

Grade Five	Unit One: Empathy and Skills For Learning	
Lesson One	Weekly Concepts	Student Objectives
Empathy and Respect	The <i>Second Step</i> program helps you succeed at school.	Define respect
	Having respect and empathy helps you get along with others.	Define empathy
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
Predicting Feelings	Being able to predict how what you do or say might make other people feel is respectful and will help you get along better with others.	Predict how others might feel as a result of their or another's actions
		State the cause and effects of a given action
Lesson Five	Weekly Concepts	Student Objectives
Taking Others' Perspectives	Others may have different perspectives.	Demonstrate the ability to take someone else's perspective
	Being able to recognize someone else's perspective helps you get along with others.	
Lesson Six	Weekly Concepts	Student Objectives
Accepting Differences	Accepting differences and finding similarities can create mutual respect and friendship.	Identify similarities and differences between two people
		Define <i>prejudice</i>
Lesson Seven	Weekly Concepts	Student Objectives
Disagreeing Respectfully	Disagreeing respectfully involves using assertiveness skills.	Distinguish between respectful and disrespectful ways to disagree
	Disagreeing respectfully helps you strengthen your relationships, avoid misunderstandings, and prevent aggressive conflicts.	Communicate their own perspectives
		Demonstrate skills for disagreeing respectfully
Lesson Eight	Weekly Concepts	Student Objectives

Responding with Compassion	<p><i>Compassion</i> is saying kind words or doing something to show you care about how another person feels.</p> <p>Showing compassion for others is the respectful, kind thing to do.</p> <p>Having empathy helps you show compassion.</p>	Demonstrate knowledge of how to respond with compassion
Grade Five	Unit Two: Emotion Management	
Lesson Nine	Weekly Concepts	Student Objectives
Introducing Emotion Management	When you have strong, unmanaged emotions, it can lead to negative behavior and consequences.	Describe what happens in their brains and bodies when they experience strong emotions
		Identify a personal signal
		Identify and name strong feelings
Lesson Ten	Weekly Concepts	Student Objectives
Calming Down	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
		Learn the technique for deep, centered breathing
		Identify and demonstrate other Calming Down Strategies (using positive self-talk, counting, taking a break)
Lesson Eleven	Weekly Concepts	Student Objectives
Managing Anxiety	Managing your anxiety effectively makes it easier to focus and succeed in social and academic situations.	Identify social situations that can cause anxiety
		Apply what they've learned about calming down in scenarios causing social anxiety
Lesson Twelve	Weekly Concepts	Student Objectives
Managing Frustration	Frustration can get in the way of learning.	Identify physical signs of frustration
	Managing frustration reduces the chance of doing something you may regret later.	Demonstrate reducing frustration by using the Calming-Down Steps
Lesson Thirteen	Weekly Concepts	Student Objectives
Resisting Revenge	Getting revenge can make problems worse.	Identify consequences of revenge
		Generate alternatives for seeking revenge
		Demonstrate using the Calming-Down Steps
Lesson Fourteen	Weekly Concepts	Student Objectives
	Calming down helps you handle put-downs and avoid escalating conflicts.	Identify strategies for handling put-downs

Handling Put-Downs		Demonstrate what they've learned about the Calming-Down Steps
		Demonstrate assertive responses to put-downs
Lesson Fifteen	Weekly Concepts	Student Objectives
Avoiding Assumptions	Calming down strong emotions helps you think clearly about a situation and make better decisions.	Identify emotion-management strategies
		Demonstrate assertiveness skills
		Identify and use positive self-talk statements to avoid making assumptions
Grade Five	Unit Three: Problem Solving	
Lesson Sixteen	Weekly Concepts	Student Objectives
Solving Problems, Part One	Solving problems helps you be successful at school.	Recall the S: Say the problem step of the Problem-Solving Steps
		State a problem without blaming anyone
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
Seeking Help	Seeking help from a trusted adult is sometime the best solution.	State the Problem-Solving Steps
		Demonstrate using assertiveness skills when seeking help
Lesson Twenty	Weekly Concepts	Student Objectives
Dealing with Gossip	Malicious gossip is hurtful and not respectful to others.	Identify why some gossip is harmful
		Generate ideas for refusing or avoiding harmful gossip
		Demonstrate using the Problem-Solving Steps to deal with gossip
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. Negative emotions like guilt and remorse can be reasons not to go along with peer pressure.	Demonstrate using assertiveness skills to resist 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 Include <i>Second Step</i> skills in a written script about solving a problem