

SECOND STEP

SOCIAL EMOTIONAL LEARNING

Unit 2: Emotion Management

Week Nov 22-26

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

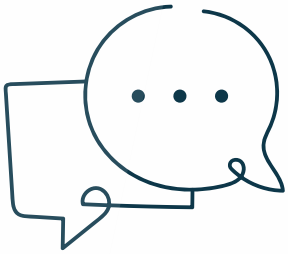
Second Step Elementary

PRESCHOOL

Unit 2: Empathy

Accidents

- An accident is when you do something you didn't mean to do
- When you do something by accident, it's important to say it was an accident so others don't think you did it on purpose



KINDERGARTEN

Sometimes We Feel Happy

In this week's lesson, your child will learn to use body language and context clues to figure out when someone feels happy. 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 happy. 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 happy.

Listen with your child to the *Imagine Neighborhood Podcast, Season 2, Episode 5: Alakazamba!*

GRADE ONE

Noticing Feelings

In this week's lesson, your child will practice using body language and context clues (looking at the person's face and body, thinking about what's going on in the situation) to figure out how someone is feeling.

Ask your child to tell you how they think others around them might be feeling, for example a sibling, or a character in a story, a movie, or a TV show.

Listen with your child to the *Imagine Neighborhood* podcast, Season 2, Episode 5: Alakazabra!

GRADE TWO

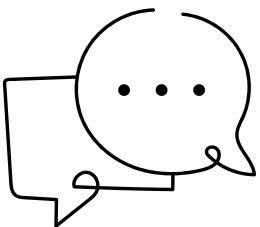
Feeling Proud

In this week's lesson, your child will learn that we can feel proud when we accomplish something difficult or when we do something nice for others.

Ask your child to tell you about a time they felt proud. Tell them about a time you felt proud of something you accomplished or of doing something nice for others.

GRADE THREE

Why Emotions?



In this week's lesson, your child will learn that emotions give us information about what we want or need.

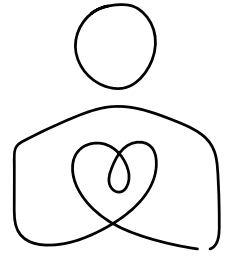
Ask your child what information the emotions fear, sadness, and happiness give us.

GRADE FOUR

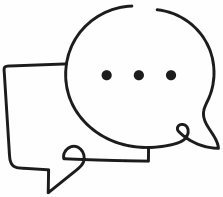
The Balanced Brain

In this week's lesson, your child will learn that our brain works best when the logic and emotion centers are balanced and working together.

Tell your child about a time when a strong emotion made it hard for you to learn something new or caused you to say or do something that hurt someone's feelings. Discuss why it's important to learn to manage strong emotions.



GRADE FIVE



Strong Emotions

In this week's lesson, your child will learn that it's possible to anticipate recurring situations that cause them to feel strong emotions so they can plan ways to manage those emotions in the future.

Tell your child about a recurring situation in your life that typically causes you to feel a strong emotion, like anger or frustration. Ask your child to tell you about similar situations in their life.

GRADE SIX

Unit 2: Recognizing Bullying and Harrasment

Recognizing Bullying

This week's lesson will help your child understand the difference between bullying and joking around, and that joking can escalate and become bullying. Helping students understand when joking becomes bullying can reduce negative impacts on others.

Tell your child about a time you witnessed or experienced bullying. Describe how this made you feel and ask your child what they might have felt.

