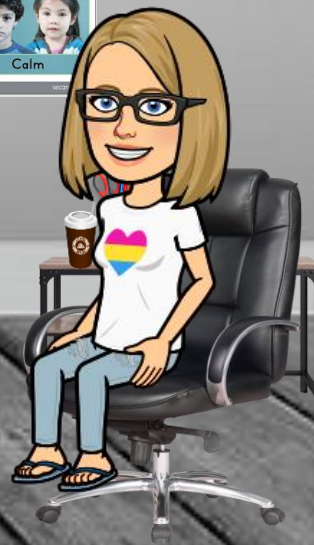
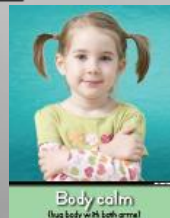




welcome

Second Step Lesson 1- Listening to Learn





welcome

Second Step: Lesson 2: Following Directions

Feelings



Click on us
to sing The
Learner
Song!

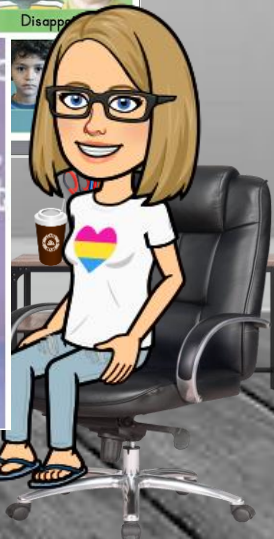
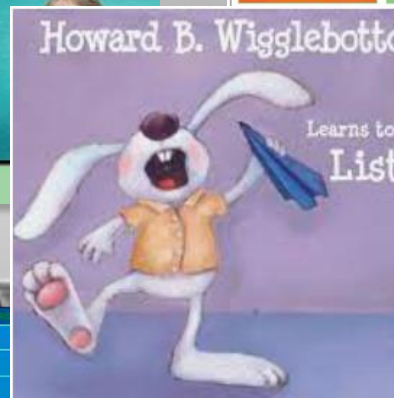
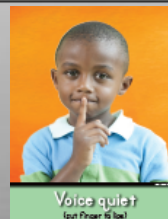




welcome

Second Step Lesson 3: Following Directions

Feelings



Click on us
to sing The
Learner
Song!



welcome

Second Step Lesson 4: Self-Talk for Learning

Feelings



Happy



Sad



Surprised



Scared



Angry



Worried



Disappointed

Why use positive self-talk?



*Happier

→ *Healthier

*Stronger

Eyes watching

(point to corners of eyes)

Ears listening

(cup hands to ears)

Voice quiet

(put finger to lips)

Click on us
to sing The
Learner
Song!



welcome



Second Step Lesson 5: Being Assertive

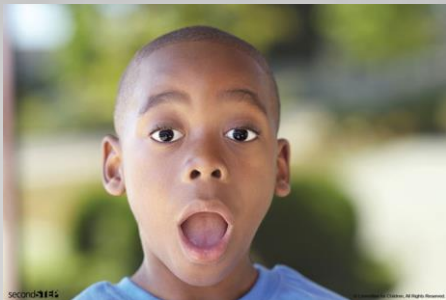
Feelings



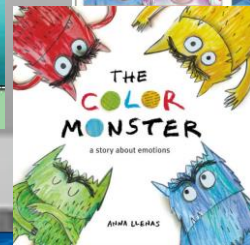
Click on us
to sing The
Learner
Song!



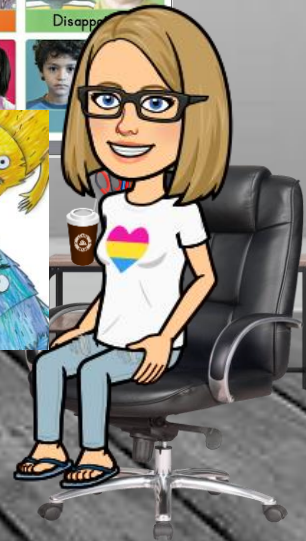
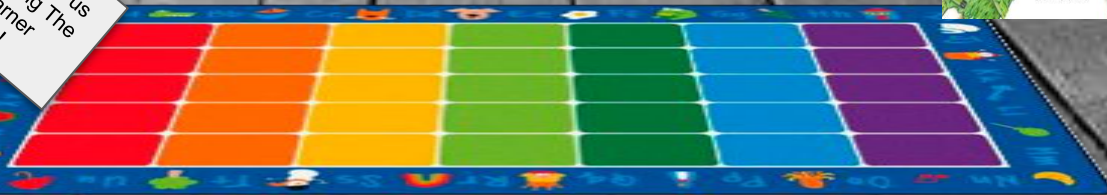
welcome



Second Step Lesson 6: Identifying Feelings



Click on us
to sing The
Learner
Song!



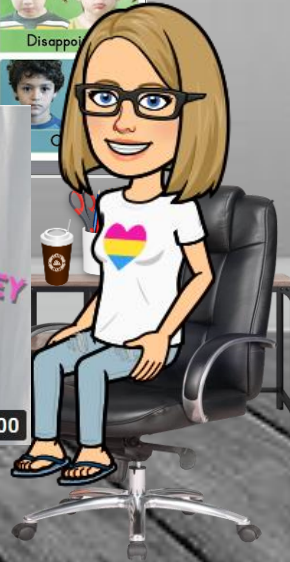


welcome

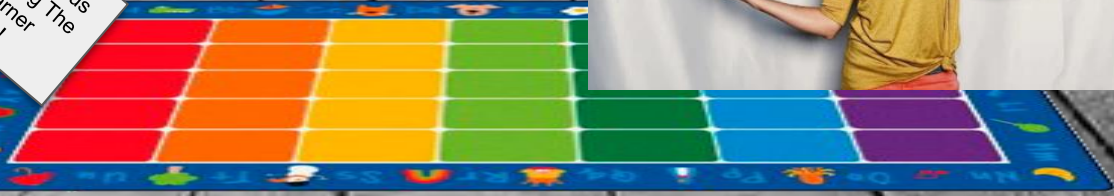
Second Step Lesson 7: Looking for More Clues



3:00



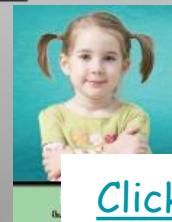
Click on us
to sing The
Learner
Song!



welcome



Click [HERE](#) for video



Click [HERE](#) for
a story about
similarities &
differences



Click on us
to sing The
Learner
Song!



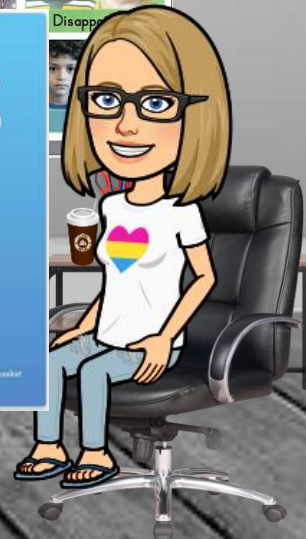
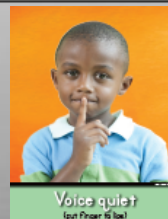


welcome

Second Step Lesson 9- Feelings Change

Click [HERE](#) for video

Feelings



Click on us
to sing The
Learner
Song!





welcome

Second Step Lesson 10- Accidents

Feelings



Happy



Sad



Surprised



Scared



Angry



Worried



Disappointed



Eyes watching

Look to corners of eyes



Ears listening

Open mouth & hands



Voice

Quiet Finger

HOW TO APOLOGIZE



Click on us
to sing The
Learner
Song!

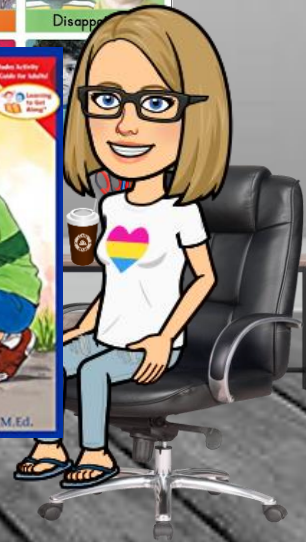
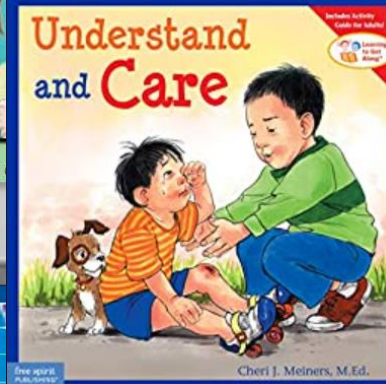
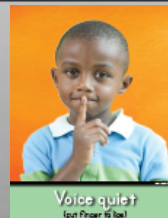


welcome

Second Step Lesson 11- Showing Care and Concern



Feelings



Click on us
to sing The
Learner
Song!





welcome

Second Step Lesson 12- Identifying Our Own Feelings

Feelings



Happy



Sad



Surprised



Scared



Angry



Worried



Frustrated



Disappointed



Eyes watching

(point to corners of eyes)



Ears listening

(cup hands w/ hands)



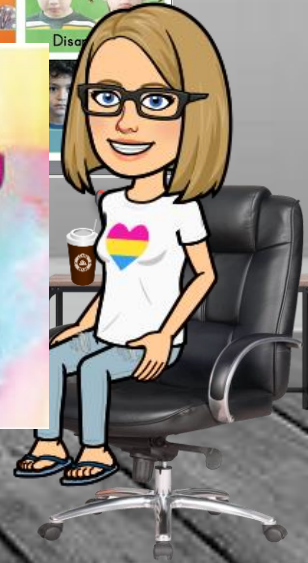
Voice quiet

(put finger to lips)



Heart feeling

(hand on chest)



Click on us
to sing The
Learner
Song!



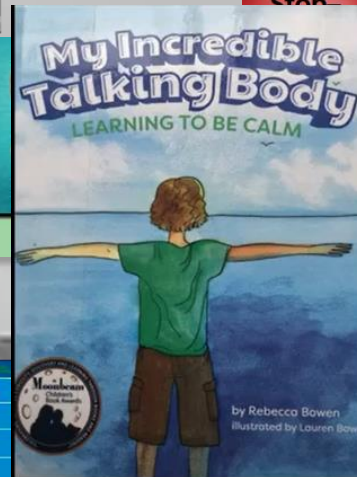
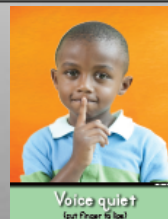
welcome



Second Step Lesson 13- Strong Feelings

How to Calm Down

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



Click on us
to sing The
Learner
Song!



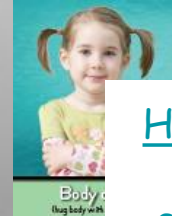


Part 1 [Video](#)

Part 2 [Video](#)

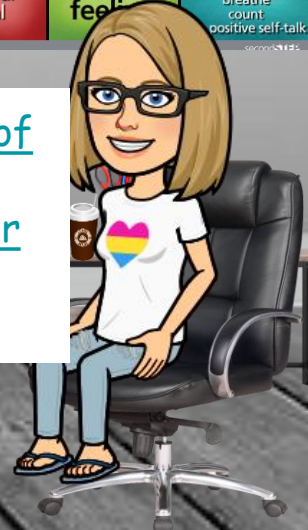
welcome

Second Step Lesson 14-Calming Down Anger



[Hand Model of
the Brain
explained for
kids](#)

Click on us
to sing The
Learner
Song!





welcome

Second Step Lesson 15- Self-Talk for Calming Down

How to Calm Down



Stop—
use your
signal

Name
your
feeling

Calm
down:
breathe
count
use positive self-talk



Eyes watching
Look to corners of eyes



Ears listening
Cup hands to ears



Voice quiet
Put finger to lips



Positive Self-Talk

SAY KIND AND ENCOURAGING
THINGS TO YOURSELF!

 **PAWsitive
Choices™**



3:10

Click on us
to sing The
Learner
Song!





[Lesson 16 VIDEO Part 1](#)

[Lesson 16 VIDEO Part 2](#)

welcome

Second Step Lesson 16- Managing Worry

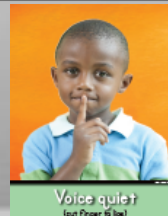
How to Calm Down



Stop—
use your
signal

Name
your
feeling

Calm
down:
breathe
count
use positive self-talk



Click on us
to sing The
Learner
Song!

A LITTLE
SPOT
OF ANXIETY
A STORY ABOUT CALMING YOUR WORRIES



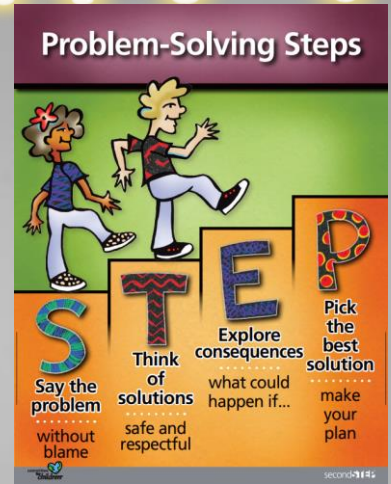


[Lesson 17 VIDEO Part 1](#)

[Lesson 17 VIDEO Part 2](#)

welcome

Second Step Lesson 17- Solving Problems Part I



Click on us to sing The Learner Song!





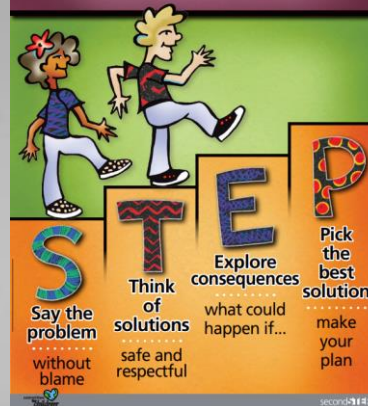
[Lesson 18 VIDEO Part 1](#)

[Lesson 18 VIDEO Part 2](#)

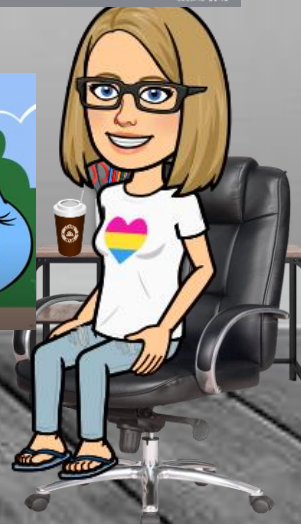
welcome

Second Step Lesson 18- Solving Problems Part 2

Problem-Solving Steps



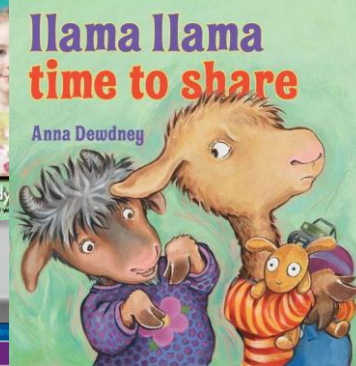
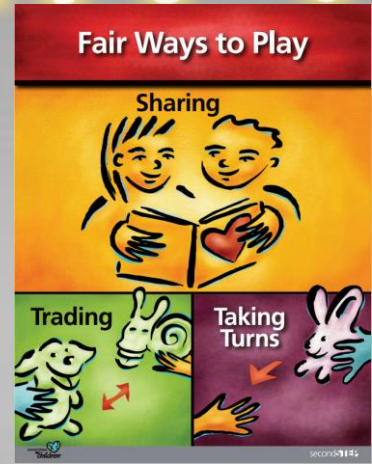
Click on us
to sing The
Learner
Song!





welcome

Second Step Lesson 19- Fair Ways to Play



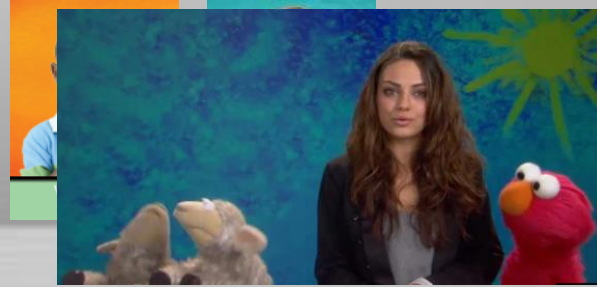
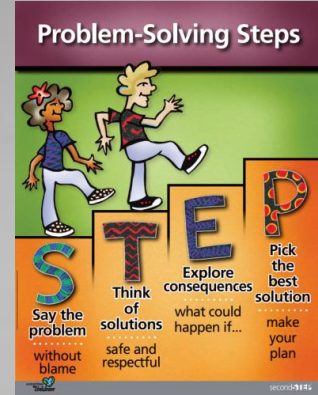
Click on us
to sing The
Learner
Song!





welcome

Second Step Lesson 20- Inviting to Join In



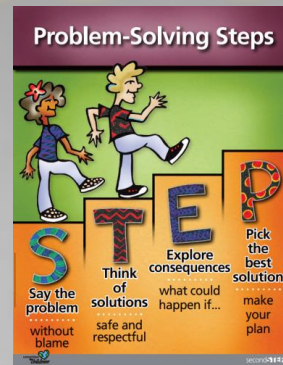
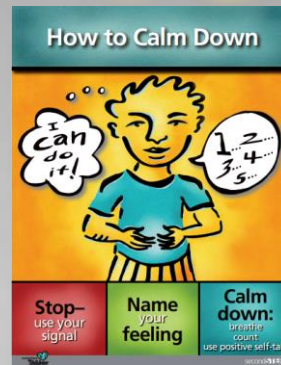
Click on us
to sing The
Learner
Song!





welcome

Second Step Lesson 21- Handling Name- Calling



Click on us
to sing The
Learner
Song!

