

SECOND STEP

SOCIAL EMOTIONAL LEARNING

Unit 1: Growth Mindset and Goal Setting

Week Sep 27-29

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

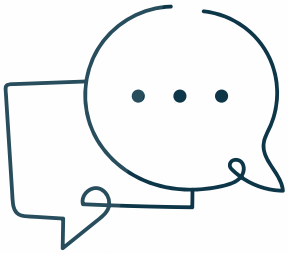
Matters Video

Social-Emotional Video

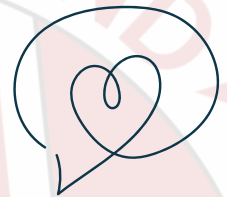
Playlist

Second Step Elementary

PRESCHOOL



- Self-talk is talking to yourself in a quiet voice or inside your head.
- Self-talk helps you focus and pay attention



KINDERGARTEN

Why We Pay Attention

- In this week's lesson, your child will learn two important reasons for paying attention: to learn and to stay safe.
- Ask your child why they think it's important to pay attention during different activities, for example, when listening to information or instructions, when helping out with a task, or when crossing the street with you.

GRADE ONE

Everyone Gets Distracted

- In this week's lesson, your child will learn that a distraction is something that takes their attention away from something else. They'll learn different ways to manage distractions, such as reminding themselves to focus, turning away from the distraction, changing places, or politely asking someone to stop a distracting behavior.
- When you need to pay attention or focus on a task at home, ask your child to suggest some ways you can manage distractions.
- Listen with your child to the Imagine Neighborhood podcast, Season 1, Episode 7: *Macho's New Spaceship*.

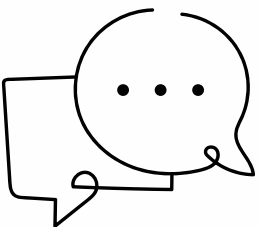
GRADE TWO

What Mistakes Tell Us

- In this week's lesson, your child will learn that mistakes tell us something's not working and that they can respond to mistakes by asking for help, trying again, or making a small change to keep going.
- Ask your child what a mistake tells them and what they can do to keep going after a mistake.
- Listen with your child to the Imagine Neighborhood podcast, Season 1, Episode 3: *Macho Supreme Has an Accident*.

GRADE THREE

Getting Better with Practice

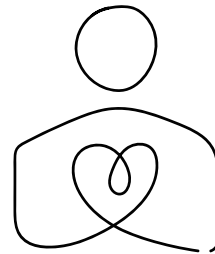


- In this week's lesson, your child will learn that every time they practice a new skill, the brain gets better at sending the messages for that skill.
- Ask your child to explain what happens in their brain when they practice.

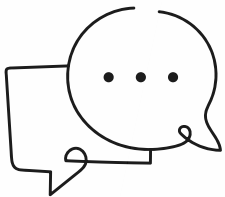
GRADE FOUR

Making a Plan

- In this week's lesson, your child's class will work together to make a good plan to reach their 2-week goal.
- Ask your child to describe their plan to reach their class goal. What will they do? What will they need? Who can support them? Tell your child about a time when you made a plan to reach a goal.



GRADE FIVE



My Plan

- In this week's lesson, your child will learn how to make an effective plan to reach a goal.
- Ask your child about their plan to reach their goal. What will they do? What will they need? Talk to them about how you can support them as they work toward their goal.

GRADE SIX

Trying New Strategies

- In this week's lesson, your child will brainstorm different strategies they can try when they're having trouble learning something new.
- Tell your child about a time you needed to change your approach in order to learn something new. Ask your child to tell you about something they're working hard to learn and how you can help.

