

Second Step Program

Skills for Learning	Empathy	Emotional Management	Problem Solving
<ul style="list-style-type: none">• Listening• Focusing Attention• Using Self-Talk• Being Assertive	<ul style="list-style-type: none">• "How does the other person feel?"• Look at the person's face & body clues• "What is this person's point of view?"• Think of how can help• Think of a kind thing to say	<ul style="list-style-type: none">• Stop - use your signal• Name your feeling• Calm Down - breathe, count, use positive self-talk	<ul style="list-style-type: none">• Say• Think• Explore• Pick



Second Step Curriculum Corner

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Our Extended Day Programs have implemented Social-Emotional Learning activities for the children in our programs. We are using the Second Step Out-of-School Time program. The S.E.L. offers insight into how our friends view themselves, form positive relationships, reduce problems, and help them adjust to and get involved in their community. This curriculum is for Kindergarten through 5th-grade students with activities and conversations that focus on Community Building, Growth Mindset and Goal Setting, Emotion Management, and Empathy and Kindness.

The Foundational Unit: Community Building - the goal is to build a community by creating norms, actively participating in activities, and learning about others. Our friends learn to pay attention to others and understand the value of norms and participate in the community by sharing ideas, working together, supporting others, and asking questions to learn about others.

A few of the activities available include **"We Are..."** where the children create a list of ways they want their community to be and name behaviors that go with each of them; **Art About Me** where our friends make art that shows who they are, ask questions to learn more about others, and share something they learned about others in their community; **The Name Game** where children recall the names and interests of 1 or more friends in the group.