



welcome

Second Step- Lesson 1- Learning to Listen

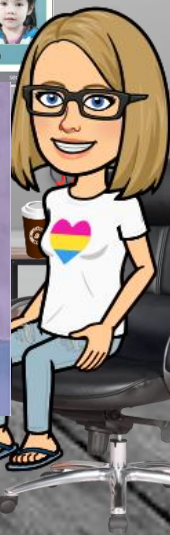
Feelings



Howard B. Wigglebottom



Learns to
Listen



welcome



Second Step: Lesson 2: Focusing Attention

Feelings



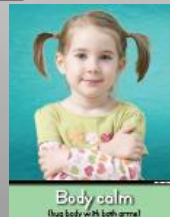
Eyes watching
(look to corners of eyes)



Ears listening
(cup ears w/ hands)



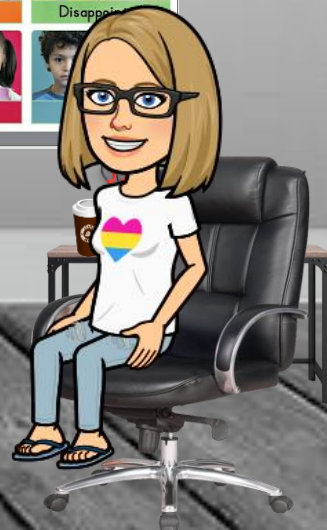
Voice quiet
(put finger to lips)



Body calm
(tug body with both arms)



Click on us
to sing The
Learner
Song!



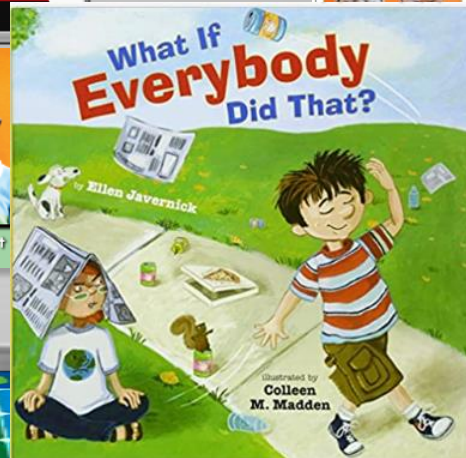
welcome

Second Step Lesson 3: Following Directions

Feelings



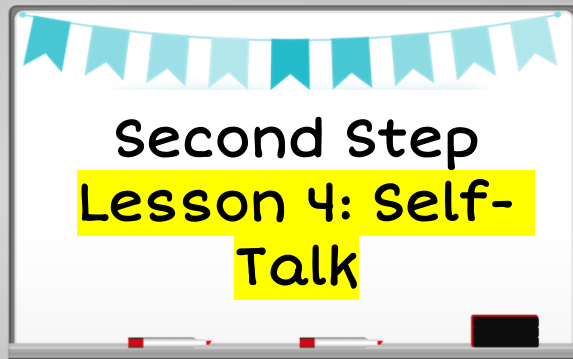
© Core Knowledge Foundation. All Rights Reserved.



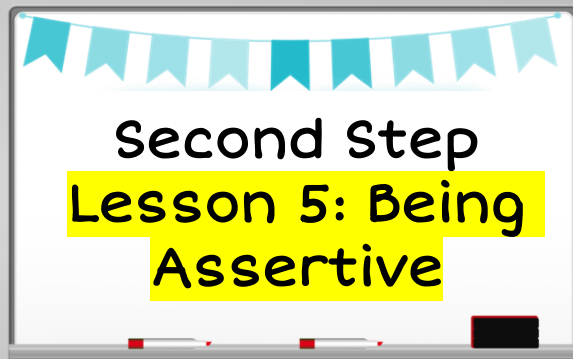
Click on us
to sing The
Learner
Song!



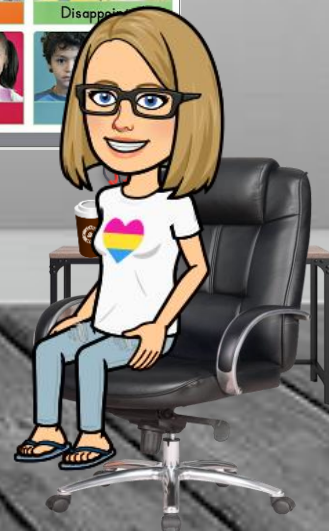
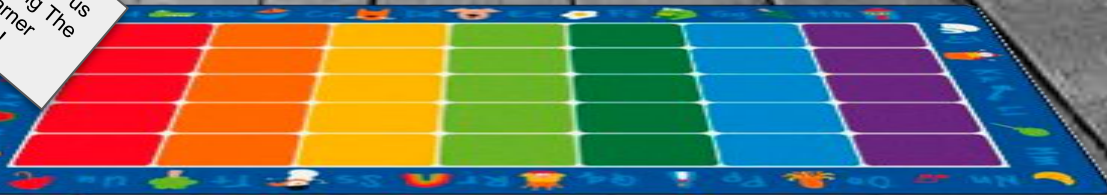
welcome



welcome



Click on us
to sing The
Learner
Song!

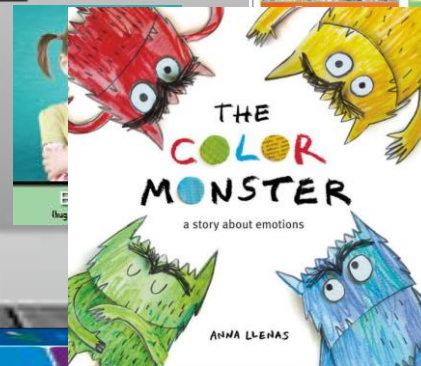




welcome

Second Step Lesson 6: Identifying Feelings

Feelings



Click on us
to sing The
Lerner Song!





welcome

Second Step Lesson 7: More about Feelings



Eyes watching
(look to corners of eyes)



Ears listening
(cup ears w/ hands)



Voice quiet
(put finger to lips)



Body calm
(tug body with both arms)

Feelings



Happy



Sad



Surprised



Scared



Angry



Worried



Frustrated



Disappointed



Excited



Click on us
to sing The
Lerner
Song!



Play "Name That
Feeling" with Murray





welcome

Second Step Lesson 8: Identifying Anger



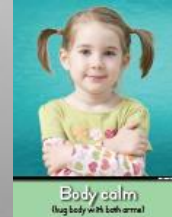
Eyes watching
(look to corners of eyes)



Ears listening
(cup ears w/ hands)



Voice quiet
(put finger to lips)



Body calm
(tag body with both arms)

Feelings



Happy



Sad



Surprised



Scared



Angry



Worried



Frustrated



Disappointed



Excited



Click on us
to sing The
Learner
Song!

[Click HERE to listen](#)



welcome

Second Step Lesson 9- Same or Different



Click on us
to sing The
Learner
Song!



Eyes watching

(point to corners of eyes)



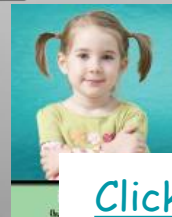
Ears listening

(cup hands to ears)

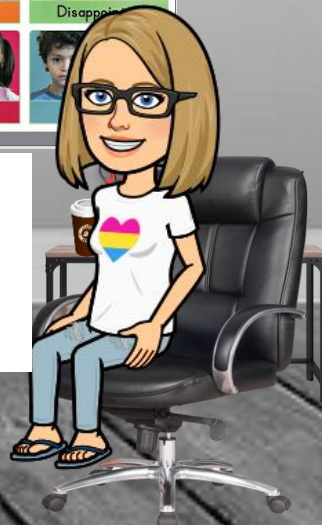


Voice quiet

(put finger to lips)



Click HERE for
a story about
similarities &
differences



welcome

Second Step Lesson 10- Accidents

Feelings



Eyes watching

(point to corners of eyes)

Ears listening

(cup hands to ears)

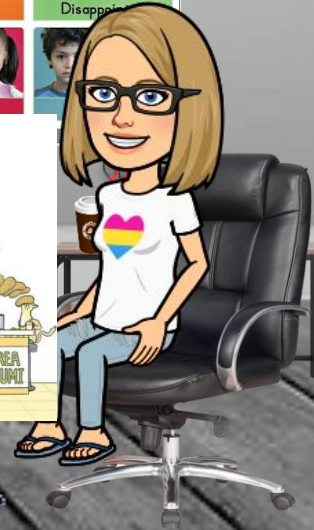
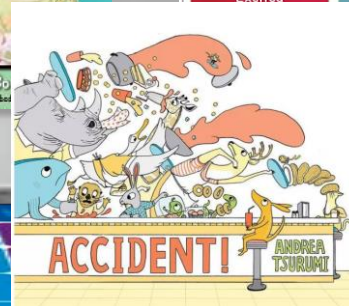
Voice quiet

(put finger to lips)

Body

(shrink body)

Click on us
to sing The
Learner
Song!

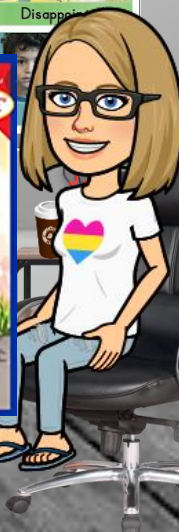
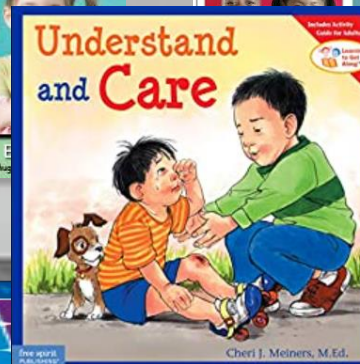
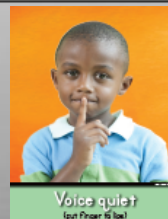


welcome



Second Step Lesson 11-Caring and Helping

Feelings



Click on us
to sing The
Learner
Song!



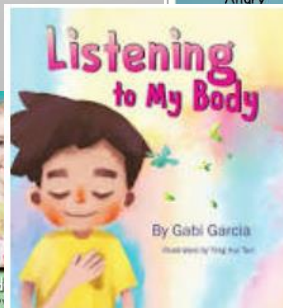


welcome

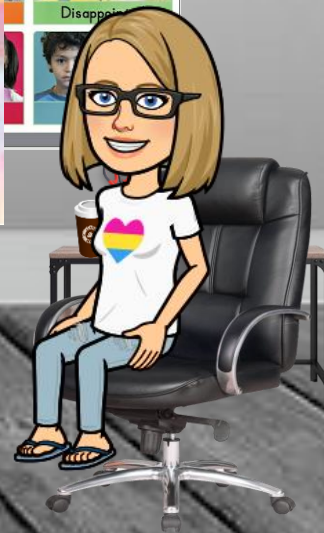
Second Step Lesson 12- We Feel Feelings in our Bodies

The Feelings Song

Feelings



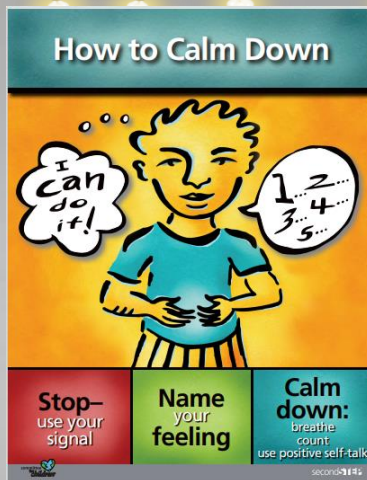
Click on us
to sing The
Learner
Song!



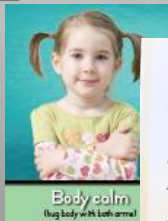


welcome

Second Step Lesson 13- Managing Frustration

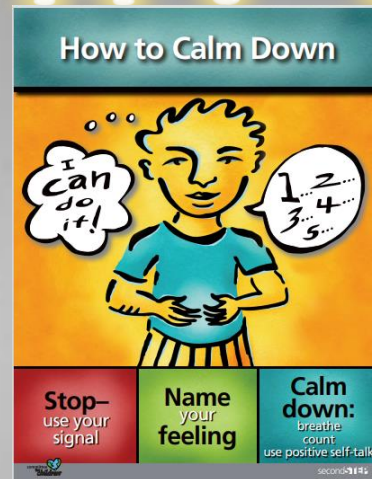


Click on us
to sing The
Learner
Song!



welcome

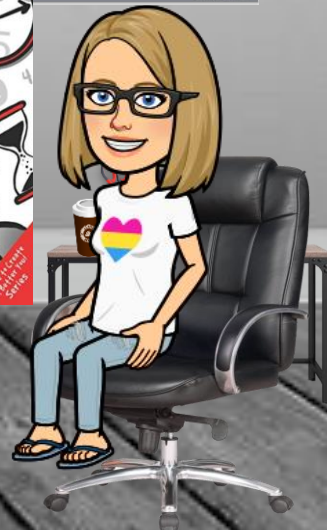
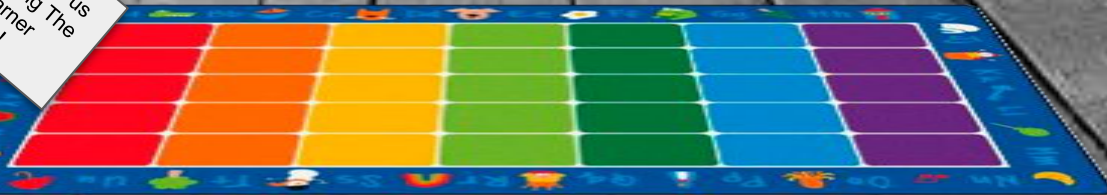
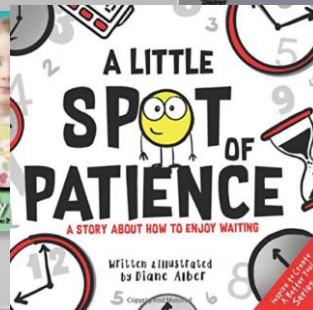
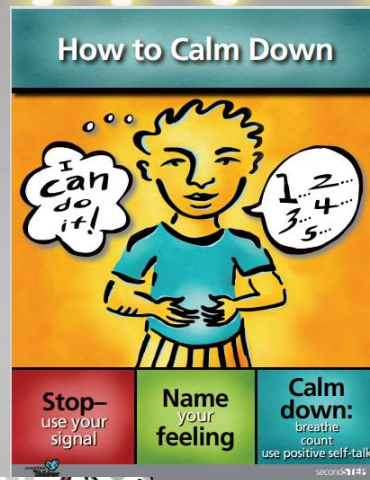
Second Step Lesson 14- Calming Down Strong Feelings





welcome

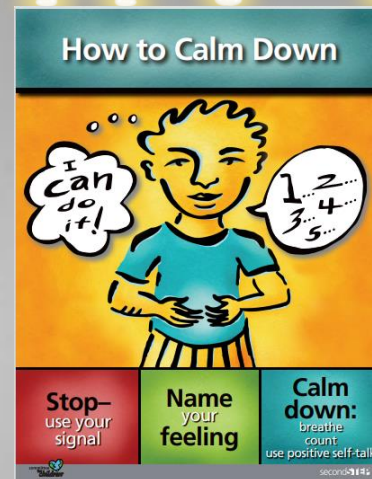
Second Step Lesson 15- Handling Waiting



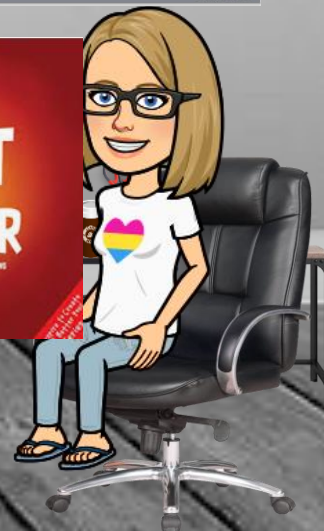


welcome

Second Step Lesson 16- Managing Anger



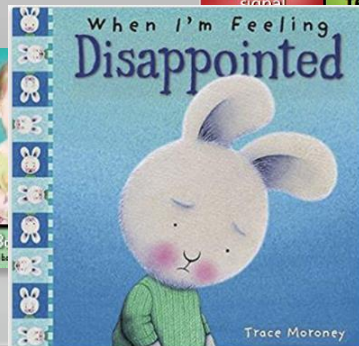
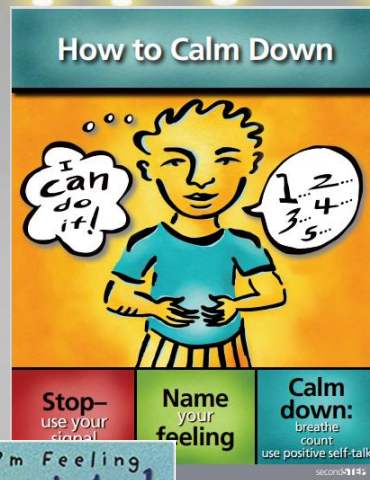
Click on us to sing The Learner Song!





welcome

Second Step Lesson 17- Managing Disappointment



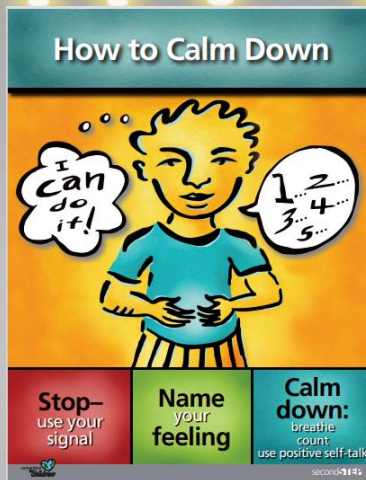
Click on us
to sing The
Learner
Song!



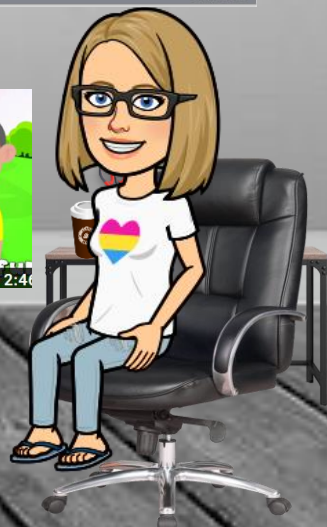
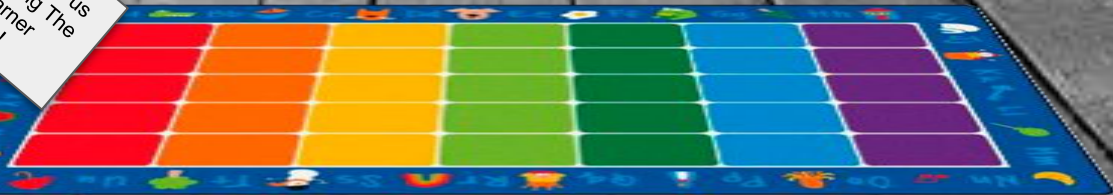


welcome

Second Step Lesson 18- Handling Being Knocked Down



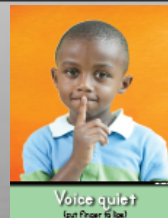
Click on us
to sing The
Learner
Song!



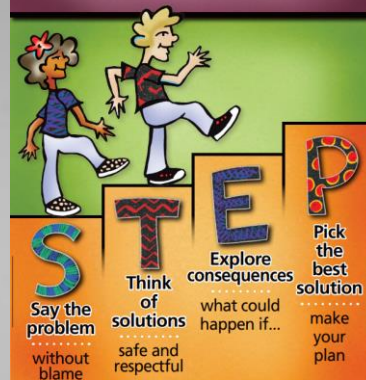


welcome

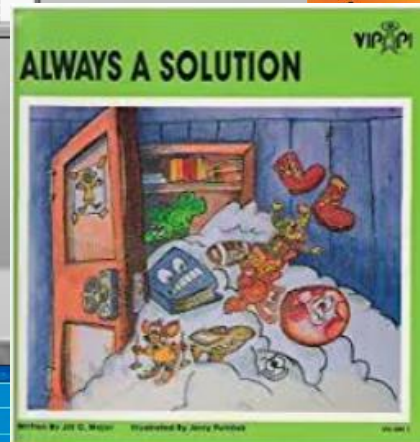
Second Step Lesson 19-Solving Problems



Problem-Solving Steps



Click on us
to sing The
Learner
Song!





welcome

Second Step Lesson 20- Inviting to Play

Problem-Solving Steps

S Say the problem without blame

T Think of solutions safe and respectful

E Explore consequences what could happen if...

P Pick the best solution make your plan



Eyes watching
Look to corners of eyes

Ears listening
Open ears & hands

Voice quiet
Quiet finger to lips

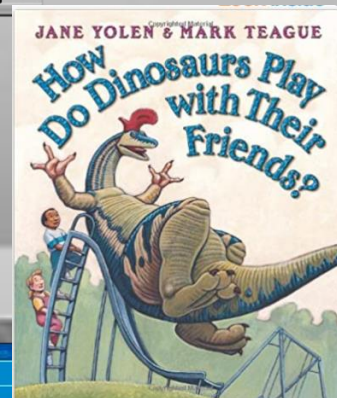
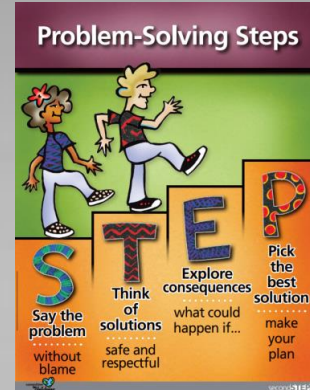
Click on us to sing The Learner Song!



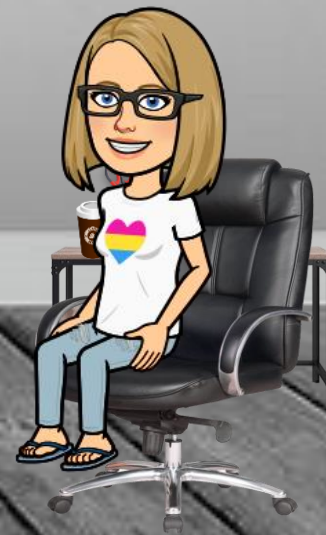


welcome

Second Step Lesson 21-Fair Ways to Play



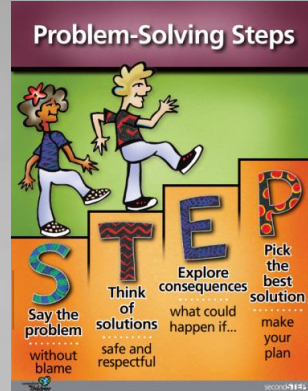
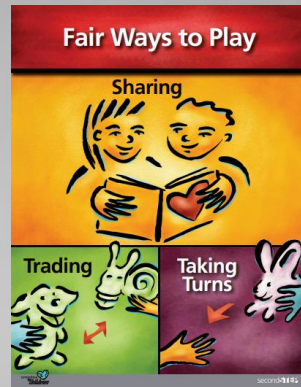
Click on us
to sing The
Learner
Song!





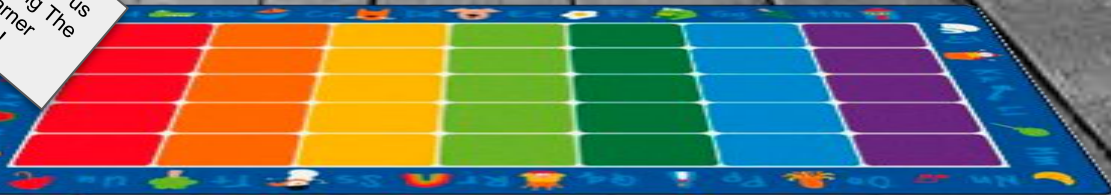
welcome

Second Step Lesson 22-Having Fun With Our Friends



How to Compromise

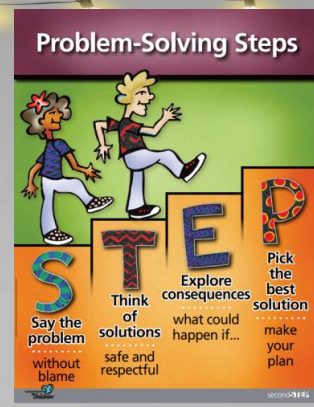
Click on us
to sing The
Learner
Song!



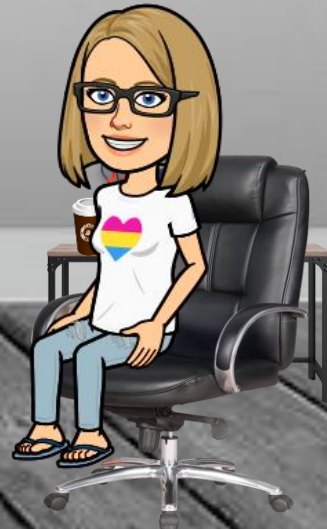


welcome

Second Step Lesson 23- Handling Having Things Taken Away



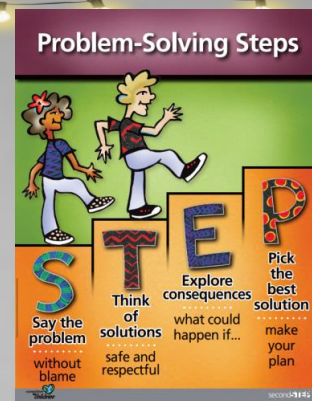
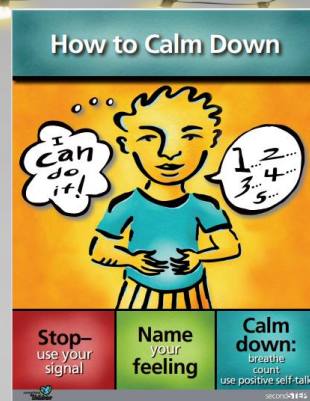
Click on us
to sing The
Learner
Song!



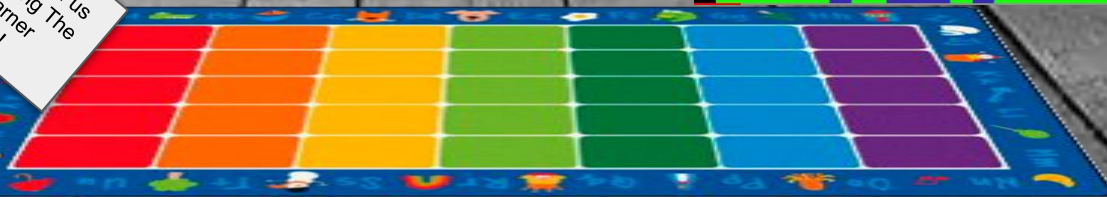


welcome

Second Step Lesson 24- Handling Name Calling



Click on us
to sing The
Learner
Song!



Skills for Learning

Focus Attention



Listen

Ignore distractions

Be Assertive



Use Self-Talk

SECOND STEP

Feelings



Happy



Sad



Surprised



Scared



Angry



Worried



Frustrated



Disappointed



Excited



Calm

SECOND STEP



Eyes watching

(point to corners of eyes)



Ears listening

(cup ears w/ hands)



Voice quiet

(put finger to lips)



Body listening

(wiggle body)

welcome

Second Step Lesson 25- Reviewing Second Step Skills

How to Calm Down



Stop-

use your signal

Name

your feeling

Calm

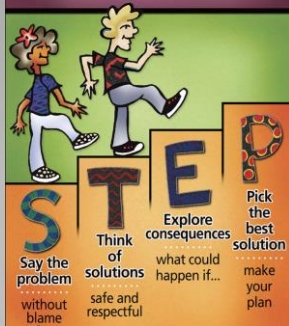
down:

breathe count

use positive self-talk

SECOND STEP

Problem-Solving Steps



Fair Ways to Play



SECOND STEP

Click on us to sing The Learner Song!

