

SECOND STEP

SOCIAL EMOTIONAL LEARNING

Unit 2: Emotion Management

Week Jan 24-Feb 4

Children learn how to identify and label emotions and use emotion-management strategies – including stress management for older students– to calm strong feelings.

Social-Emotional Learning:

What Is SEL and Why SEL

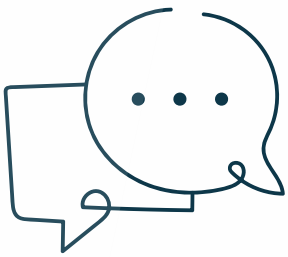
Matters Video

Social-Emotional Video

Playlist

Second Step Elementary

PRESCHOOL



Naming Feelings

Naming your feeling can help you calm down. It helps to talk to a grown-up when you feel scared or sad.



KINDERGARTEN

What Are They Feeling?

In this week's lesson, your child will show that they can use body language and context clues to figure out how someone is feeling. They'll also show they can use slow breathing as a way to help themselves feel calm when they encounter strong feelings.

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.

GRADE ONE

Noticing Cues

In this week's lesson, your child will show that they can use body language and context clues to figure out how someone is feeling. They'll also show that they know ways to help themselves feel calm when they encounter strong feelings.

Ask your child to tell you some ways they've learned to feel calm when they get upset. Have them teach you how to use slow counting to feel calm.

GRADE TWO

How Do You Feel?

In this week's lesson, your child will explain why their classmates have a different feeling from theirs in the same situation.

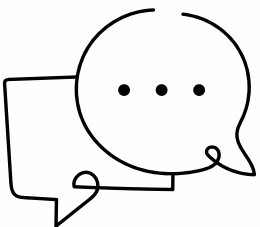
Ask your child to tell you what they learned about their classmates' feelings and their own feelings.

GRADE THREE

Strength of Feelings

In this week's lesson, your child will practice identifying different intensities of the same feeling by giving personal examples.

Ask your child if they can give examples of times they felt strong emotions like furious or excited.

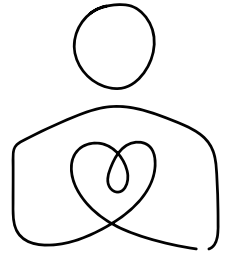


GRADE FOUR

Rethink It!

In this week's lesson, your child will work with a team to see how many different ways they can rethink a variety of situations.

With your child, create a "Rethink It!" chart to display at home. Make a list of questions that everyone can use to rethink when emotions are taking over and you just need a little help to see things in a different way.



GRADE FIVE

Making a Change

In this week's lesson, your child will practice identifying two changes they could make in a recurring personal situation to manage their strong emotions.

Ask your child to tell you about a situation at home that causes them to feel strong emotions, like anger or stress. Ask them what they could change about the situation to better manage their emotions. Talk about what you can do to help them implement the change.

GRADE SIX

Unit 2: Recognizing Bullying & Harrasment

Raising Awareness About Bullying

In this week's lesson, your child and their peers will create bullying awareness posters. The posters will be displayed around the school to educate others about bullying and how they can help stop it.

Ask to see your child's poster. If they don't have a picture, have them describe it. Ask your child to tell you about how their attitude toward bullying has changed as a result of what they've learned in the unit.