Second Step K - 8

Program Overview

Presentation
## Presentation Overview

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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:

- Decrease problem behaviors
- Increase students' school success
- 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

  7th grade - Understanding Anger and Coping with Stress

  8th grade - De-escalating tense situations and Coping with Stress
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
5th Grade Handout

Grade 5, Unit 2
Lesson 10: Calming Down

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 spilled 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.

3b. Calm down: Use positive self-talk.
Middle School
Middle School Handouts

Coping with Stress

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- Ask, "What can I do?"

Three things to do:
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- Use the Action Steps. Sometimes you do all three.

Grade 7
Handout 108: Shifting Attitudes

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.

Negative Attitude
There's a test on Monday. I'll probably fail it, so there's no point in studying.

Positive Attitude

Negative Attitude
The school play auditions are tomorrow. The popular kids always get picked. I don't stand a chance.

Positive Attitude
Reinforcing Second Step Skills
Informs parents and caregivers about the program Homelink
Go to secondstep.org and enter the grade level activation code for more information.

Homelink

Lesson 10: Introducing Emotion, Management

Grade 4, Unit 2

Home Link

How to Calm Down

1. Stop. Name your feeling, calm down.
2. Breathe, name your feeling, calm down.
3. Close your eyes, imagine a place that makes you feel calm.
4. Think of something that makes you feel happy.
5. Remember a time when you felt calm.
6. Move your body to a safe place.

What is the first thing you think of when you think about calm down?

What do you do when you feel angry?

What are some ways you can help a friend or family member feel calm?
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
4) Which is NOT a problem solving step strategy? (39 responses)

- a. Think of Solutions-T
- b. Decide who is to blame-D
- c. Explore Consequences-E
- d. Pick the Best Solution-P

84.6%
Pre- & Post-Surveys

4) Empathy means:
92 / 103 correct responses

- a. Someone… 1 (1%)
- b. Not under… 8 (7.8%)
- c. Not caring… 2 (1.9%)
- d. Feeling… 92 (89.3%)
Questions?
Thank you for coming to our presentation!