

Early Childhood	Unit One: Skills for Learning	
Lesson One	Weekly Concepts	Student Objectives
Welcoming	There are many ways to welcome someone new to class.	Make a friendly greeting
	Welcoming someone is a way to show you care.	Say their names
	Welcoming helps other children feel they belong to the class.	Demonstrate showing someone new around the classroom
Lesson Two	Weekly Concepts	Student Objectives
Listening	Following Listening Rules helps everyone learn	Demonstrate New Listening Rules in a group
Lesson Three	Weekly Concepts	Student Objectives
Focusing Attention	Focusing attention uses your eyes, ears and brain	Demonstrate focusing attention during a game.
	Practice helps you get better at focusing your attention.	
Lesson Four	Weekly Concepts	Student Objectives
Self Talk	Self talk is talking to yourself in a quiet voice or inside your head.	Demonstrate self-talk strategies while playing a game.
	Self talk helps you focus and pay attention.	
Lesson Five	Weekly Concepts	Student Objectives
Following Directions	Listening and following directions help you learn.	Demonstrate listening and following directions while doing activities
	Repeating directions helps you remember them.	
Lesson Six	Weekly Concepts	Student Objectives
Asking for What you Need or Want	To ask for what you need or want, face the person you are asking and use a respectful voice.	Demonstrate asking for what they need or want during skill practice activities.
Early Childhood	Unit Two: Empathy	
Lesson Seven	Weekly Concepts	Student Objectives
Identifying Feelings	You can look at people's faces and bodies for clues to help you tell how they feel.	Identify the feelings happy and sad when presented with physical (face or body) clues
Lesson Eight	Weekly Concepts	Student Objectives
More Feelings	Focusing attention on what is happening, or the situation, can help you tell how someone is feeling.	Name the feelings surprised and scared when presented with physical and situational clues
Lesson Nine	Weekly Concepts	Student Objectives
Identifying Anger	Identifying anger	Tell others about a time when they felt angry
	It is not okay to be mean or hurt others when you feel angry.	Identify the feeling mad/angry when presented with physical clues
Lesson Ten	Weekly Concepts	Student Objectives

Same or Different Feelings	People can have different feelings about the same thing.	Compare what is the same and what is different about two objects
	It is okay for people to have different feelings about the same thing.	Identify whether they feel the same as or different from others in response to scenarios
Lesson Eleven	Weekly Concepts	Student Objectives
Accidents	An accident is when you do something you didn't mean to do.	Identify when something happens by accident
	When you do something by accident, it's important to say it was an accident so others don't think you did it on purpose.	Demonstrate saying, "I didn't meant to. It was an accident. Are you okay?" in response to scenarios
Lesson Twelve	Weekly Concepts	Student Objectives
Caring and Helping	When you feel empathy for someone, you can show them you care.	Demonstrate saying something kind in response to scenarios
	You can show you care by saying something kind or doing something helpful.	Demonstrate helping behaviors during an activity
Early Childhood	Unit Three: Emotion Management	
Lesson Thirteen	Weekly Concepts	Student Objectives
We feel feelings in our bodies	Clues in your body help you identify your feelings.	Identify worry as an uncomfortable feeling
	Some feelings are comfortable: others are uncomfortable.	Identify a grown to talk to when they feel worried
	It is important to talk to a grown up when you feel worried.	Identify a grown to talk to when they feel worried
Lesson Fourteen	Weekly Concepts	Student Objectives
Strong Feelings	Sometimes your feelings can be strong. Strong feelings need to be managed.	Recognize and name when they or others are feeling frustrated
	Putting your hands on your tummy and saying "Stop" are ways to begin to calm down.	Demonstrate putting their hands on their tummies and saying "Stop"
Lesson Fifteen	Weekly Concepts	Student Objectives
Naming Feelings	Naming your feeling can help calm you down.	Name their feelings in response to scenarios
	It helps to talk to a grown up when you feel scared or sad.	Demonstrate how to calm down in response to scenarios
Lesson Sixteen	Weekly Concepts	Student Objectives
Managing Disappointment	When you don't get when you want, you can feel disappointed.	Demonstrate belly breathing
	Belly breathing calms down strong feelings.	Demonstrate the Calming Down Steps in response to scenarios
	Belly breathing pushes the belly out when you breathe in.	Demonstrate the Calming Down Steps in response to scenarios
Lesson Seventeen	Weekly Concepts	Student Objectives

Managing Anger	Feeling angry is natural, but hurtful, mean behaviors are not okay.	Demonstrate relaxing their bodies
	Your body lets you know when you're angry.	Tell the difference between ways to behave when angry that are okay and those that are not okay
	Learning to relax calms you down.	
Lesson Eighteen	Weekly Concepts	Student Objectives
Managing Waiting	Calming down can help you manage feeling excited while you're waiting	Demonstrate waiting in a game
	Counting also helps you wait.	Demonstrate counting to help with waiting
Early Childhood	Unit Four: Friendship Skills and Problem Solving	
Lesson Nineteen	Weekly Concepts	Student Objectives
Fair Ways to Play	Playing together, trading, and taking turns are fair and fun ways to play	Demonstrate asking to play together, trade or take turns when playing with another child
		Demonstrate using Fair Ways to Play in everyday situations
Lesson Twenty	Weekly Concepts	Student Objectives
Having fun with friends	When you play in fair ways, everyone has fun.	Identify how they feel when other children do or do not play in fair ways
	Other children sometimes have different wants or likes than you do.	Name ways they have fun with their friends
	Choosing to have fun with others rather than to get your own ways help you be friends.	
Lesson Twenty One	Weekly Concepts	Student Objectives
Inviting to Play	Inviting others to play is a way to make friends.	Demonstrate how to use inviting language
	Inviting others to play helps everyone feel part of the classroom.	Demonstrate inviting others to play during a game
Lesson Twenty Two	Weekly Concepts	Student Objectives
Joining in with Play	Noticing what other children are playing and offering ideas for play helps you join in.	Come up with lots of ideas for play
		Identify positive ways to join in
Lesson Twenty Three	Weekly Concepts	Student Objectives
Saying the Problem	You need to calm down before you solve a problem.	Demonstrate calming down and saying the problem
	The first Problem Solving Step is to use words to say the problem.	Use words to describe problems presented in classroom
Lesson Twenty Four	Weekly Concepts	Student Objectives

Thinking of Solutions	The second Problem Solving Step is to think of lots of solutions	Think of lots of solutions to a problem
Lesson Twenty Five	Weekly Concepts	Student Objectives
Speaking Assertively	If someone treats you in unsafe or mean ways, speaking up assertively is a respectful way to deal with it.	Demonstrate speaking up assertively in response to scenarios
Early Childhood	Unit Five: Transitioning to Kindergarten	
Lesson Twenty Six	Weekly Concepts	Student Objectives
Learning in Kindergarten	The Listening Rules and Skills for Learning will help you be a better learner in kindergarten.	Demonstrate the Listening Rules
		Demonstrate focusing attention, listening, and using self talk during an activity.
Lesson Twenty Seven	Weekly Concepts	Student Objectives
Riding the Kindergarten Bus	Looking at people's faces and bodies and noticing what is happening help you tell how people are feeling. People can have different feelings about the same thing.	Identify the feelings learned in the Second Step program when presented with facial clues
	Using the Calming Down Steps helps you calm down strong feelings.	Demonstrate with Calming Down Steps in response to scenarios
Lesson Twenty Eight	Weekly Concepts	Student Objectives
Making New Friends in Kindergarten	Playing together, trading, and taking turns are fair and fun ways to play.	Demonstrate the Fair Ways to Play
	Inviting others to play and asking to join in are ways to make friends in kindergarten.	Demonstrate inviting others to play and asking to join in play