

SECOND STEP

SOCIAL EMOTIONAL LEARNING

Unit 1: Growth Mindset and Goal Setting

Week Oct 18-22

Children learn how to pay attention and manage distractions, develop a growth mindset, and apply goal-setting strategies to their social and academic lives.

Social-Emotional Learning:

What Is SEL and Why SEL

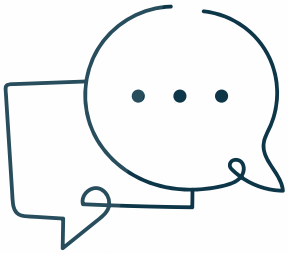
Matters Video

Social-Emotional Video

Playlist

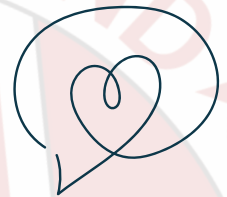
Second Step Elementary

PRESCHOOL



Unit 2: Empathy

- You can look at people's faces and bodies for clues to help you tell how they feel



KINDERGARTEN

Mistakes Are Okay

- In this week's lesson, your child will learn that mistakes are a natural part of the learning process. They'll practice encouraging their classmates (and themselves) while the class learns and practices a skill together: snapping their fingers.
- Remind your child that everyone makes mistakes and that mistakes help us learn. Point out when you make mistakes or tell them a story about a time you learned something from making a mistake.

GRADE ONE

You Did It

- In this week's lesson, your child will reflect on different skills they've learned and talk about how practice and continued effort helped them get better.
- Talk with your child about different tasks and skills they have learned to do by themselves at home, for example, making their bed, getting themselves dressed, etc. Remind them that it took time and practice to get better at these things.
- Listen with your child to the Imagine Neighborhood podcast, Season 2, Episode 2: Macho and the Toucan't.

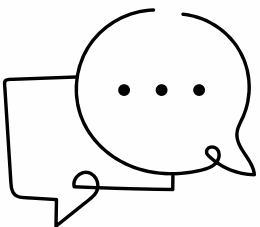
GRADE TWO

Helpful and Unhelpful Thoughts

- In this week's lesson, your child will learn that helpful thoughts can help us keep going when we're learning and unhelpful thoughts might make us want to give up.
- Ask your child whether the thoughts they have when they're learning something new are helpful or unhelpful. Ask your child to share examples of helpful thoughts they know.
- Listen with your child to the Imagine Neighborhood podcast, Season 2, Episode 2: Macho and the Toucan't.
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GRADE THREE

More Than Practice

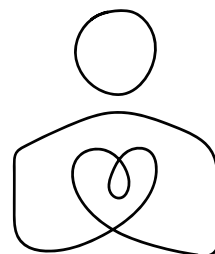


- In this week's lesson, your child will learn that if they're practicing a skill but not getting better, they can try a new way of practicing or find someone to learn from.
- Ask your child to tell you something new they've been practicing at school. Ask if they can think of other ways to practice or someone they could learn from.

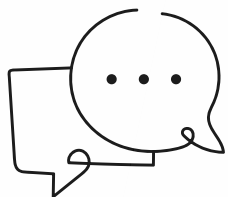
GRADE FOUR

Checking Our Progress

- In this week's lesson, your child's class will work together to identify roadblocks that might be getting in the way as they work toward their 2-week goal. Then they'll decide what they can change to remove or get around their roadblocks.
- Ask your child if they've run into any roadblocks while working toward their class goal. If so, how will they work around them? Tell your child about a time you ran into a roadblock and what you did to overcome it.



GRADE FIVE



Changing My Plan

- In this week's lesson, your child will learn how to evaluate their progress toward a goal and change their plan accordingly.
- Talk to your child about the progress they've made toward their goal. Ask them if they've run into any roadblocks, and offer to help them think about how to keep moving forward.

GRADE SIX

Breaking Down Your Goals

- In this week's lesson, your child will learn how to identify and set achievable goals by making them specific.
- Ask your child to tell you about a specific goal they're interested in working toward and what makes it specific.

