



Program Overview

Presentation for Families

Presentation Overview

Topic	Time
How will the program benefit your child?	5 min.
What is the program?	10 min.
How can you help strengthen your child's new skills?	10 min.
Questions	5 min.



**How Will the Program
Benefit Your Child?**

K-5 Second Step Program

It is a classroom-based social-emotional learning program with lessons and reinforcement activities designed to:



**Increase
children's
school
success**

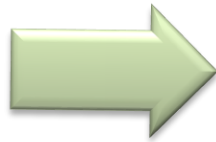
**Decrease
problem
behaviors**



Social-
emotional
competence



Self-
regulation
skills



School
and life
success



Children with good social-emotional skills can:



Have empathy



Manage strong emotions



Solve interpersonal problems



Make friends



Get along well with others



Persist at tasks and follow directions



Children with good self-control can:



Focus attention



Control behaviors



Manage thoughts and feelings



Ignore distractions



Get along better with others



Sustain and shift attention



Skills for Success in School and Life

With these skills, kids tend to:



Stay in school

Graduate

Go to college

Get better jobs



**Without these skills,
kids are more likely to:**

Drop out

Get pregnant

Use drugs and alcohol

Get in trouble





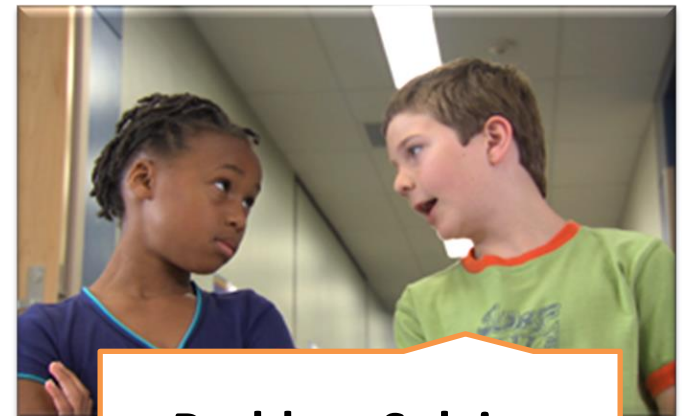
Skills for Learning



Empathy



**Emotion
Management**



Problem Solving



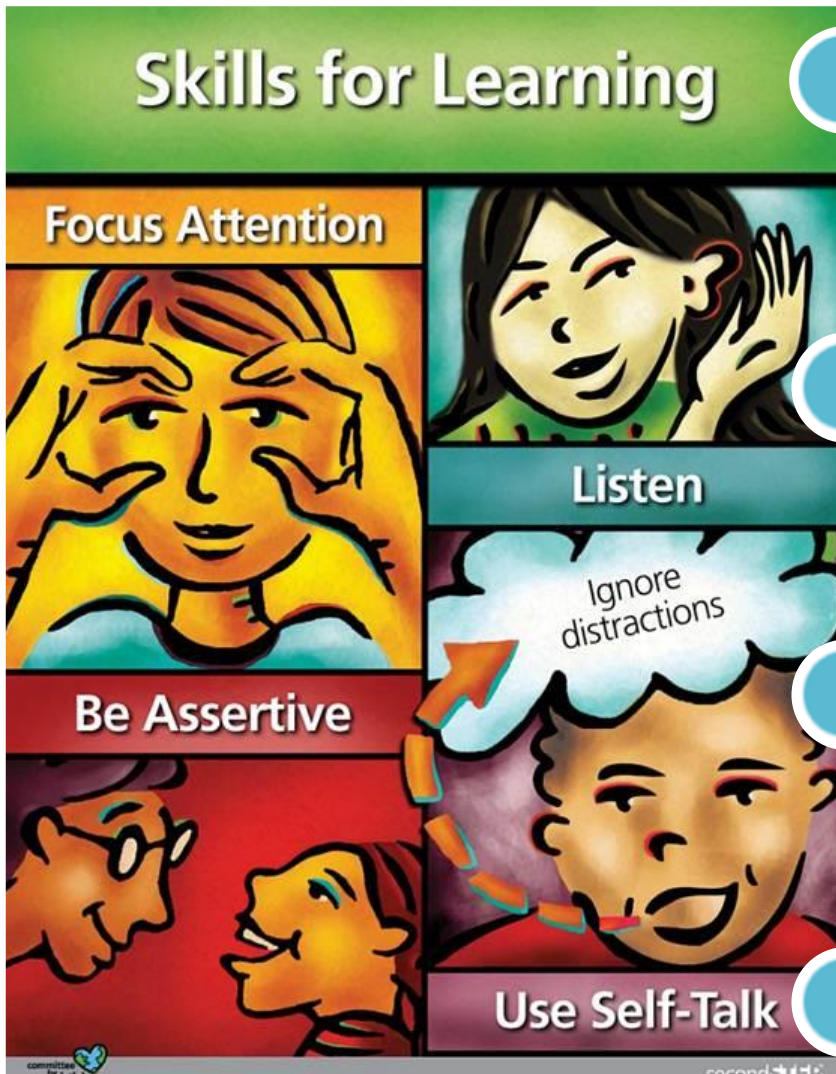
Skills for Social and Academic Success

What Is the Program?

secondSTEP®

Skills for Social and Academic Success





Listening

Focusing
attention

Using
self-talk

Being
assertive

Children with Skills for Learning are better able to:

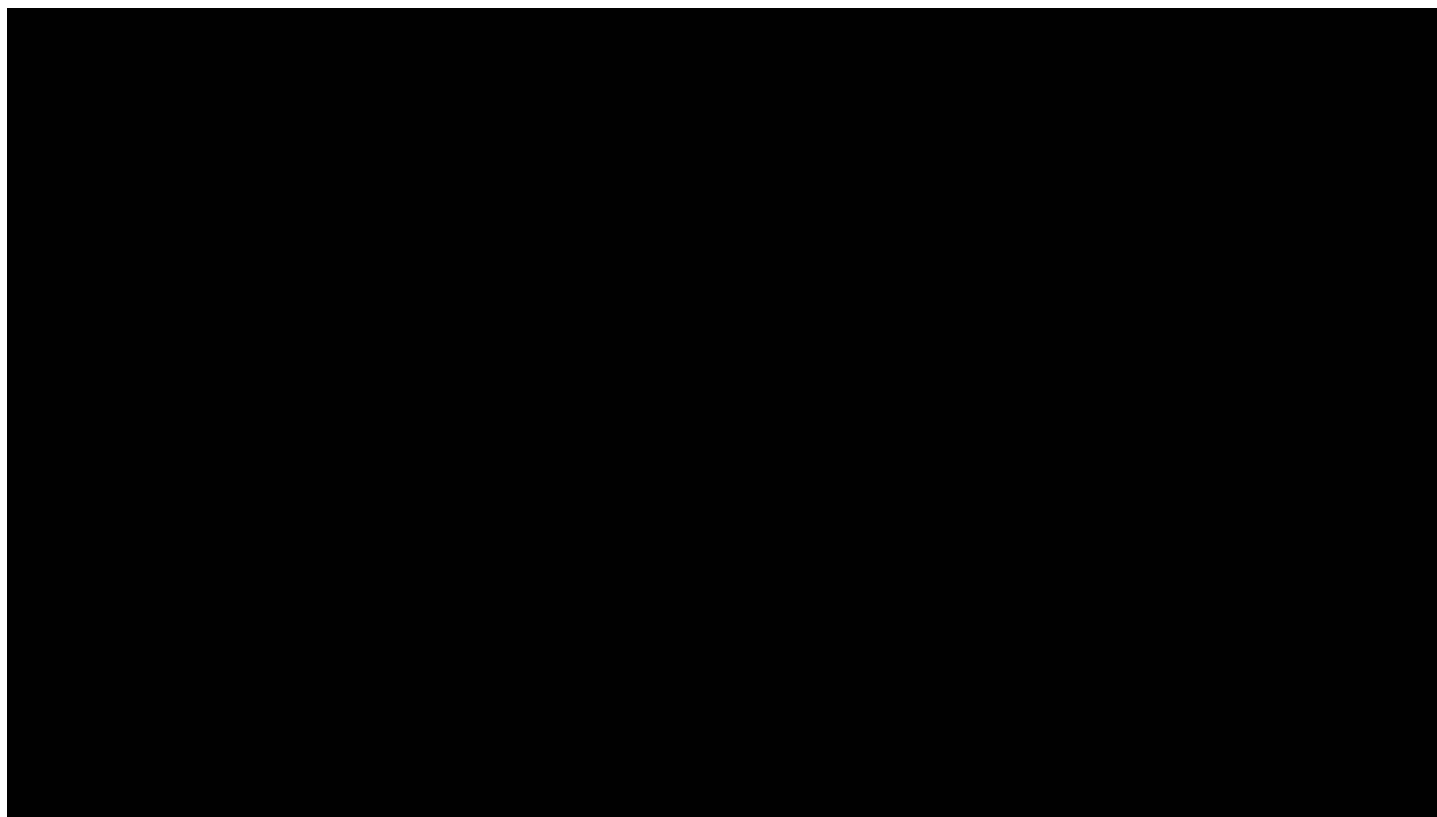
Self-
regulate

Learn

Manage
emotions

Solve
problems

Brain Builder Games





Identifying and understanding feelings

Respecting similarities and differences

Taking others' perspectives

Showing care and compassion

Children with empathy are:

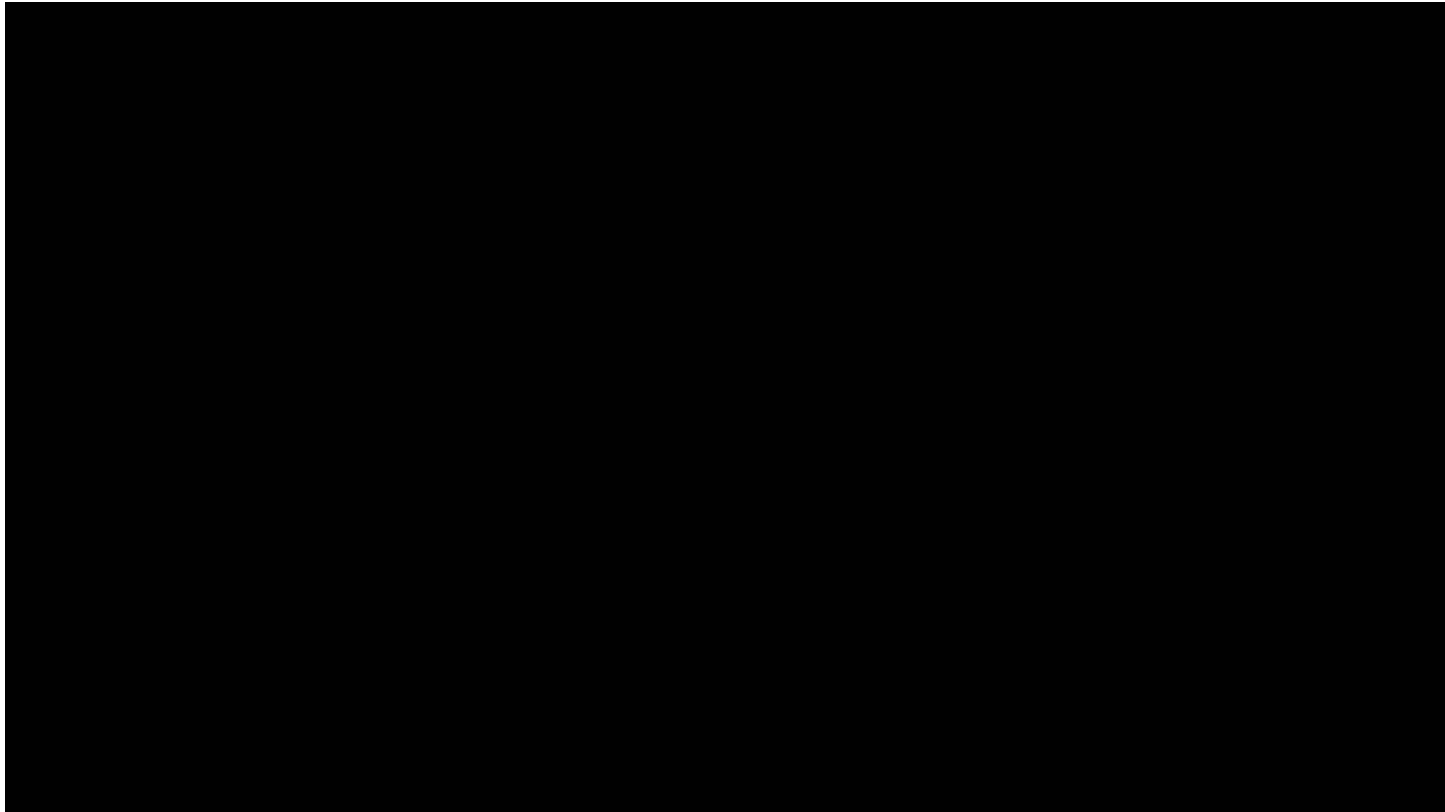
More likely
to achieve

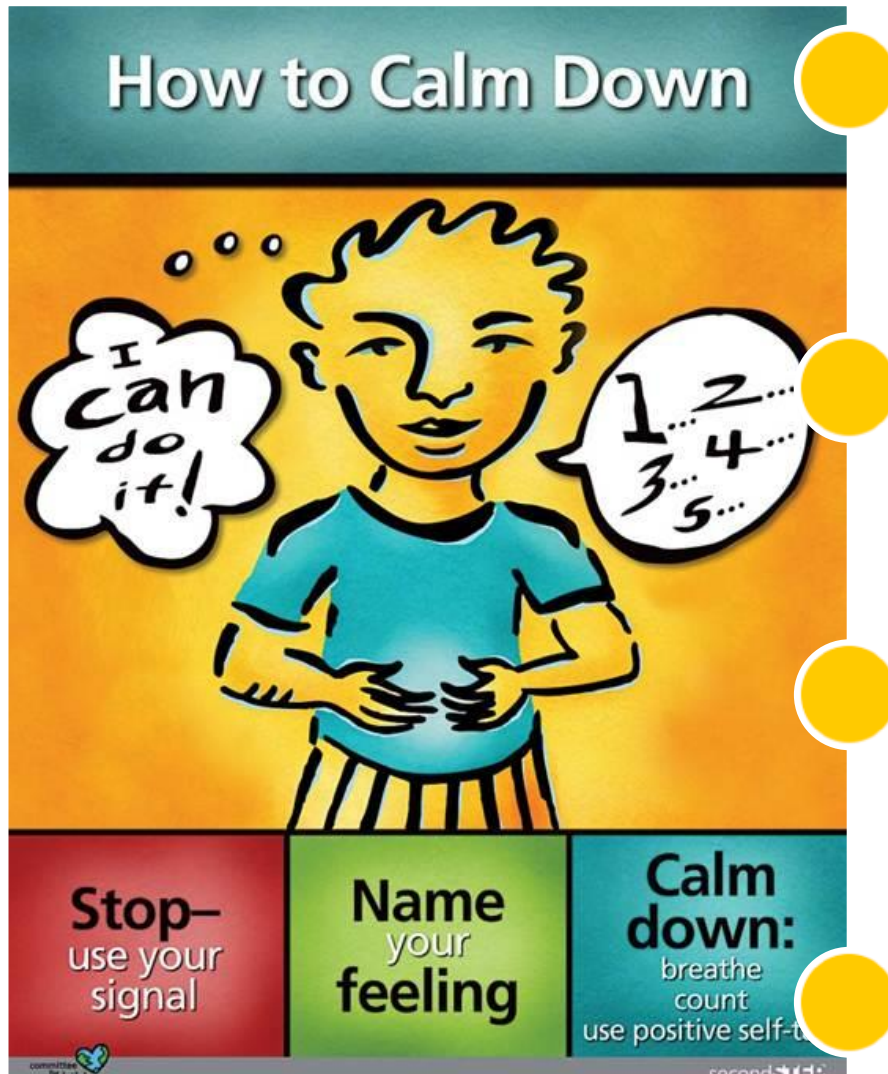
Less
aggressive

Better
liked

Socially
skilled

Walk, Walk, Walk





Understanding
strong feelings

Identifying
strong feelings

Managing
strong feelings

Calming down
strong feelings

Children with emotion-management skills can:

Cope
better

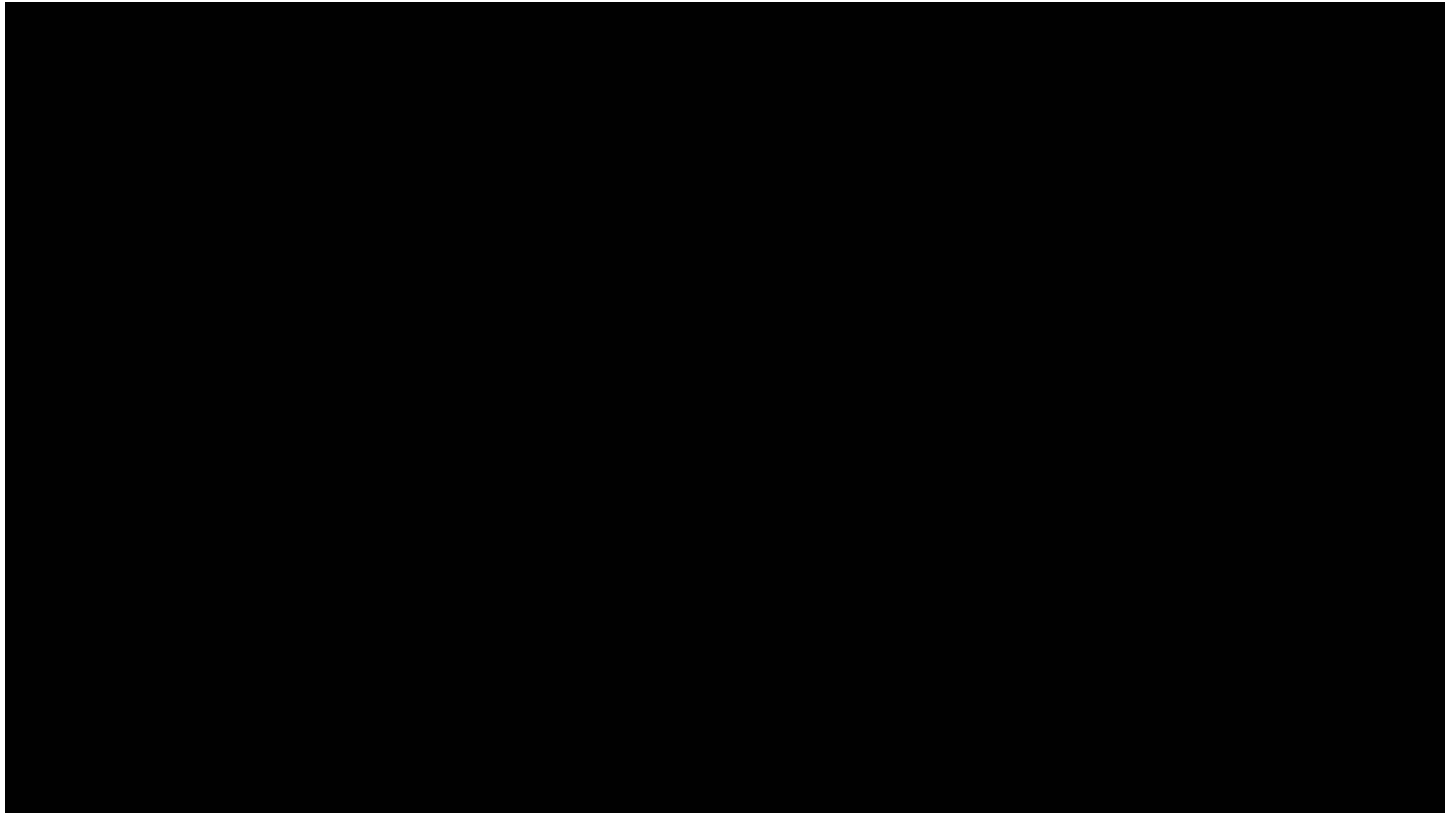
Get along
with others

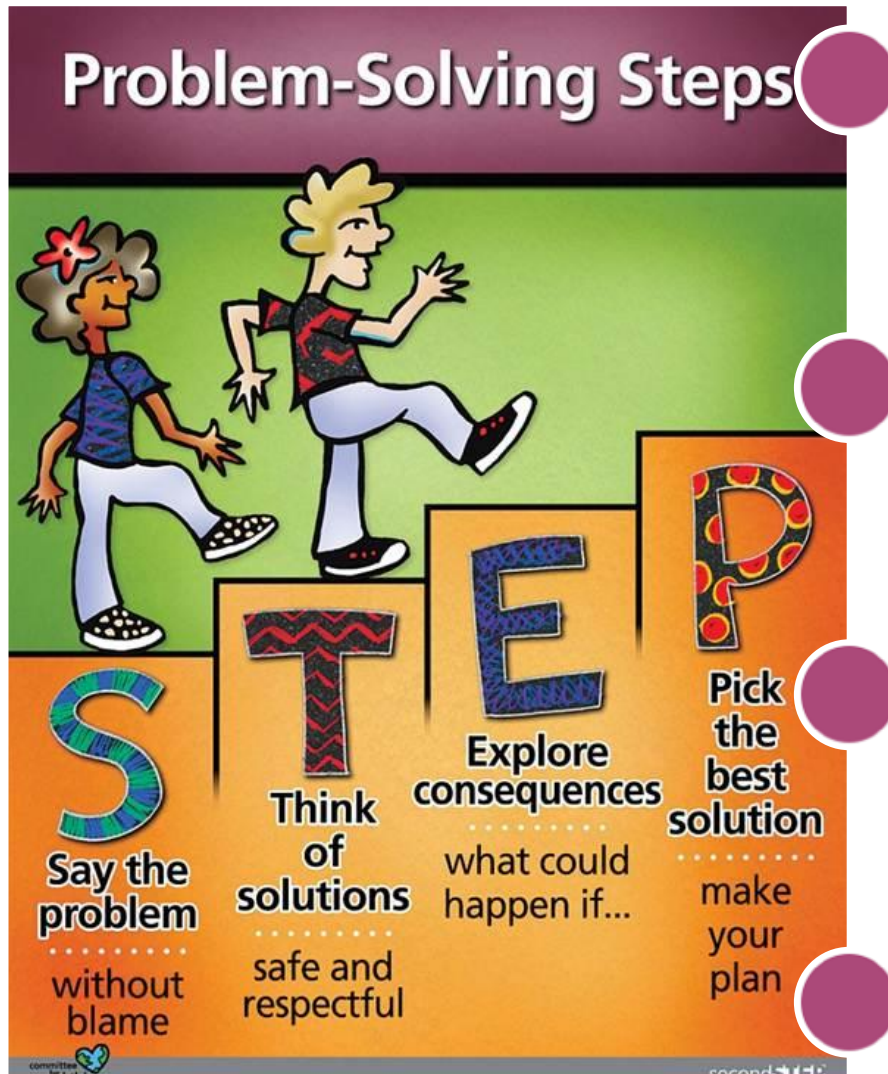
Solve
problems

Make good
choices



Calm It Down Dance





Making and keeping friends

Solving problems

Playing fairly

Taking responsibility



Children with problem-solving skills are:

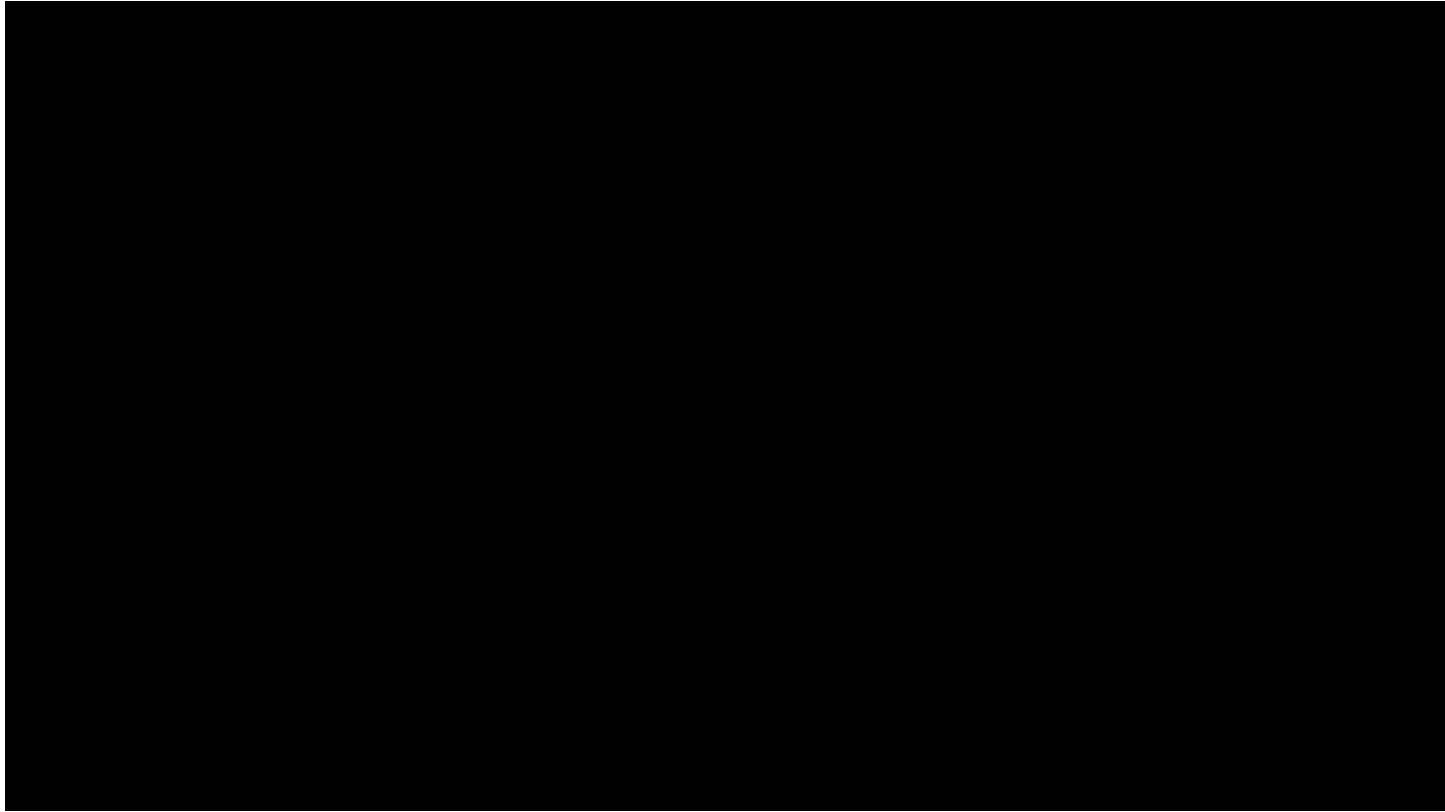
Less
impulsive

Less
aggressive

Better liked

More socially
skilled

STEP Music Video





Skills for Social and Academic Success

**How Can You Help Strengthen
Your Child's New Skills?**





Four Core Program Elements

1. Teach all the Second Step lessons in order
2. Do all the Daily Practice activities
3. Reinforce lesson skills and concepts as explained in Using Skills Every Day
4. Send Home Links to families



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 bawling, 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)

Home Links

Simple, fun activities
sent home after
many lessons



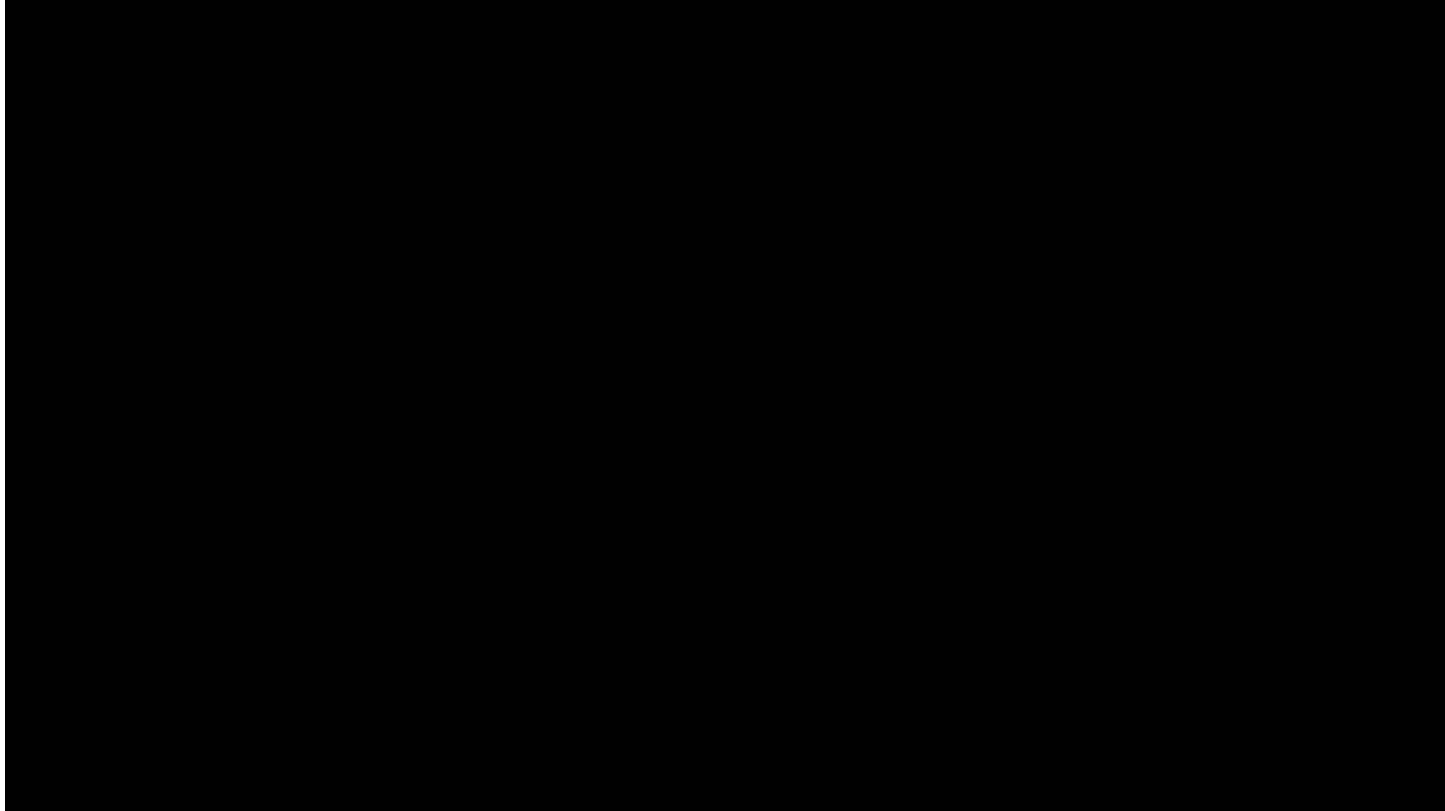
Give your child
another chance to
practice program skills



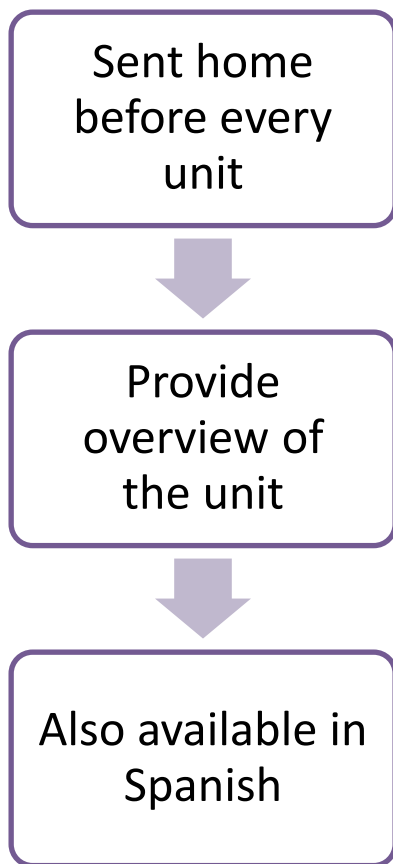
Show you what your
child is learning



How One Parent Uses the Home Links



Family Letters



Teaching Materials

Kindergarten Family Letter

Dear Family,

We want your child to be as successful as possible at school. Success in school is not just about reading and math. It is also about knowing how to learn and how to get along with others. We will be using the *Second Step* program in your child's classroom to teach these critical skills.

The *Second Step* program teaches skills in the following four areas:

- 1. Skills for Learning:** Students gain skills to help themselves learn, including how to focus their attention, listen carefully, use self-talk to stay on task, and be assertive when asking for help with schoolwork.
- 2. Empathy:** Students learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion.
- 3. Emotion Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.
- 4. Problem Solving:** Students learn a process for solving problems with others in a positive way.

Your child will be learning a lot this year—and he or she will need your help! Throughout the year, your child will be bringing home Home Links that go with several of the *Second Step* lessons. Home Links are simple, fun activities for you and your child to complete together. They are a great way for you to understand what your child is learning and for your child to show you what he or she knows.

If you have any questions about the *Second Step* program, please do not hesitate to contact me for more information. Thank you for supporting your child in learning the skills that lead to success in school and in life.

Sincerely,

P.S. Make sure to join www.secondstep.org with the activation key **SSPK FAMI LY70** to watch videos about the *Second Step* program and get information about what your student is learning.

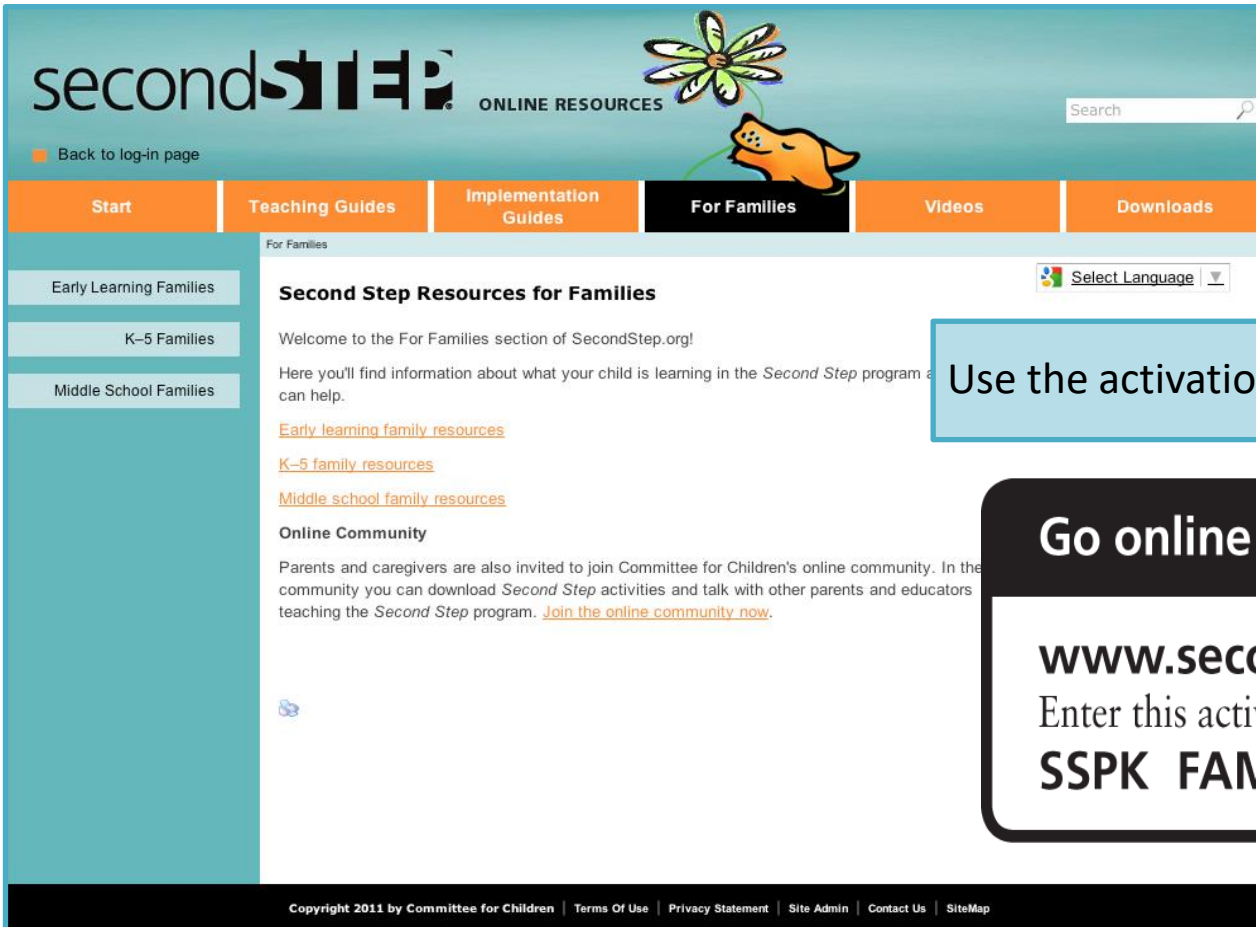
Go online today!

www.secondstep.org
Enter this activation key:
SSPK FAMI LY70



SecondStep.org

Register to access the For Families section



The screenshot shows the SecondStep.org website. At the top, the logo 'secondSTEP' is displayed next to 'ONLINE RESOURCES'. A search bar is on the right. Below the header is a navigation bar with tabs: 'Start', 'Teaching Guides', 'Implementation Guides', 'For Families' (highlighted), 'Videos', and 'Downloads'. On the left, a sidebar lists 'Early Learning Families', 'K-5 Families', and 'Middle School Families'. The main content area is titled 'Second Step Resources for Families' and includes a welcome message, links to family resources, and an 'Online Community' section. A 'Select Language' dropdown is visible. The footer contains copyright information and links to Terms of Use, Privacy Statement, Site Admin, Contact Us, and SiteMap.

secondSTEP ONLINE RESOURCES

Back to log-in page

Start Teaching Guides Implementation Guides For Families Videos Downloads

For Families

Early Learning Families

K-5 Families

Middle School Families

Second Step Resources for Families

Welcome to the For Families section of SecondStep.org!

Here you'll find information about what your child is learning in the *Second Step* program and how you can help.

[Early learning family resources](#)

[K-5 family resources](#)

[Middle school family resources](#)

Online Community

Parents and caregivers are also invited to join Committee for Children's online community. In the community you can download *Second Step* activities and talk with other parents and educators teaching the *Second Step* program. [Join the online community now.](#)

Select Language

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Use the activation key on the Family Letter

Go online today!

www.secondstep.org

Enter this activation key:

SSPK FAMI LY70



Online Community

Connect
with other
families
and
educators

Get free
downloads

Read
inspiring
blogs



secondSTEP



www.secondstep.org



Questions?