

# SECOND STEP

## SOCIAL EMOTIONAL LEARNING

### Unit 3: Empathy & Kindness

Week Feb 7-11

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

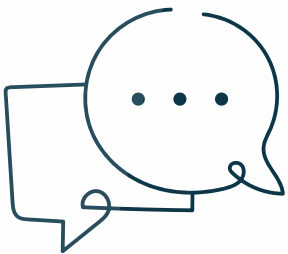
Matters Video

Social-Emotional Video

Playlist

Second Step Elementary

## PRESCHOOL



### Managing Disappointment

When you don't get what you want, you can feel disappointed. Belly breathing calms down strong feelings. Belly breathing pushes the belly out when you breathe in.

## KINDERGARTEN

### We Can Be Kind

In this week's lesson, your child will learn that a kind act is something they can do to help someone feel good. They'll practice suggesting kind acts to do for people in different scenarios.

Encourage your child to think of a kind act they could do for someone, for example a sibling, grandparent, or neighbor.

## GRADE ONE

### **The Power of Kind Acts**

In this week's lesson, your child will learn that a kind act is something they can do to help someone feel good. They'll practice suggesting kind acts to do for people in different scenarios.

Encourage your child to think of a kind act they could do for someone, for example a sibling, grandparent, or neighbor.

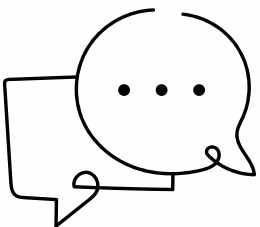
## GRADE TWO

### **What's Empathy?**

In this week's lesson, your child will learn that empathy means feeling or understanding what someone else is feeling, and that empathy can lead to kindness. Ask your child to tell you what empathy means.

## GRADE THREE

### **Kindness & Friendship**



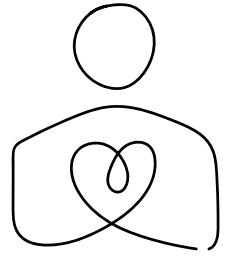
In this week's lesson, your child will learn how empathy—the ability to understand and feel how someone else is feeling—and kindness can help build new friendships.

Ask your child what kind things they could they do to build a friendship with someone.

## GRADE FOUR

### **The Same, But Different**

In this week's lesson, your child will learn that people can have different points of view about the same thing. With your child, discuss a time when you had a different point of view than someone else about the same thing. Describe how your experiences—what you've seen, heard, or done in your life—affect your point of view.



## GRADE FIVE

### **Empathy in the Community**

In this lesson, your child will describe how empathy can help someone identify and solve a problem in their community. Point out something that has changed for the better in your neighborhood recently. Ask your child why they think that change is helpful. Point out how empathy might have helped someone decide to make that change.

## GRADE SIX

### ***Unit 3: Thoughts, Emotions & Decisions***

### **What Emotions Tell You**

In this week's lesson, your child will learn how to recognize the kind of information their emotions can give them in different situations and how that information can be useful. Ask your child what type of emotions they felt today. Tell them the emotions you felt. What information did they get from those emotions? What did your emotions tell you?