

Grade Four	Unit One: Empathy and Skills For Learning	
Lesson One	Weekly Concepts	Student Objectives
Empathy and Respect	The Second Step program helps you succeed at school.	Define <i>respect</i>
	Having respect and empathy helps you get along with others.	Define <i>empathy</i>
Lesson Two	Weekly Concepts	Student Objectives
Listening with Attention	Listening with attention helps you learn, work with others, and make friends.	Demonstrate listening-with-attention skills
Lesson Three	Weekly Concepts	Student Objectives
Being Assertive	Being assertive means asking for what you want or need in a calm, firm, respectful voice.	Identify passive, aggressive, and assertive responses
	Being assertive helps you be successful in a variety of social and academic situations.	Demonstrate assertive responses with their partners
Lesson Four	Weekly Concepts	Student Objectives
Respecting Similarities and differences	People can have similar or different feelings about the same situation.	Identify clues that help them recognize other people's feelings
	Being able to notice and then understand others' feelings is an important part of empathy.	Identify similarities and differences between how two people feel
Lesson Five	Weekly Concepts	Student Objectives
Understanding Complex Feelings	It is possible to have more than one feeling at the same time.	Identify multiple feelings in a given scenario
	Being able to understand that others might have complex feelings is an important part of empathy.	Give possible reasons for multiple feelings
Lesson Six	Weekly Concepts	Student Objectives
Understanding Different Perspectives	People can have different perspectives about other people, places, and situations.	Identify components of a successful conversation
	Perspective taking is a central component of empathy.	Demonstrate giving and receiving a compliment
Lesson Seven	Weekly Concepts	Student Objectives
Conversation and Compliments	Having successful conversations with peers helps you make and build friendships.	Identify components of a successful conversation
	Giving a sincere, thoughtful compliment is a good way to start a conversation or keep one going.	Demonstrate giving and receiving a compliment
Lesson Eight	Weekly Concepts	Student Objectives
Joining In	Being assertive can help you join and invite others to join a group.	Identify skills for joining a group
		Demonstrate skills for joining a group

Lesson Nine	Weekly Concepts	Student Objectives
Showing Compassion	<i>Compassion</i> means saying kind words or doing something helpful to show you care about how another person feels.	Demonstrate expressing concern or showing compassion for someone.
	Having empathy helps you show compassion.	
Grade Four	Unit Two: Emotion Management	
Lesson Ten	Weekly Concepts	Student Objectives
Introducing Emotion Management	When you feel strong feelings, it's hard to think clearly.	Describe what triggers their own strong emotions
	Unmanaged, strong emotions can lead to negative behavior and consequences.	Describe what happens in their brains and bodies when they experience strong emotions.
Lesson Eleven	Weekly Concepts	Student Objectives
Managing Strong Feelings	Staying in control of your emotions and actions helps you get along better with others and be successful at school.	Demonstrate the ability to interrupt escalating emotions
		Determine a personal "signal"
		Identify and name strong feelings as they occur
Lesson Twelve	Weekly Concepts	Student Objectives
Calming Down Anger	Calming down emotions that are getting out of control helps you think clearly so you can avoid negative consequences.	Identify situations in which they might need to calm down
		Demonstrate the technique for deep, centered breathing
		Identify and demonstrate other Ways to Calm Down (counting, using positive self-talk_
Lesson Thirteen	Weekly Concepts	Student Objectives
Managing Anxiety	Effectively managing your anxiety makes it easier to focus and succeed in social and academic situations.	Identify situations that cause anxiety
		Apply what they've learned about calming down to anxiety-provoking scenarios, including academic challenges
Lesson Fourteen	Weekly Concepts	Student Objectives
Avoiding Jumping to Conclusions	Calming down strong emotions helps you think clearly about a situation so you can avoid jumping to conclusions.	Identify emotion-management strategies
		Demonstrate assertiveness skills
		Identify and demonstrate positive self-talk statements
Lesson Fifteen	Weekly Concepts	Student Objectives
	Calming down helps you handle put-downs and avoid making conflicts escalate.	Identify strategies for handling put-downs
		Demonstrate what they've learned about strategies for calming down
		Demonstrate assertive responses to put-downs

Grade Four	Unit Three: Problem Solving	
Lesson Sixteen	Weekly Concepts	Student Objectives
Solving Problems, Part One	Following steps can help you solve problems.	Recall the S: Say the problem step of the Problem-Solving Steps
	Saying the problem without blame is respectful.	State a problem without blaming anyone
	Solving problems helps you be successful at school.	
Lesson Seventeen	Weekly Concepts	Student Objectives
Solving Problems, Part Two	Solving problems helps you be successful at school.	Generate safe and respectful solutions to a problem
		Identify consequences of potential solutions
		Select an appropriate solution to a problem
Lesson Eighteen	Weekly Concepts	Student Objectives
Making a Plan	Some solutions to problems are complicated and need a plan.	Explain the purpose of making a plan
	Plans help you break down a big task into smaller, more manageable parts.	Create a three-step plan to carry out a solution to a problem
Lesson Nineteen	Weekly Concepts	Student Objectives
Solving Playground Problems	You are better able to resolve playground conflicts when you are able to calm down and use the Problem-Solving Steps.	Identify common playground conflicts
		Demonstrate using the Problem-Solving Steps to handle playground conflicts
Lesson Twenty	Weekly Concepts	Student Objectives
Taking Responsibility for Your Actions	Taking responsibility for your actions is the respectful thing to do.	Demonstrate the ability to use the Problem-Solving Steps to handle scenarios in which someone has been wronged
		Demonstrate acknowledging mistakes
		Demonstrate making an apology and offering to make amends
Lesson Twenty One	Weekly Concepts	Student Objectives
Dealing with Peer Pressure	It is okay to say no to others, and it is okay for them to say no to you.	Demonstrate using assertiveness skills to resist peer pressure
	Negative emotions like guilt and remorse can be reasons not to go along with peer pressure.	Demonstrate using the Problem-Solving Steps to figure out ways to resist peer pressure
Lesson Twenty Two	Weekly Concepts	Student Objectives
Reviewing <i>Second Step</i> Skills	The skills and concepts learned in the <i>Second Step</i> program can help you succeed in school.	Identify <i>Second Step</i> skills and concepts being used in scenarios students might encounter at school

Reviewing *Second Step* Skills

Include *Second Step* skills in a written script about solving a problem