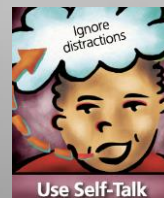
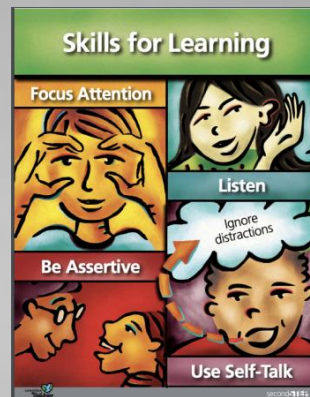


Week Menu

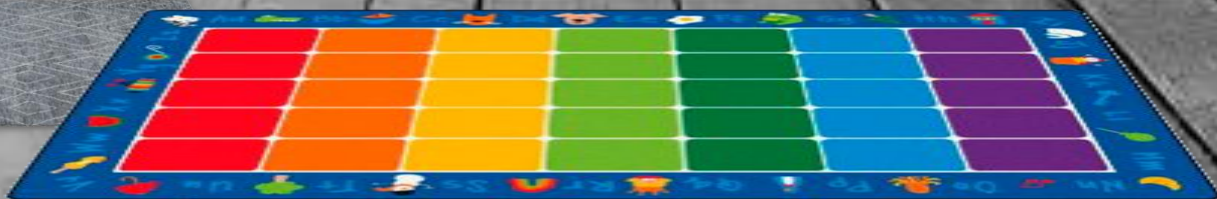
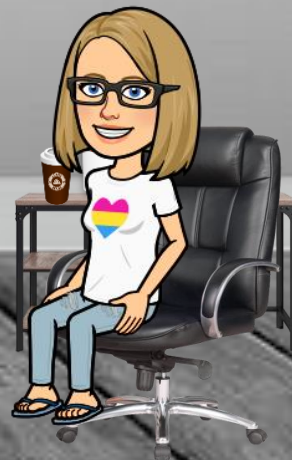
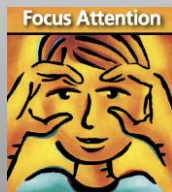
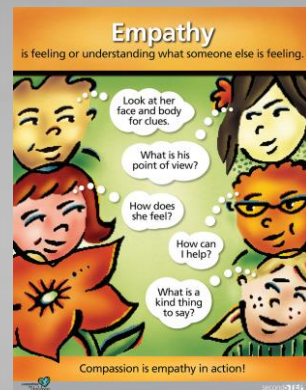
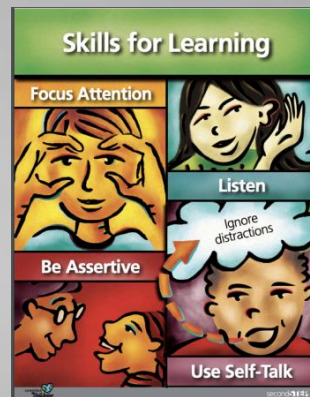
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22			

Home Page





Week 1 Be A Learner song







Ayako

Be A Learner song

Second Step Lesson 2- Focusing Attention & Listening



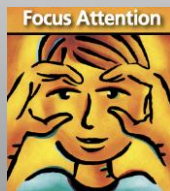
Focus Attention

- Concentrate
- Use eyes, ears, and brain
- Ignore distractions



Listen

- Focus on the speaker
- Wait your turn to speak
- Remember what you hear
- Think of questions



Focus Attention



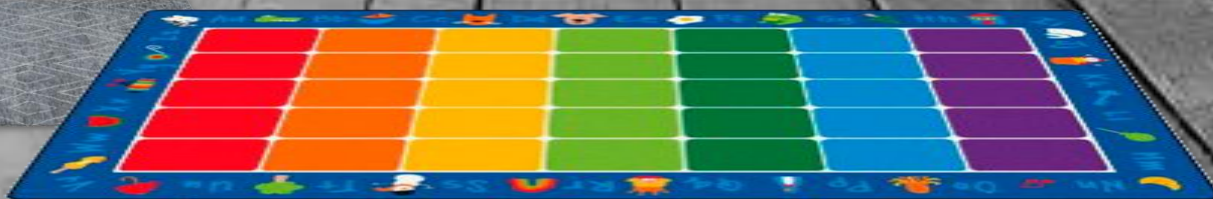
Listen



Be Assertive



Use Self-Talk



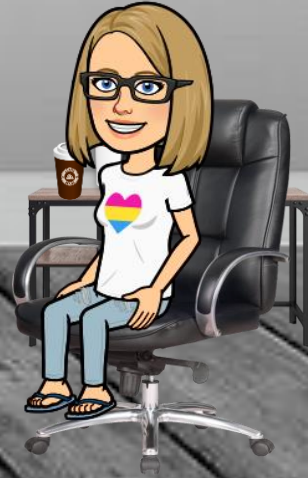
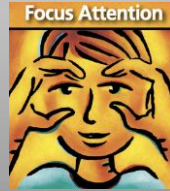
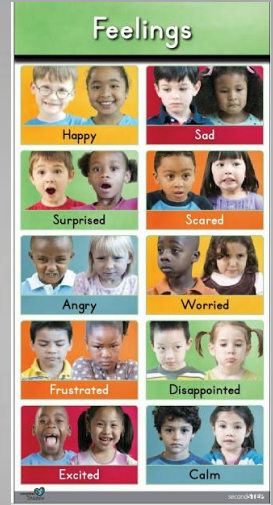




Tiana

Be A Learner song

Second Step Lesson 3- Using Self Talk







Connor

Be A Learner song

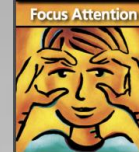
Second Step
Lesson 4
Being Assertive



Be Assertive

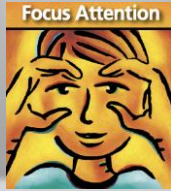
- Face the person you're talking to
- Keep your head up and shoulders back
 - Use a calm, firm voice
 - Use respectful words

Skills for Learning

 Focus Attention	 Listen
 Be Assertive	 Ignore distractions
	Use Self-Talk



Focus Attention



Listen

Be Assertive



Ignore distractions

Use Self-Talk

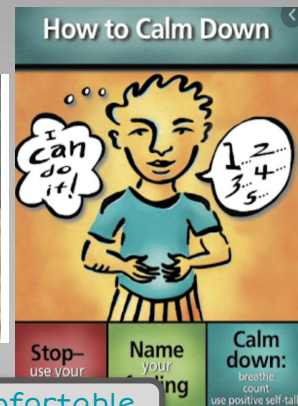
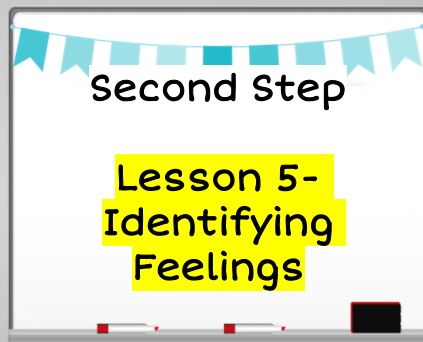




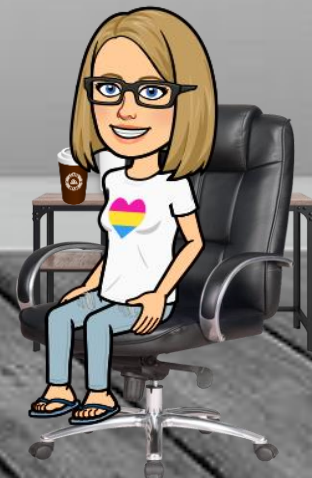
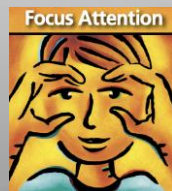


seconds144

Lesson 5 VIDEO



Week 5 Comfortable/Uncomfortable Feelings video







second step

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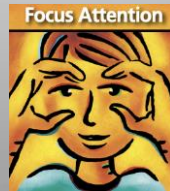
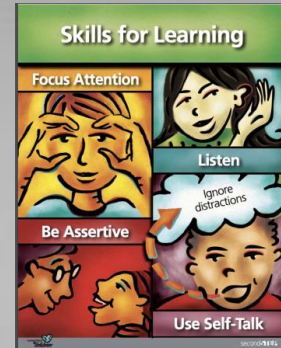
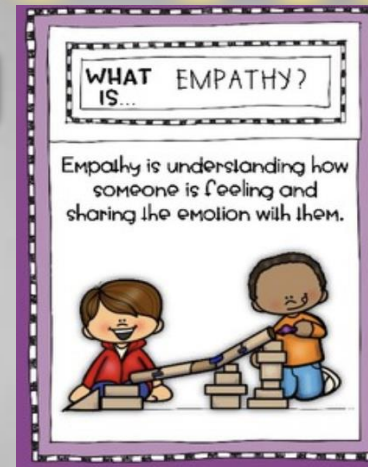


[Lesson 6 VIDEO Part 1](#)

[Lesson 6 VIDEO Part 2](#)

Empathy Song

Second Step Lesson 6- Learning More About Feelings



Compassion in Action!







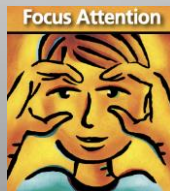
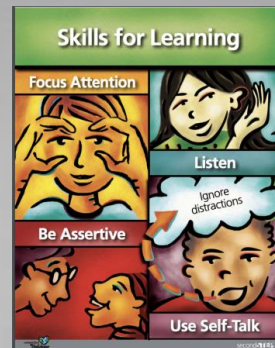
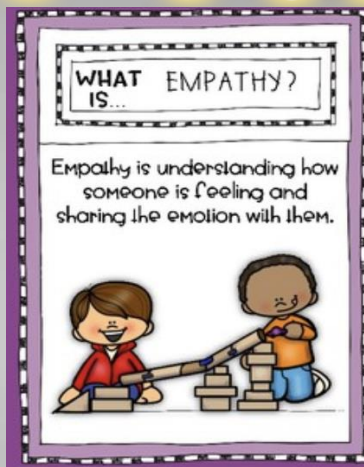
secondstep

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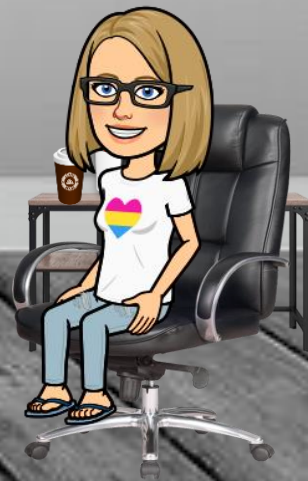




Second Step
Lesson 7
Feeling Confident



[Click HERE to watch a video about building confidence through persistence](#)

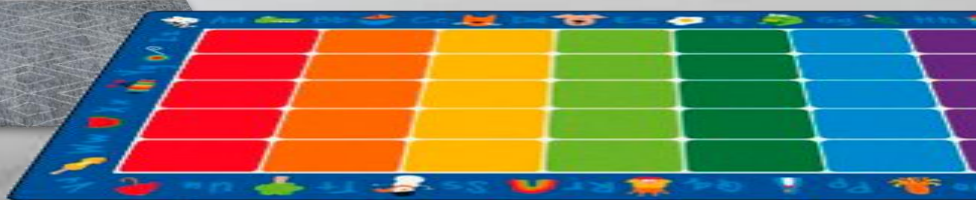
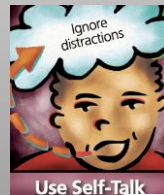
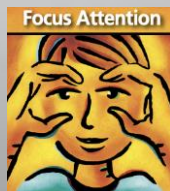
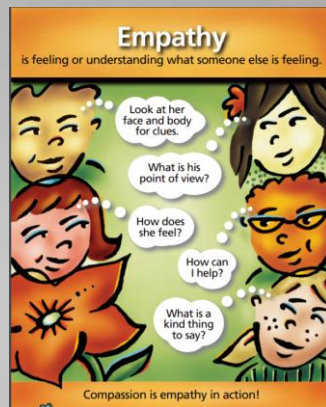




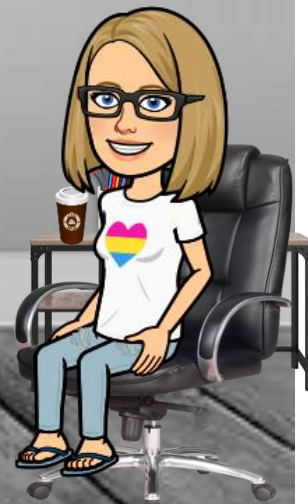


Second Step

Lesson 8- Respecting Different Preferences



Roys
Boydoys
Respects
Other's
Opinions







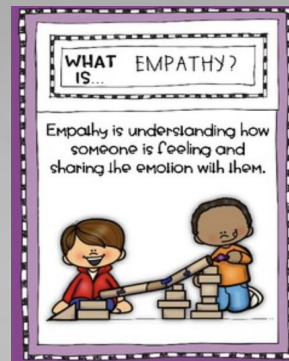
Second Step
Lesson 9-
Showing Compassion

COMPASSION

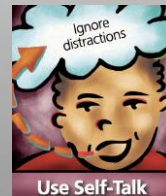
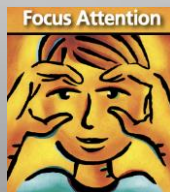
THINK ABOUT
HOW OTHER
PEOPLE
ARE FEELING



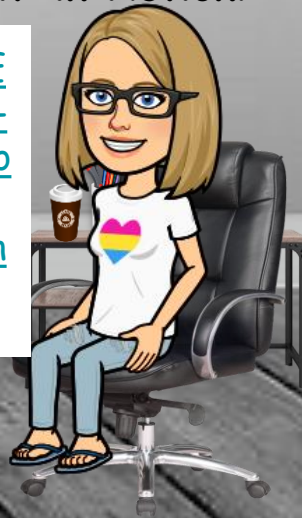
SAY *sorry*
BE *caring*
SHOW *tolerance*
BE *understanding*



EMPATHY in Action!



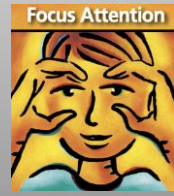
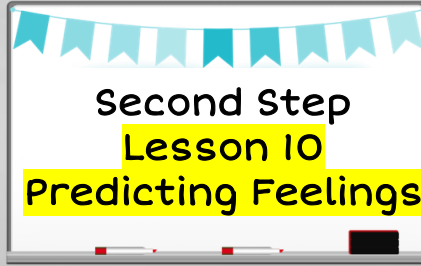
[Click HERE](#)
for a "how-
to" guide to
showing
compassion





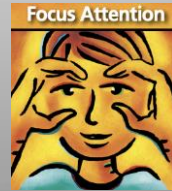
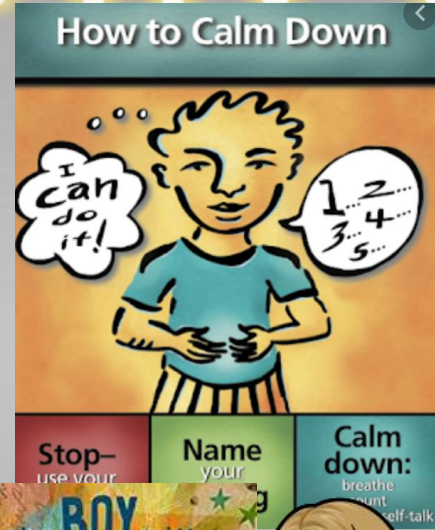


secondSTEP





Second Step
Lesson II-
Emotion
Management

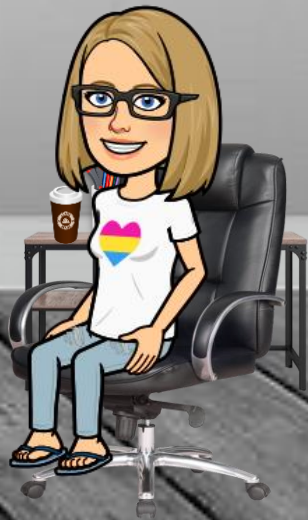
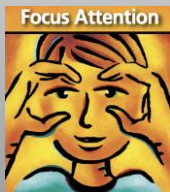




secondstep

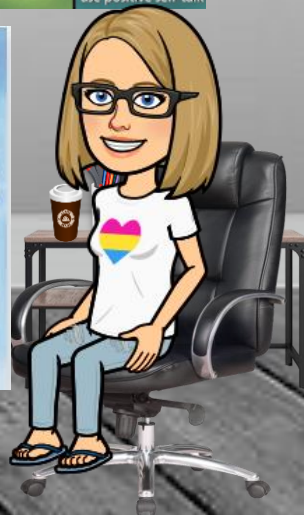
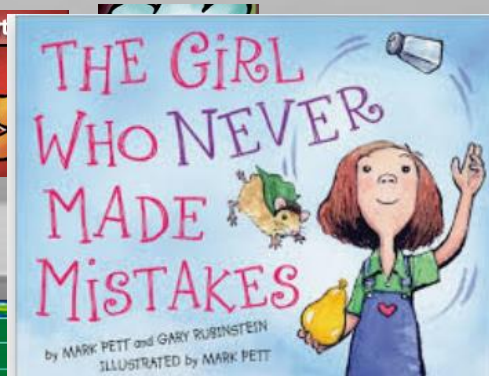
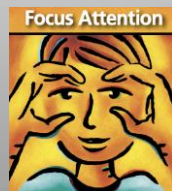
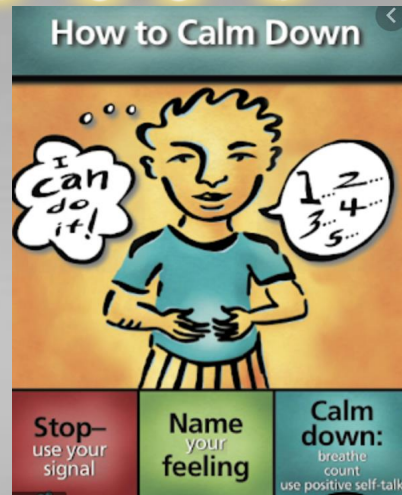
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Second Step Lesson 12- Managing Embarrassment



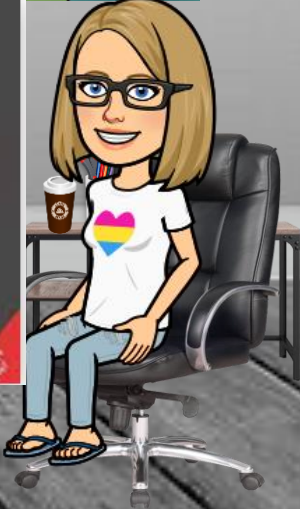
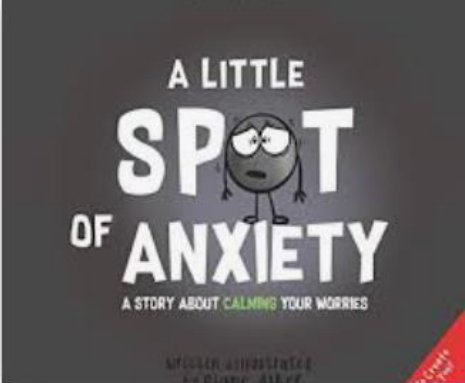
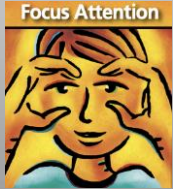


Second Step Lesson 13- Handling Mistakes





Second Step
Lesson 14-
Managing Anxious
Feelings

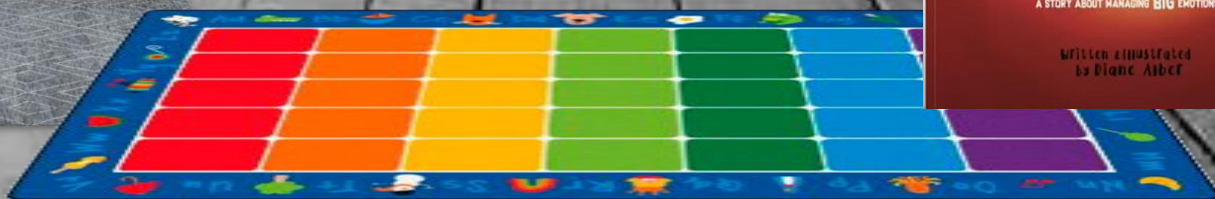
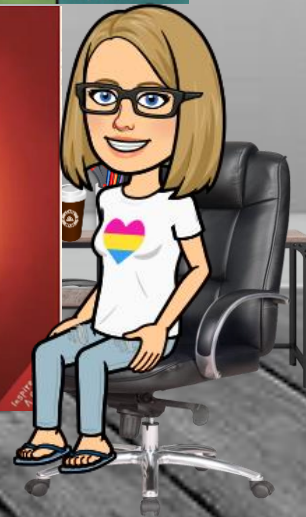
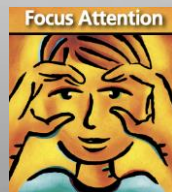
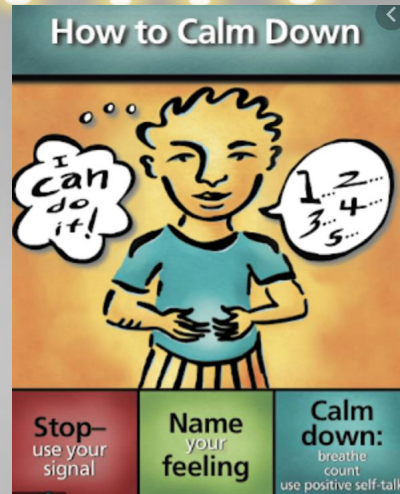




[Lesson 15 VIDEO Part 1](#)

[Lesson 15 VIDEO Part 2](#)

Second Step Lesson 15- Managing Anger





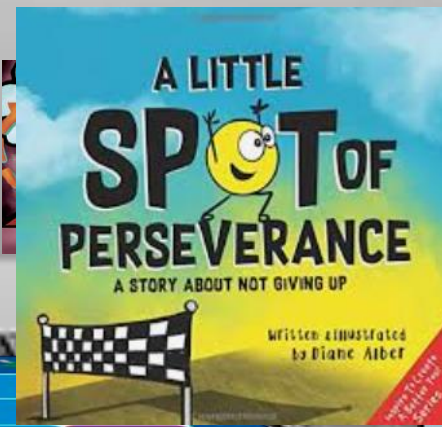
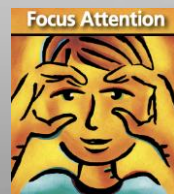
Second Step
Lesson 16-
Finishing Tasks

How to Calm Down

I can do it!

1 2 3 4 5

Stop — use your signal	Name your feeling	Calm down: breathe count use positive self-talk
-------------------------------------	--------------------------------	--



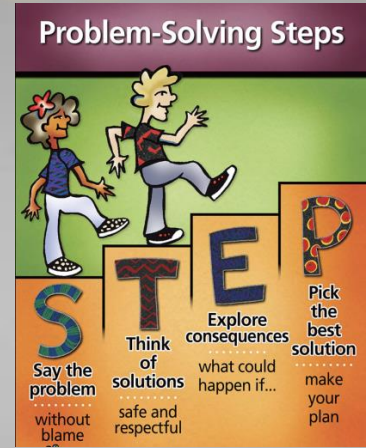
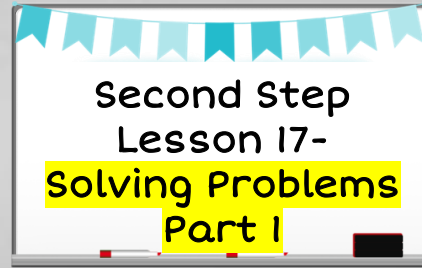


[Lesson 17 VIDEO Part 1](#)

[Lesson 17 VIDEO Part 2](#)

[Lesson 17 VIDEO Part 3](#)

[Lesson 17 VIDEO Part 4](#)



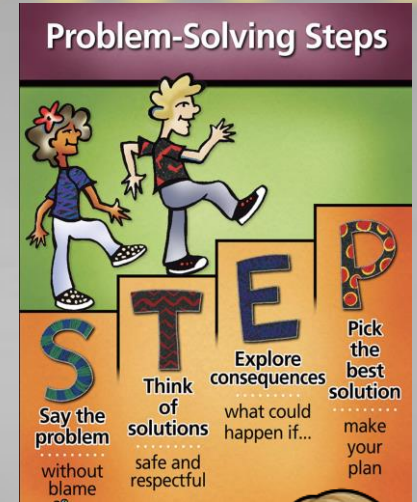


Second Step Lesson 18 Solving Problems Part 2

[Lesson 18 VIDEO Part 5](#)

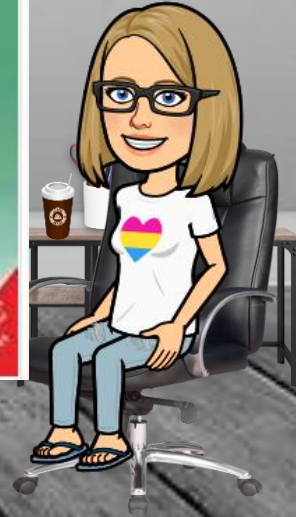
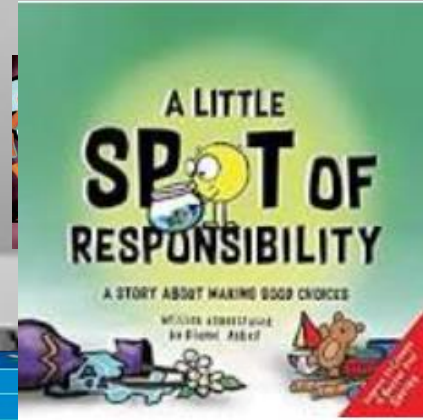
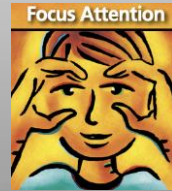
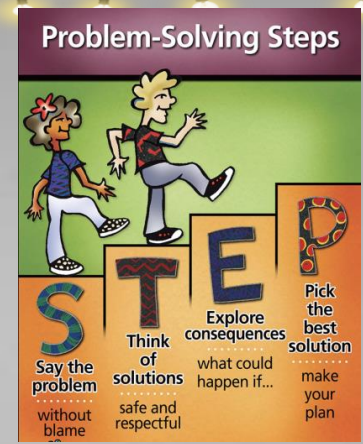
[Lesson 18 VIDEO Part 6](#)

[Lesson 18 VIDEO Part 7](#)





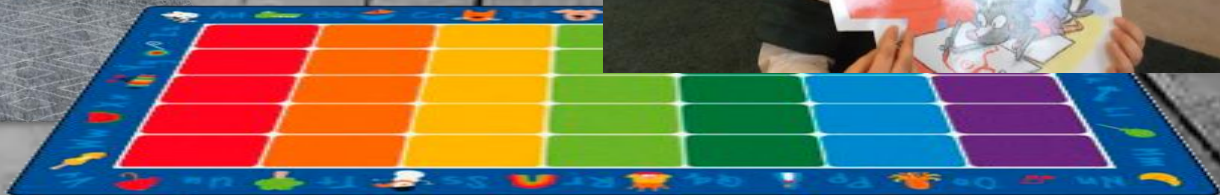
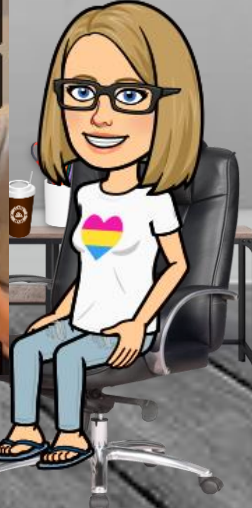
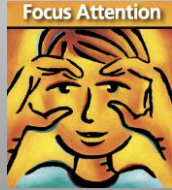
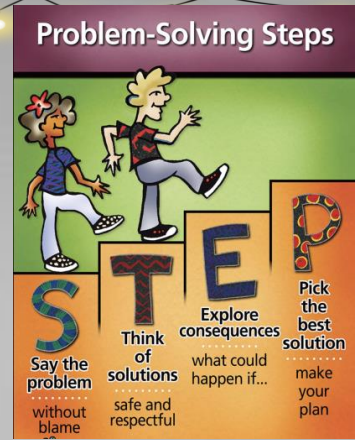
Second Step Lesson 19 Taking Responsibility





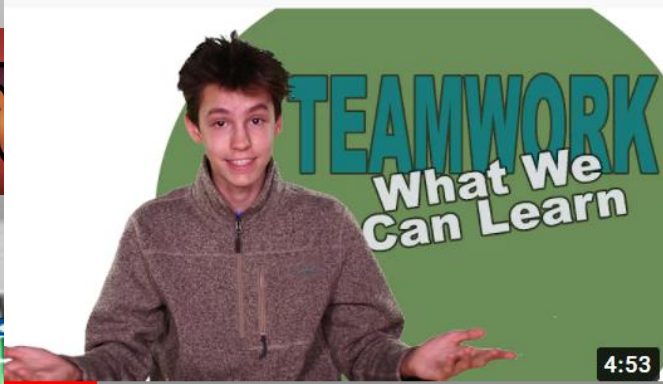
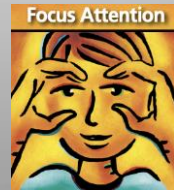
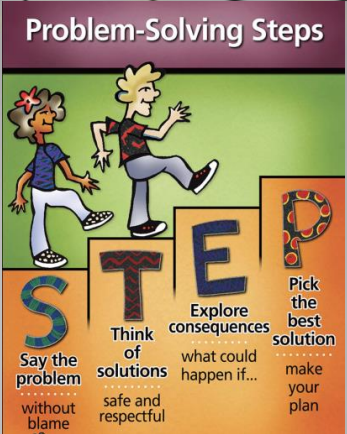
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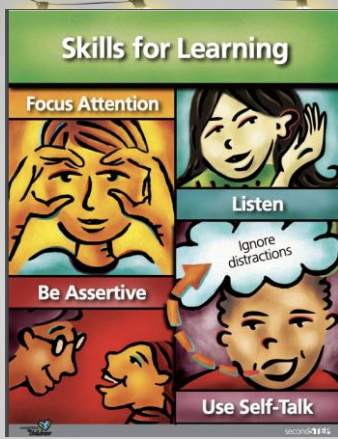
Second Step Lesson 20 Responding to Playground Exclusion



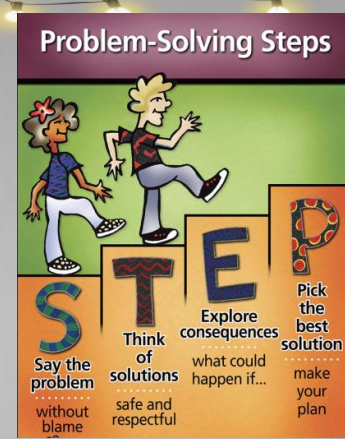
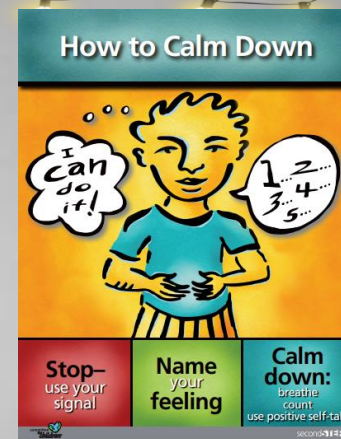


Second Step
Lesson 21
Playing Fairly on the
Playground





Second Step Lesson 22 Reviewing Second Step Skills



Self-Check & Reflect

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

