

SECOND STEP

SOCIAL EMOTIONAL LEARNING

Unit 2: Emotion Management

Week Dec 6-10

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

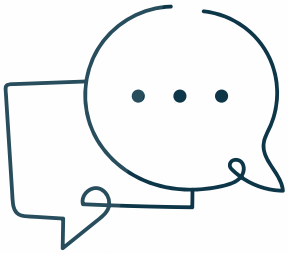
Matters Video

Social-Emotional Video

Playlist

Second Step Elementary

PRESCHOOL



Unit 2: Empathy

Caring and Helping

- When you feel empathy for someone, you can show them you care
- You can show you care by saying something kind or doing something helpful



KINDERGARTEN

Sometimes We Feel Sad

In this week's lesson, your child will learn to use body language and context clues to figure out when someone feels sad. They'll practice looking at the person's face and body, as well as thinking about what's going on in the situation. Encourage your child to notice when others around them feel sad. Have them practice using body language and context clues to figure out when family members, friends, or characters in books, movies, or on TV might be feeling sad.

GRADE ONE

Sometimes We Feel Worried

In this week's lesson, your child will learn to use body language and context clues to figure out when someone feels worried. They'll practice looking at the person's face and body, as well as thinking about what's going on in the situation.

Encourage your child to notice when others around them might feel worried. Have them practice using body language and context clues to figure out when family members, friends, or characters in books, movies, or on TV might be feeling worried.

Listen with your child to the *Imagine Neighborhood* podcast, Season 2, Episode 10: *Macho and the Worrycane*.

GRADE TWO

Feeling Disappointed

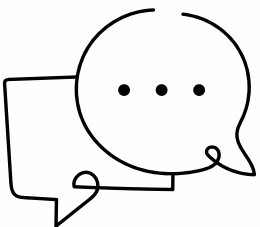
In this week's lesson, your child will learn that we can feel disappointed when something we want or expect does not happen.

Remind your child that everyone feels disappointed sometimes. Ask them what they can do to feel better the next time they're feeling disappointed.

Listen with your child to the *Imagine Neighborhood* podcast, *Season 1, Episode 5: The Pixie Pandemic: Macho Has To Stay Inside*.

GRADE THREE

How Angry?



In this week's lesson, your child will learn words for three degrees of anger: annoyed, angry, and furious.

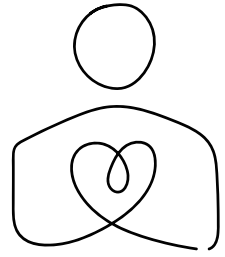
Ask your child to explain the differences between feeling annoyed, angry, and furious.

GRADE FOUR

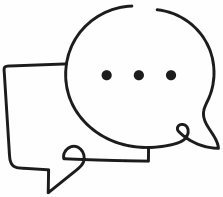
What Is Rethinking?

In this week's lesson, your child will learn what it means to rethink a situation and how it can help them calm strong emotions.

Tell your child about a time when rethinking a situation, or thinking about it in a different way, helped you feel better. Encourage your child to talk about times in their lives when rethinking could have helped them.



GRADE FIVE



What Is Stress?

In this week's lesson, your child will identify signs of stress, situations that can cause them to feel stress, and strategies they can use to manage feelings of stress.

Ask your child what their body feels like when they're stressed and what things cause them to feel stress. Share your own experiences with stress and what you do to manage it.

GRADE SIX

Unit 2: Recognizing Bullying and Harrasment

Responding to Cyberbullying

In this week's lesson, your child will use what they know about in-person bullying to compare it to cyberbullying. They'll learn and apply different strategies for responding to cyberbullying in a safe and healthy way.

Tell your child your thoughts on how social media has changed since you were in school. Ask your child about their thoughts on the benefits and disadvantages of social media in the world today.

