

Second Step Skills and Common Terms

Below you will find each topic of the Second Step Program in the order they will be addressed in the classroom and the skills that will be taught for that topic. The words that are in italics are common terms used consistently throughout the lessons. It is my hope that you will be able to use these terms at home to reinforce the lessons.

Empathy - Being able to identify how people are feeling using the following four steps

1. *Look at the person's face*
2. *Look at the person's body*
3. *Look at what is happening*
4. *Ask the person*

In addition to being able to identify feelings we discuss how our *actions* have *effects* on other people. Listening and talking about feelings helps children to be more understanding of others. It can also help to create a more positive classroom environment.

Problem Solving - Slowing down to *identify the problem* and think through several ideas to *solve* the problem. There are four questions that we want the students to use when deciding on a *solution*.

1. *Is it safe?*
2. *Is it fair?*
3. *How might people feel?*
4. *Will it work?/Is it worth a try?*

After you choose a solution, try it, and then *reflect* to see if the solution worked. Learning to identify the problem and coming up with solutions that work, creates an environment where children are solving problems instead of creating bigger ones.

Anger Management- Children learn to manage their *anger* in ways that do not hurt others. Listed below are the four ways that I will teach students to *calm down*. Students will also share other ways to calm down.

1. *Take three deep breaths.*
2. *Count backwards slowly.*
3. *Think positive thoughts.*
4. *Take a time out.*

The students are taught to identify what *triggers* their *anger* and know that when their body feels angry they need to calm down to think of a good solution to their problem. These lessons teach that anger is not bad and that how you act when you are angry is important.

For more information about my visits or if you would like to view an informational video about the lessons please feel free to give me a call at 237-4226 ext. 476.

Sincerely,
Michelle Hipsley