



**Second Step K - 8  
Program Overview  
Presentation**

# Presentation Overview

Role of Counselor in Second Step Implementation

Social Emotional Learning Needs

Second Step Curriculum K-8

How to Support at Home: Home Links

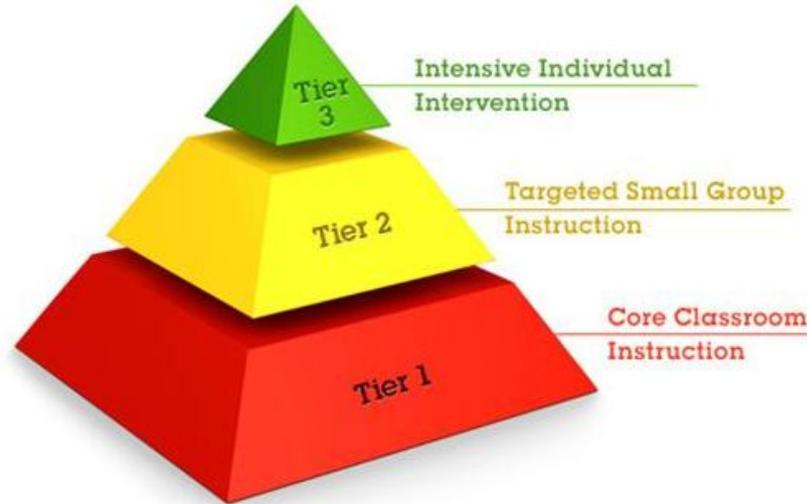
Pre/Post Test Data



# School Counseling Program Goal

Ensure all students develop the knowledge, attitudes and skills that will lead to behaviors that support academic achievement and social-emotional well-being.

# Role of the School Counselor



# What is Social Emotional Learning?

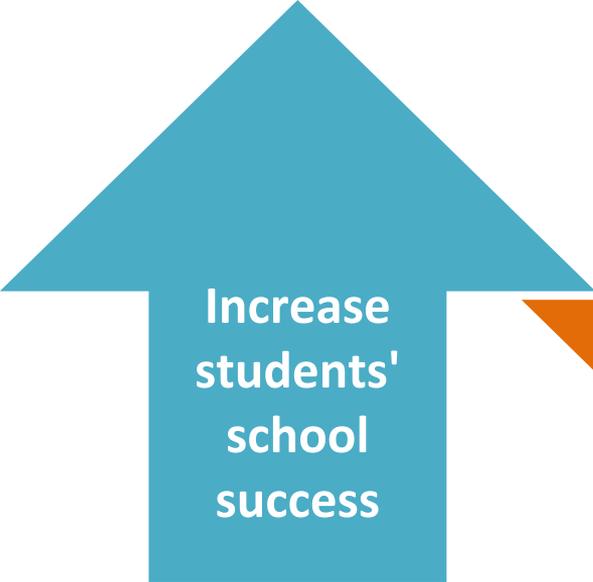




# What Is the Second Step Program?

# Introducing the *K–8 Second Step Program!*

It is a universal, classroom-based program designed to:



Increase  
students'  
school  
success



Decrease  
problem  
behaviors



Promote  
social-emotional  
competence  
and self-regulation

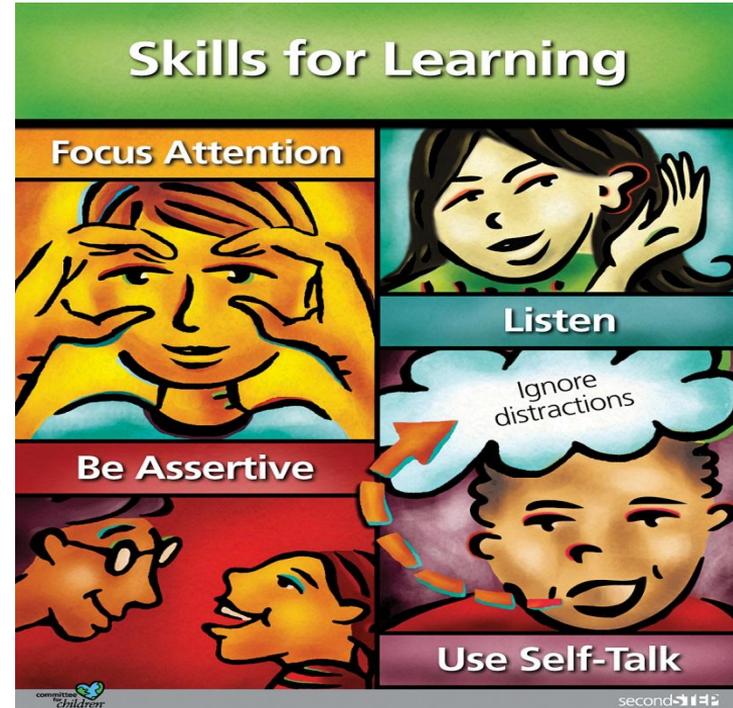


# Elementary School Units

- Skills for Learning
- Empathy
- Emotion Management
- Problem Solving

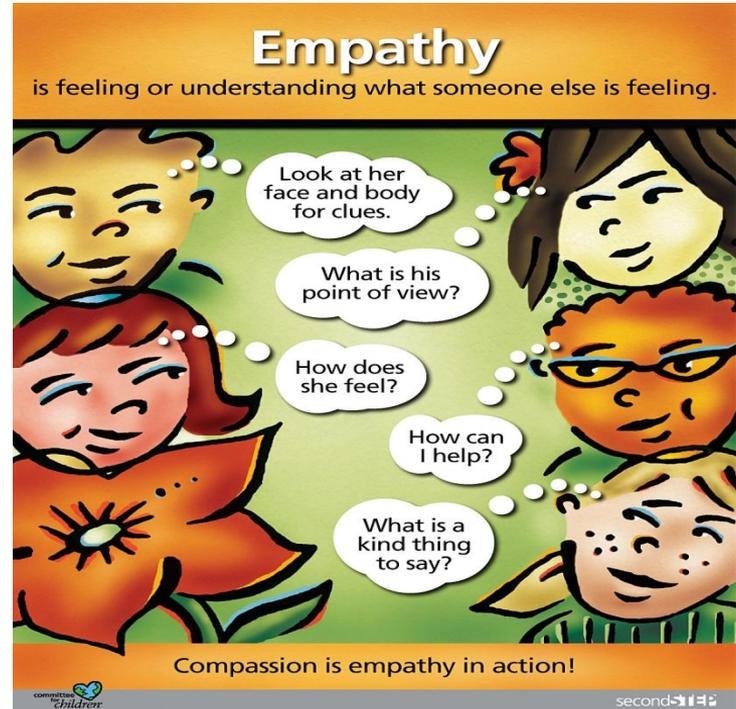
# Skills for Learning

- Listening
- Focusing attention
- Following directions
- Using self-talk
- Being Assertive



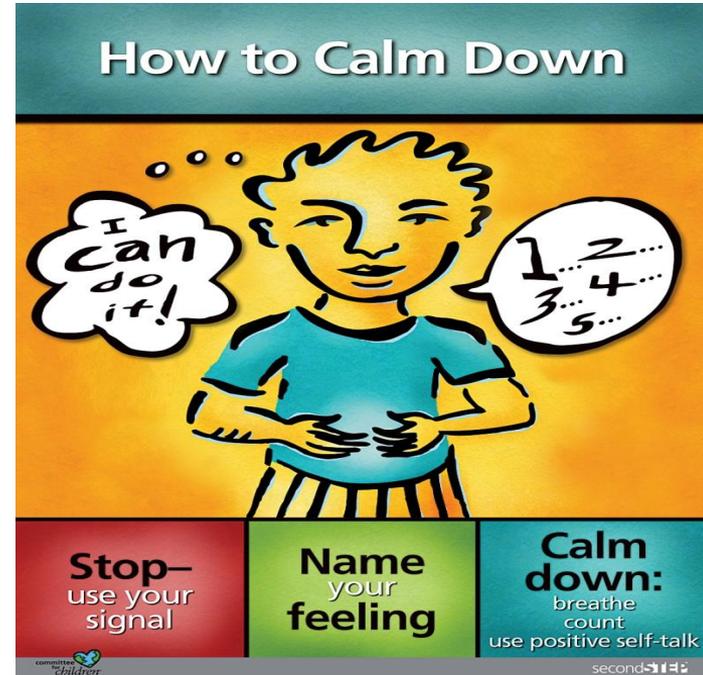
# Empathy

- Identifying and understanding feelings
- Respecting similarities and differences
- Showing care and compassion
- Conversations skills, joining groups, making friends



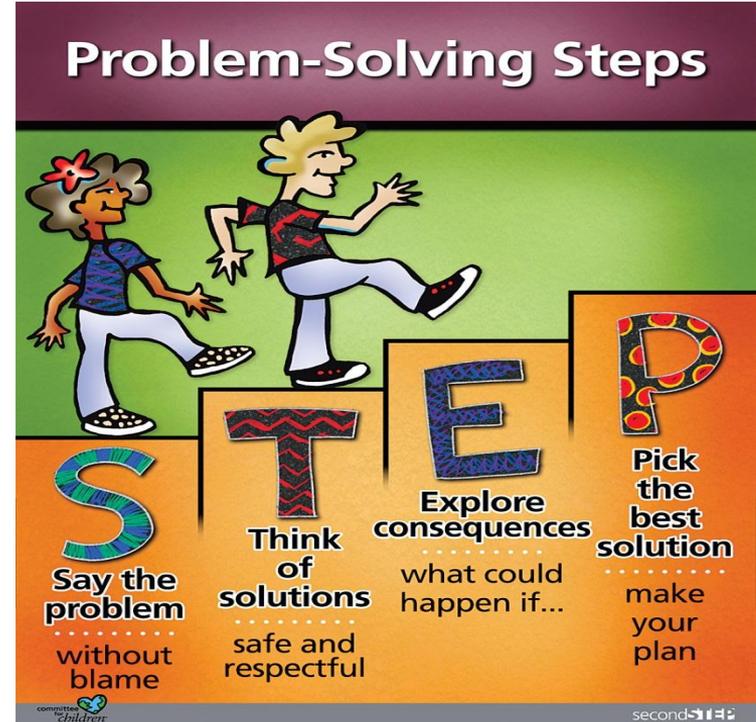
# Emotion Management

- We feel feelings in our bodies
- Managing frustration
- Calming down strong feelings
- Managing anger
- Handling put downs
- Managing test anxiety
- Resisting revenge and avoiding jumping to conclusions



# Problem Solving

- Solving problems
- Playing fairly
- Solving peer exclusion problems
- Handling name calling
- Dealing with peer pressure
- Dealing with gossip
- Solving playground problems





# Middle School Curriculum

# Middle School Units

- Empathy & Communication
- Emotion Management
- Study Skills

# Empathy and Communication

6th, 7th & 8th grade - Working in Groups

- Actively listening
- Respecting others' ideas
- Including everyone
- Being open minded
- Considering others' perspectives
- Disagreeing respectfully
- Communicating assertively



# Emotion Management

- The number and intensity of stressors increases in middle school.
- Students who cannot cope with stress are at risk for academic, emotional, and behavioral problems.
- Effective coping involves adopting a positive attitude and taking positive action.

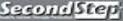


## Coping with Stress

Coping means doing something positive.

- ▶ **Use positive self-talk to change your attitude:**
  - Say, "I can cope."
  - Ask, "What can I do?"
- ▶ **Three things to do:**
  - Use calming-down strategies.
  - Get support.
  - Use the Action Steps.

Sometimes you do all three.

# Emotion Management

- **Staying in Control**

**6th grade-**Brain and Body and Calming down strategies

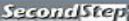
**7 grade-** Understanding Anger and Coping with Stress

**8th grade-**De-escalating tense situations and Coping with Stress



**Staying in Control**

- ▶ **Notice.**  
Recognize your physical and mental signs.
- ▶ **Pause.**                      ▶ **Think twice.**  
Use your signal.                      Use your brain.
- ▶ **Calm down if necessary.**  
Use your calming-down strategies.
- ▶ **Reflect.**  
How did you do?

# Study Skills Lessons

- 6th Grade - Getting organized
- 7th Grade - Learning Styles
- 8th Goal Setting

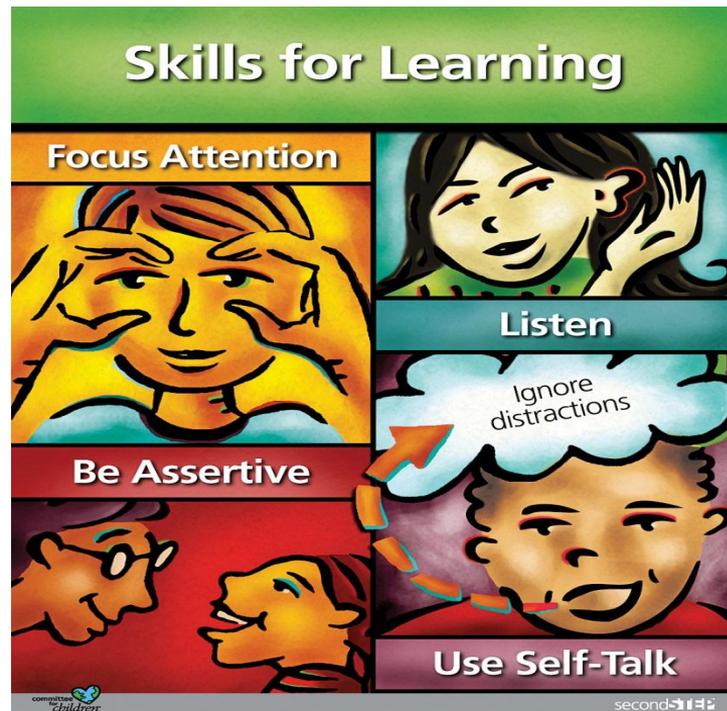




## Sample Lessons

# Kinder/First Grade Lesson

- Listening Rules
- The Learner Song



# 2nd & 3rd Grade Videos

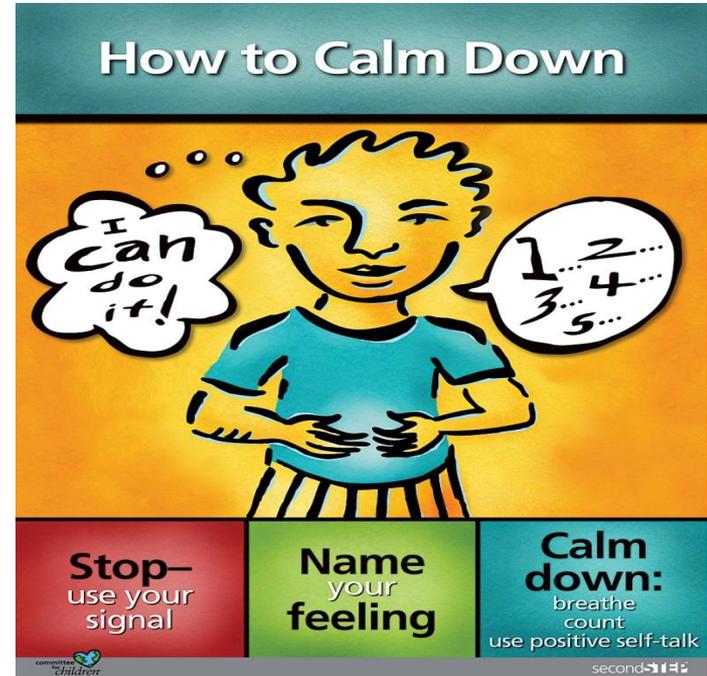
Belly Breathing

[Calm it Down Dance](#)



# 4th Grade Videos

- Emotion Management
- How to Calm Down video



### Directions

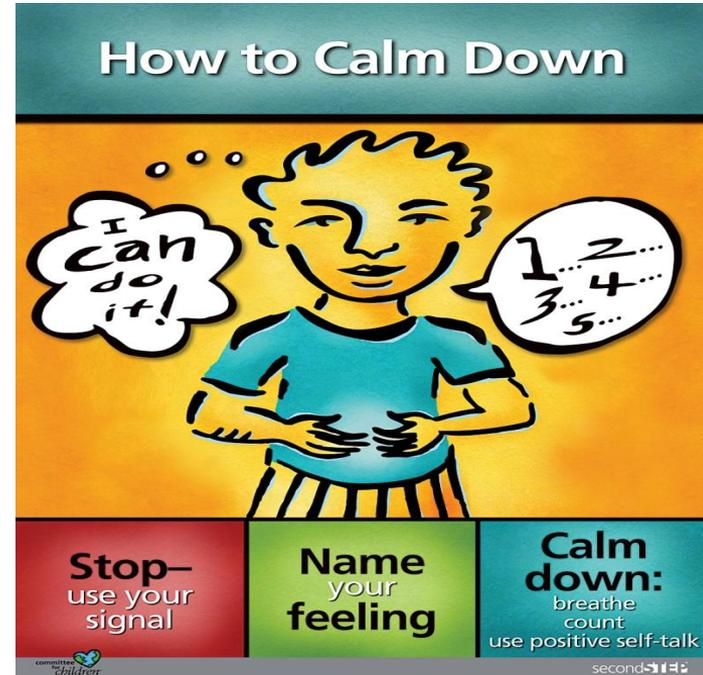
1. Read the scenarios below and choose one of them to illustrate.
2. Create your own cartoon strip showing how you can calm down in the scenario you chose. Draw pictures and add words to the boxes below each Calming-Down Step.

### Scenarios

1. Your good friend just told you that two other friends don't like you anymore. They didn't say why.
2. Your younger brother colored all over your favorite book. Now you can barely read the words on most of the pages.

|   |   |
|---|---|
| 1. Stop—use your signal.  | 2. Name your feeling.   |
|  |  |
| 3a. Calm down: Breathe. Count.  | 3b. Calm down: Use positive self-talk.  |
|  |  |

# 5th Grade Handout



# Middle School

**Grade 7** Lesson 10  
**Handout 10A: My Personal Signs of Stress**

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**Instructions**

**On your own:**

1. Think of a recent stressful situation.
2. Think about how the stress affected you emotionally and physically.

**Together:**

3. Write at least two emotional and two physical ways that stress affects people.

**Emotional Effects**

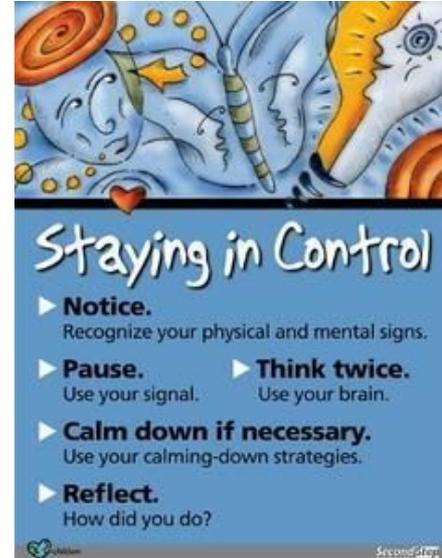
1.

2.

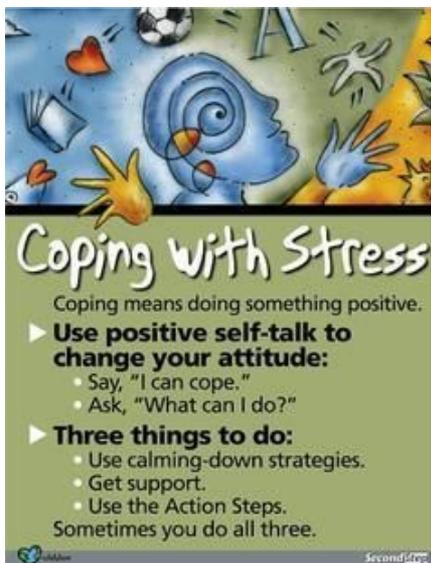
**Physical Effects**

1.

2.



# Middle School Handouts



Lesson 10  
Handout 10B: Shifting Attitudes

Grade 7

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Name: \_\_\_\_\_

**Instructions**

1. Choose two of the already filled-in negative attitude boxes.
2. Read the negative self-talk.
3. Brainstorm positive self-talk for the same situations.
4. Write your best ideas in the positive attitude boxes.
5. Fill in the blank negative attitude box with a situation of your own, and write positive self-talk for the same situation.

|   |
|---|
| <b>Negative Attitude</b><br>There's a test on Monday. I'll probably fail it, so there's no point in studying.                   |
| <b>Positive Attitude</b>  |
| <b>Negative Attitude</b><br>The school play auditions are tomorrow. The popular kids always get picked. I don't stand a chance. |
| <b>Positive Attitude</b>  |





**Reinforcing**  
**Second Step Skills**

# Homelink

Informs parents  
and caregivers  
about the  
program

## Home Link

### Grade 4, Unit 2 Lesson 10: Introducing Emotion Management



Name: \_\_\_\_\_

It's time to put on your entertainment-reporter hat again—another new song has just been released! It's called "Calm Down." It's got some great advice, and you're sure it's going to be a hit. But you need to find out what others think. Have an adult family member read the selected "Calm Down" lyrics below, then answer the questions that follow together to complete your entertainment report.

*Instead of those wild, knee-jerk reactions  
You gotta catch your own attention  
Emotions come calling  
Instead of just falling  
To bracing, name-calling, or whining and bawling*

*Stop, name your feeling, calm down  
Stop, name your feeling, calm down*

*(Stop! Give yourself a signal like Stop, chill, hold up, hang on)  
You send a signal to yourself, then stop!  
(Okay, now name the feeling. Are you Angry? Embarrassed? Worried?  
Scared? Figure it out and name it.)*

*Just name that feeling, it's just the thing  
It slows you down and makes you think  
And then you start to calm right down  
By just breathing, using self-talk, or counting*

What is the first thing the song says you should do when you need to calm down? \_\_\_\_\_

What is a stop signal you might use? \_\_\_\_\_

What does the song say that naming the feeling does to help you calm down? \_\_\_\_\_

What are some ways you calm down strong feelings? \_\_\_\_\_

This homework assignment was completed on \_\_\_\_\_

(DATE)

(ADULT SIGNATURE)



# Homelink

Go to [secondstep.org](http://secondstep.org)  
and enter the grade level  
activation code for more  
information

## Home Link

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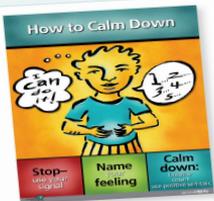
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# Program Data

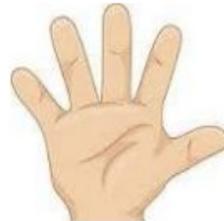
# Pre- & Post-Surveys

## Second Step K/1 Pre/Post Test

- 1) Circle the pictures that show a Listening Rule.



- 2) Circle the boxes that show a part of your body you use when you are listening.



# Pre- & Post-Surveys

7) You are taking a test. You still have two more questions to go, but only have a little more time. You are starting to feel anxious, what should you do first to calm down?

- a. Stop working
- b. Raise your hand and tell the teacher
- c. Stop, use your signal
- d. Crumple up the test

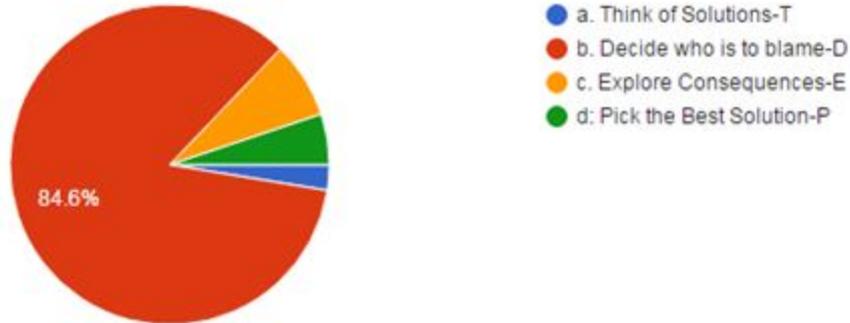
8) If someone is feeling anxious, he or she may show it by:

- a. Heart beating fast
- b. Trouble paying attention
- c. Thinking negative thoughts
- d. All of the above

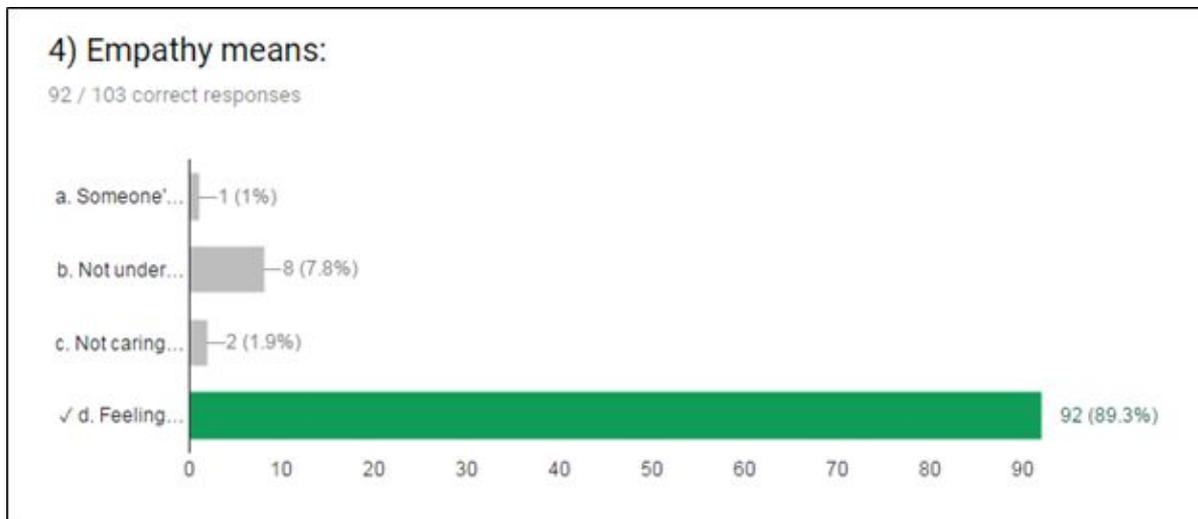


# Pre- & Post-Surveys

4) Which is NOT a problem solving step strategy? (39 responses)



# Pre- & Post-Surveys





Questions?



**Thank you for coming to  
our presentation!**