



Skills for Social and Academic Success

Program Overview

**Upper Perkiomen School
District 2019-2020**

Presentation Overview

Topics

How will the program benefit your child?

What is the program?

How can you help strengthen your child's new skills?

Questions



**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:



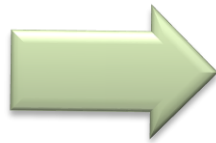
**Increase
children's
school
success**

**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

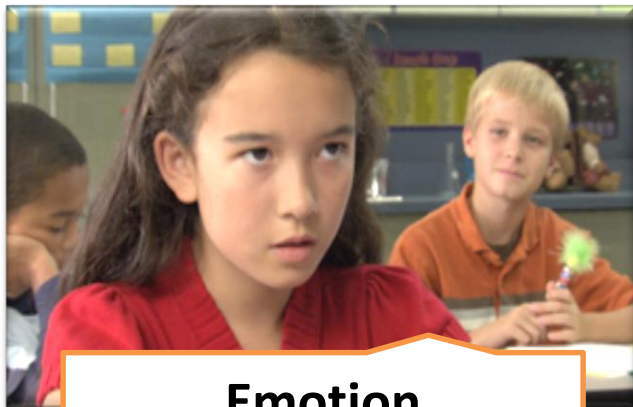




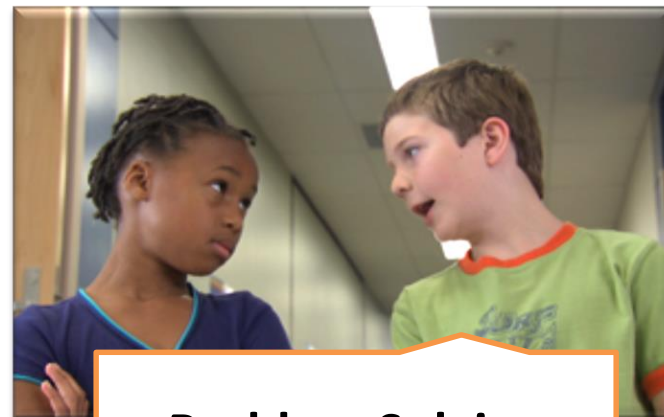
Skills for Learning



Empathy



**Emotion
Management**



Problem Solving



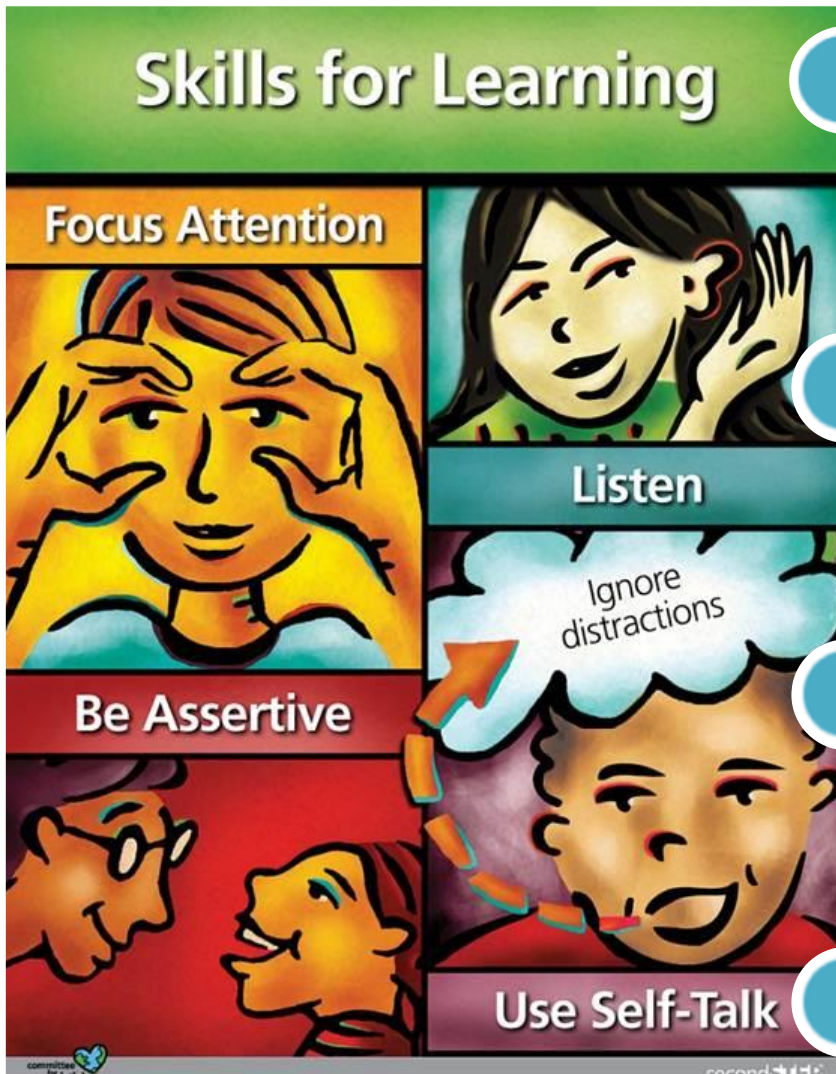
Skills for Social and Academic Success

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:

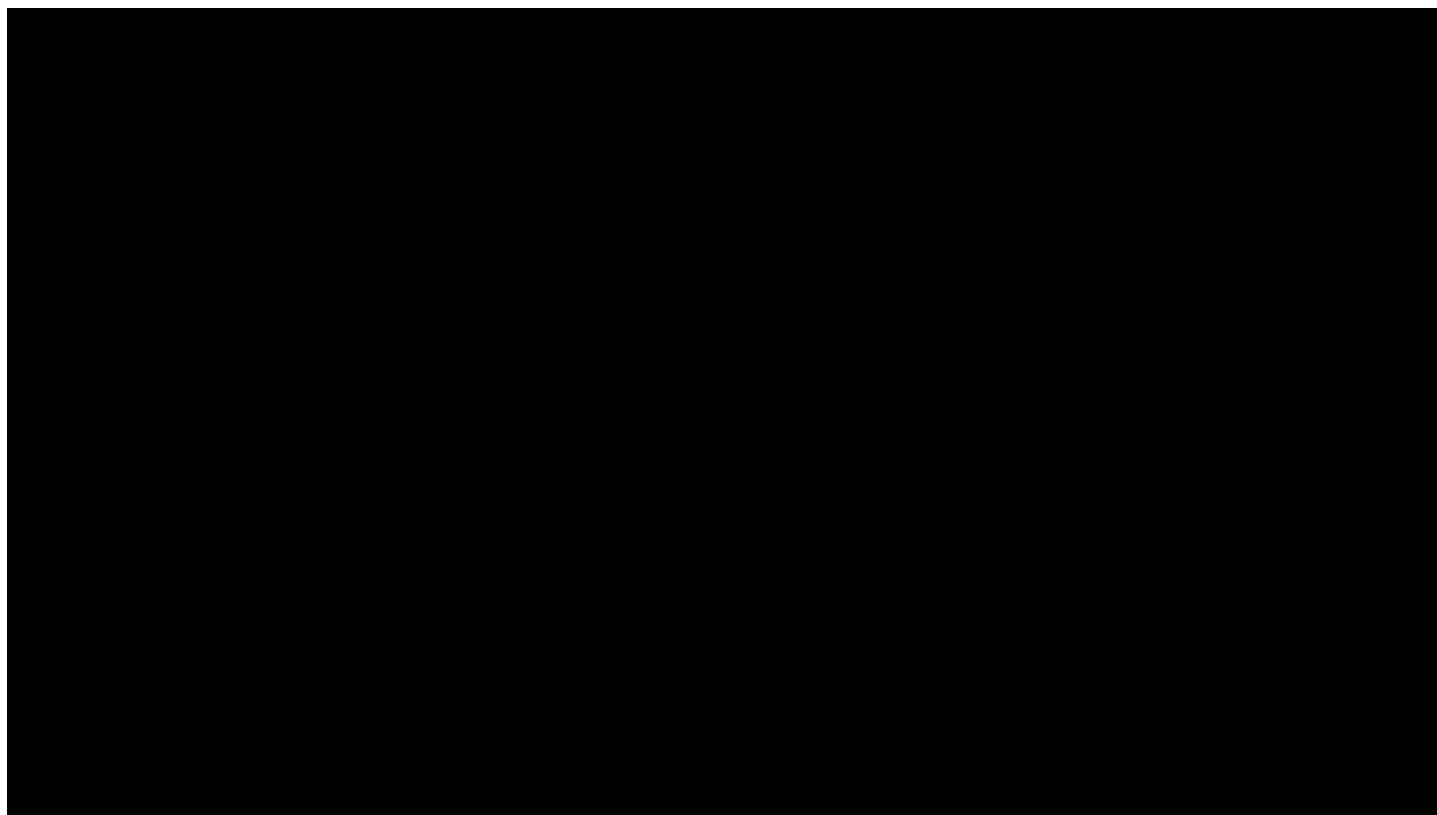
Self-
regulate

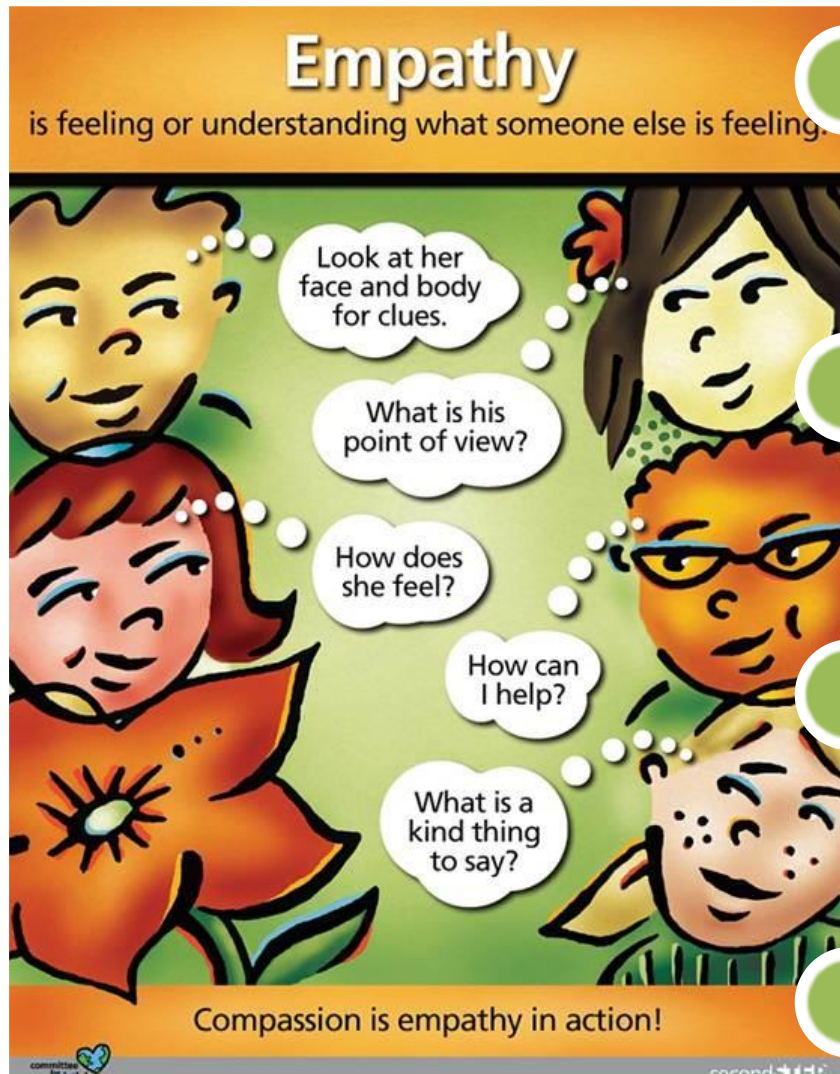
Learn

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:

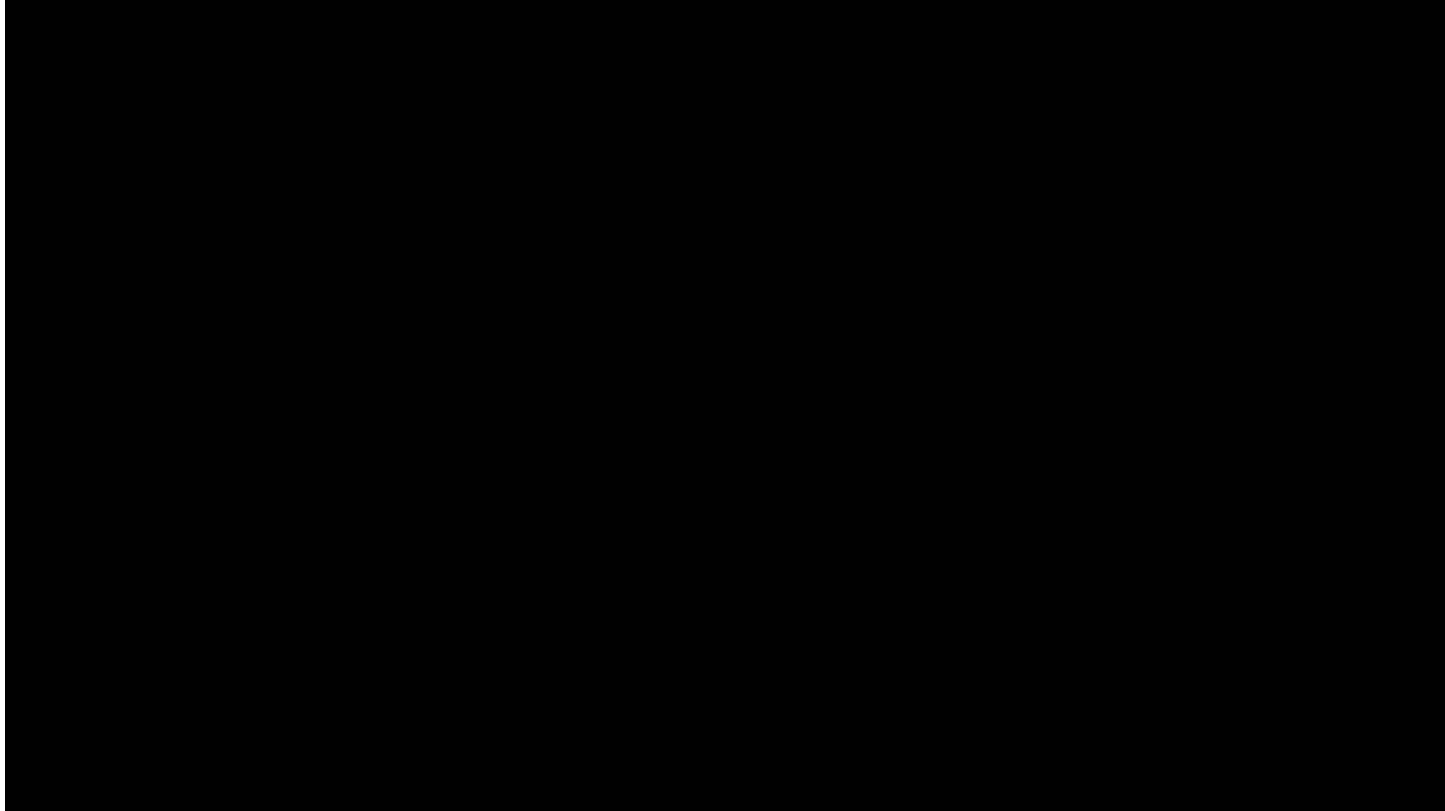
More likely
to achieve

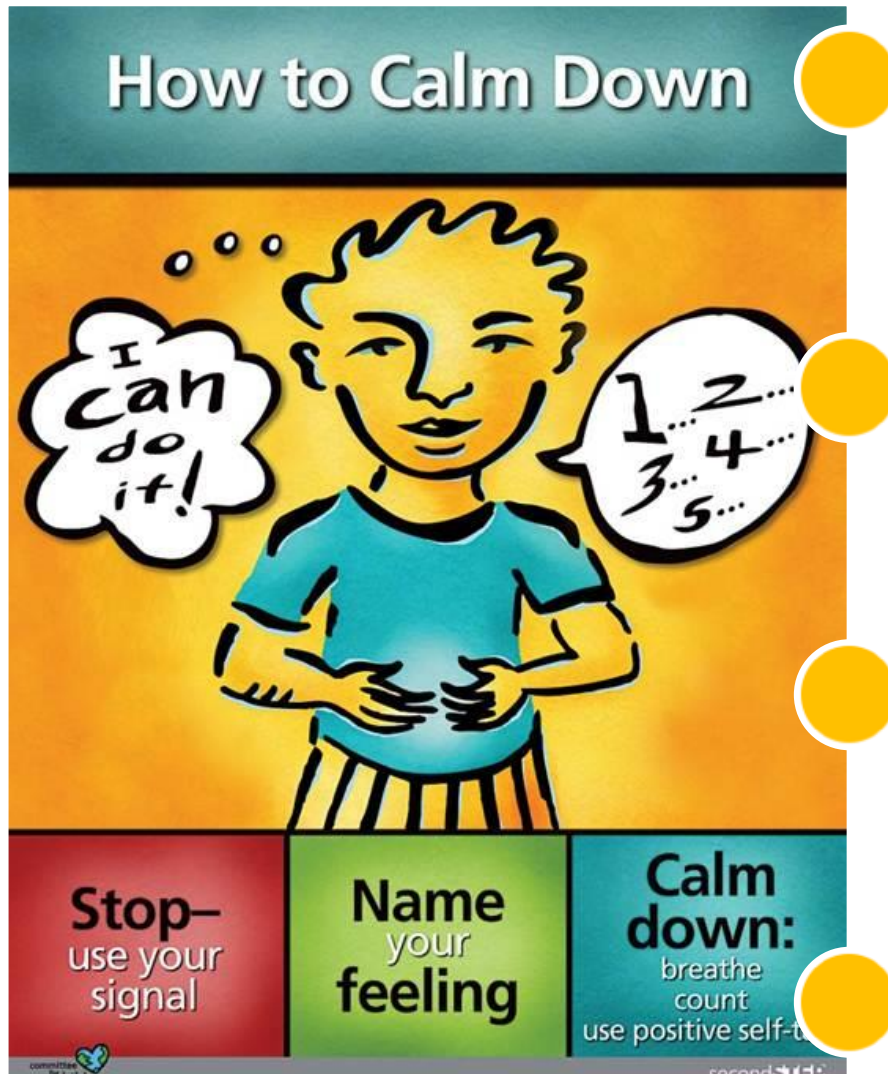
Less
aggressive

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:

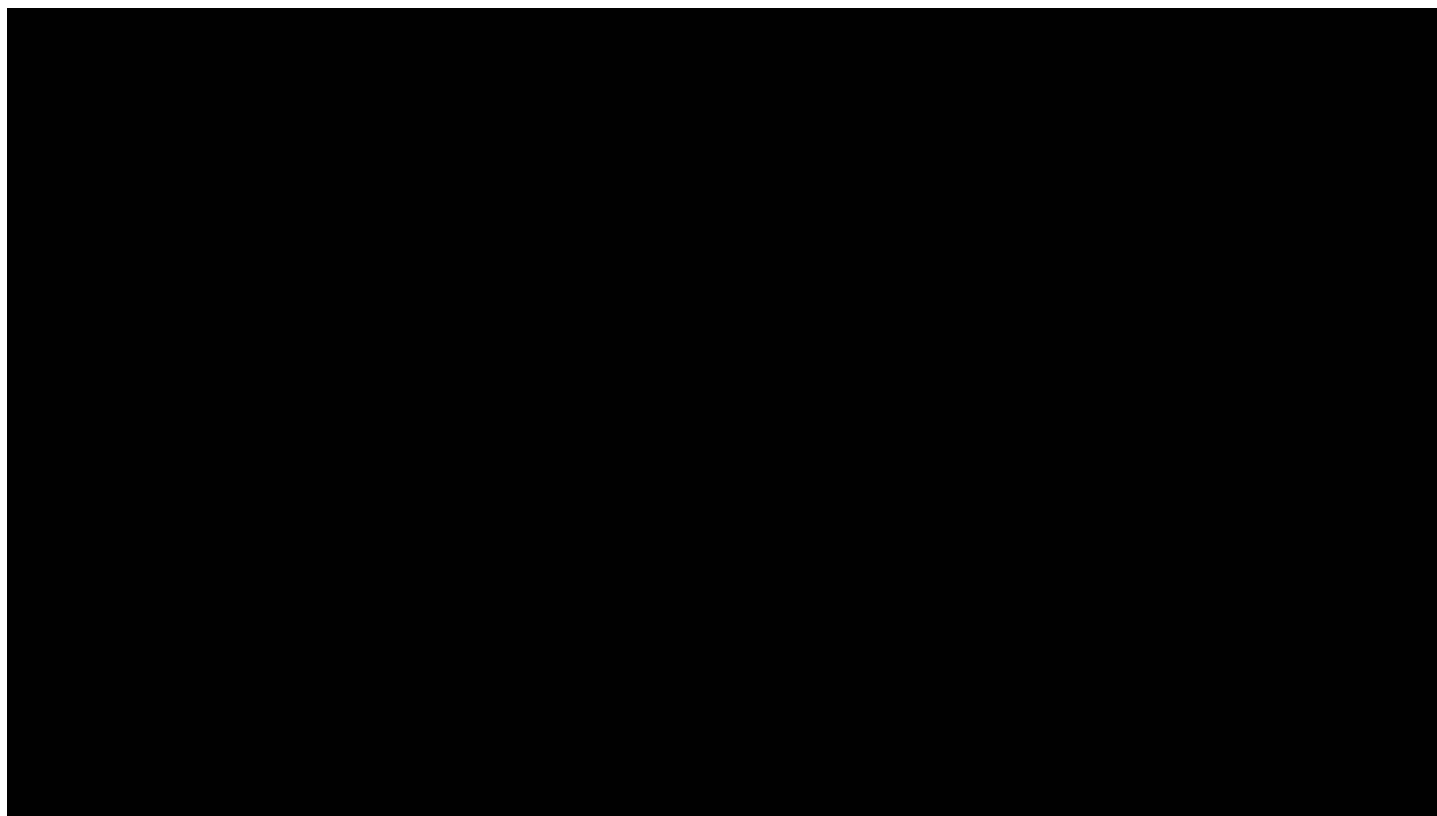
Cope
better

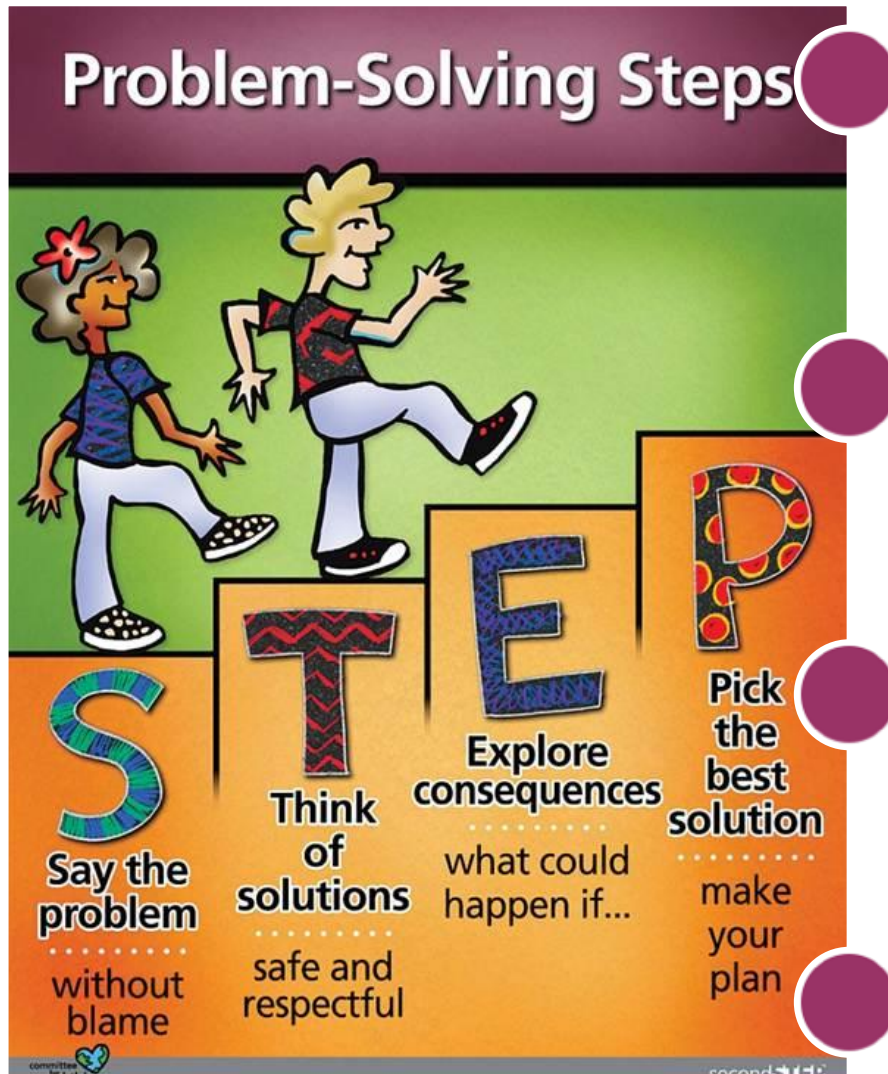
Get along
with others

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

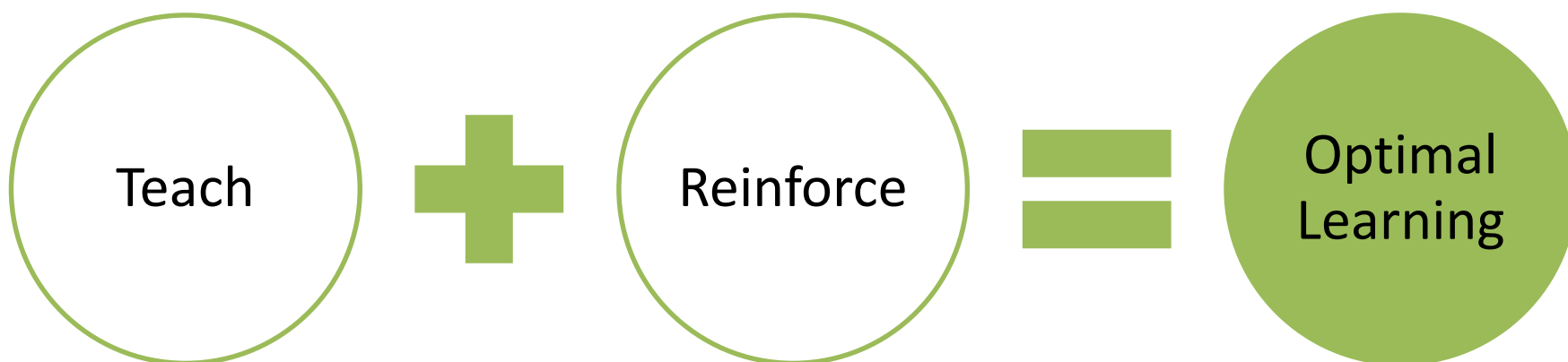
STEP Music Video





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





Name: _____

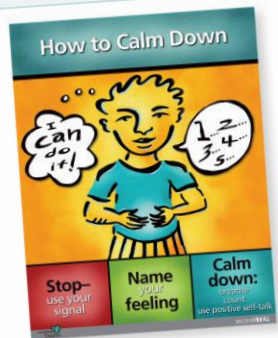
It's time to put on your entertainment-reporter hat again—another new song has just been released! It's called "Calm Down." It's got some great advice, and you're sure it's going to be a hit. But you need to find out what others think. Have an adult family member read the selected "Calm Down" lyrics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



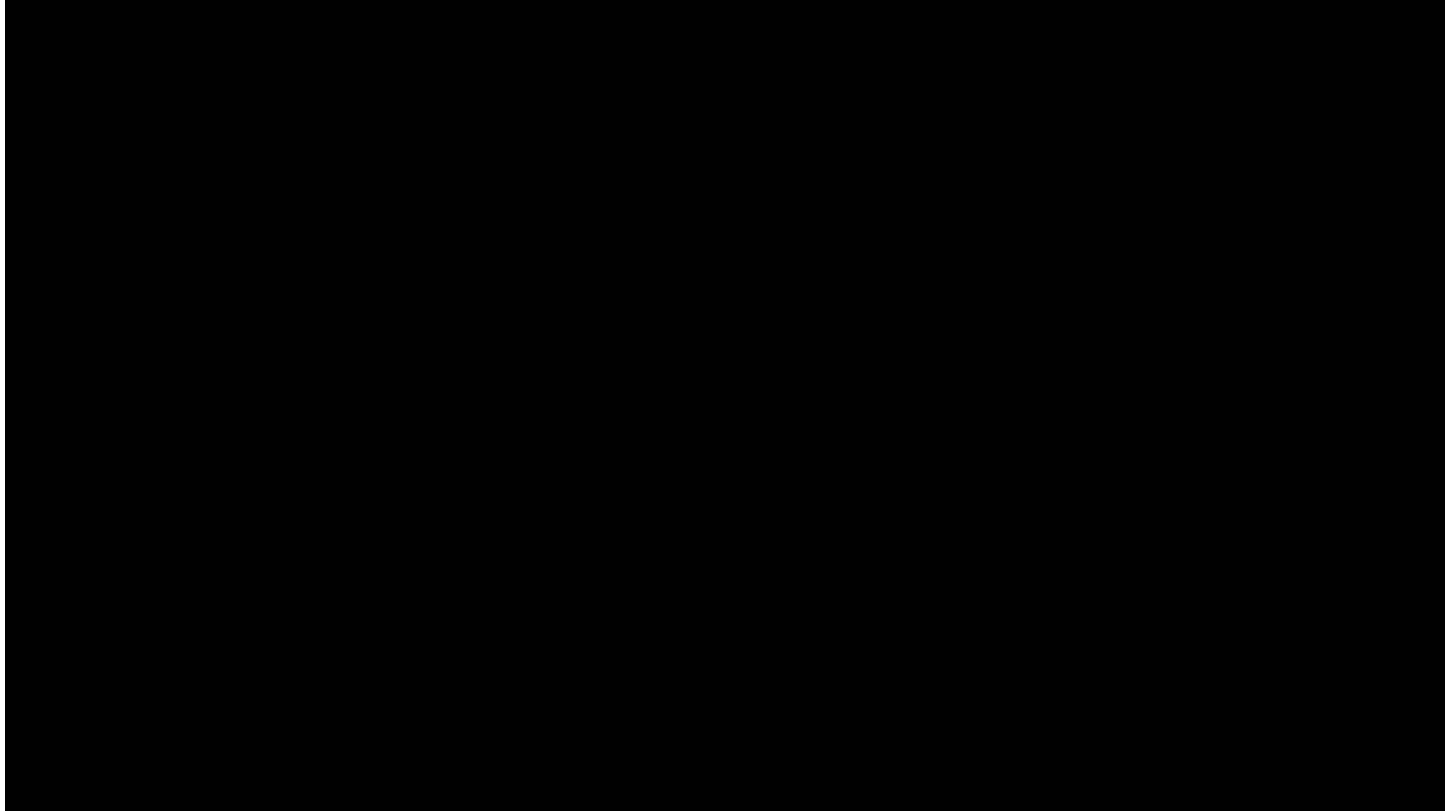
Give your child
another chance to
practice program skills



Show you what your
child is learning



How One Parent Uses the Home Links

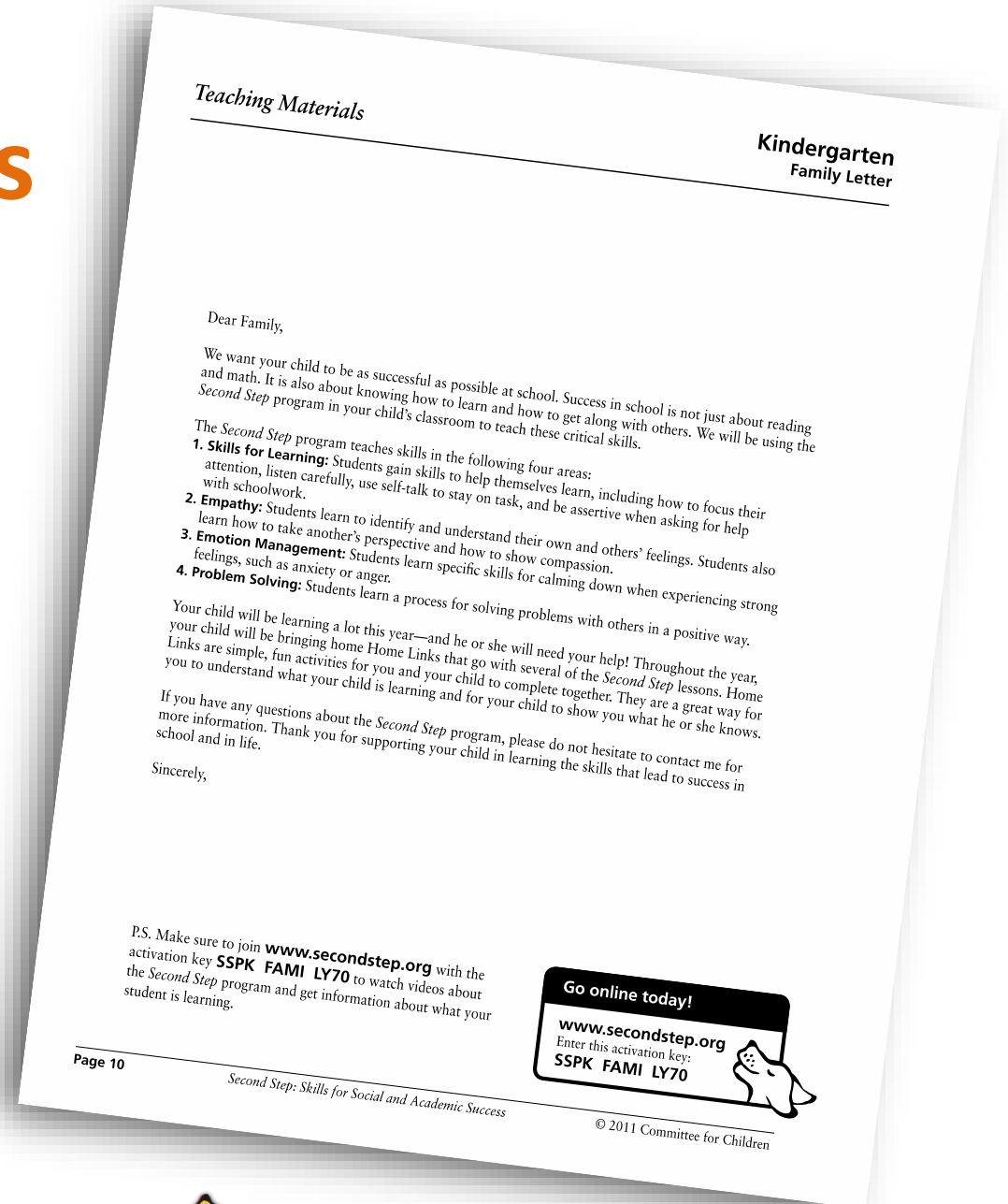


Family Letters

Provide
overview of
the unit

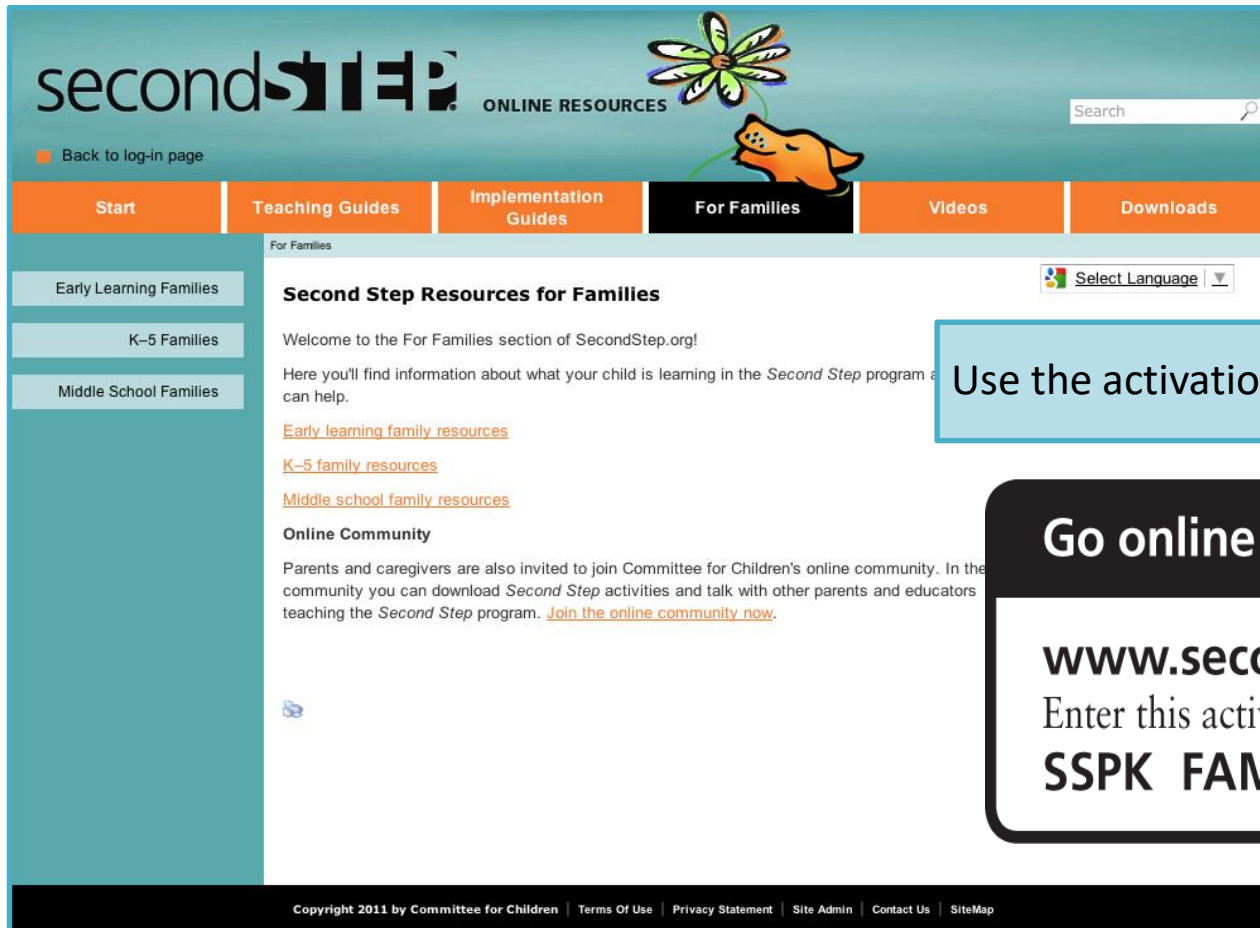


Also available in
Spanish



SecondStep.org

Register to access the For Families section



The screenshot shows the SecondStep.org website. The header includes the 'secondSTEP' logo, 'ONLINE RESOURCES', a search bar, and a 'Back to log-in page' link. A navigation bar has tabs for 'Start', 'Teaching Guides', 'Implementation Guides', 'For Families' (which is 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 'Early learning family resources', 'K-5 family resources', and 'Middle school 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'.

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?