills for Learning

- Empathy and Respect
- Listening with Attention
- Being Assertive
- Respecting Similarities and Differences
- Understanding Complex Feelings
- Understanding Different Perspectives
- Conversation and Compliments
- Joining In
- Showing Compassion

UNIT 2

Emotion Management

- Introducing Emotion Management
- Managing Strong Feelings
- Calming Down Anger
- Managing Anxiety
- Avoiding Jumping to Conclusions
- Handling Put-Downs

UNIT 3

Problem Solving

- Solving Problems, Part 1
- Solving Problems, Part 2
- Making a Plan
- Solving Playground Problems
- Taking Responsibility for Your Actions
- Dealing with Peer Pressure
- Reviewing Second Step Skills

2nd Step is taught in the classroom:

- The teacher explains a concept with words, pictures, video, and/or audio
- Practice concepts with skill practice, role-playing, group discussion, individual and group writing, or partner work
- The teacher continues reinforcing the concept throughout the week and school-wide
- The teacher sends information home for students to work on with parents
- The teacher checks for understanding and re-teaches if necessary