



SOCIAL EMOTIONAL Learning

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Quarter 3

Unit 3 : Emotion Management Students gained skills through the *Second Step* curriculum to help themselves learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.

Kindergarten

- Identify what to say when they do something by accident
- Identify that listening is one way to show you care
- Identify physical physical clues for feeling worried
- Identify “Stop” and “Name your feeling” as ways to begin to calm down

1st Grade

- Demonstrate welcoming and inviting behaviors
- Predict how others might feel as a result of their own or others’ actions, Demonstrate caring and helping
- Identify physical clues to identify their feelings (angry, sad, worried, glad)
- Demonstrate two Calming-Down Steps to manage strong feelings

2nd Grade

- Identify ways to show compassion for others in response to scenarios
- Predict others’ feelings in response to scenarios
- Identify physical clues that can help name their own feelings (angry, sad, worried, glad)
- Demonstrate the first two Calming-Down Steps in response to scenarios

3rd Grade

- Identify ways to show compassion for others in response to scenarios
- Initiate, continue, and end a conversation in friendly way in the context of a game
- Identify physical clues that can help label their own feelings (angry, sad, worried, glad)

4th Grade

- Describe what happens in their brains + bodies when they experience strong emotions (anger)
- Demonstrate the ability to interrupt escalating emotions and identify situations
- Identify situations that cause anxiety (testing, meeting someone new, schedule changes)
- Identify and Demonstrate using the Calming-Down Steps

5th Grade

- Describe what happens in their brains + bodies when they experience strong emotions (anger)
- Identify situations in which they might need to calm down (disagreement, frustration)
- Identity social situations that can cause anxiety
- Demonstrate using the Calming-Down Steps

★ Join **www.secondstep.org** with the activation key below to watch videos about the *Second Step* program and get information about what your student is learning.

Kindergarten activation key:

SSPK FAMI LY70

1st Grade activation key:

SSP1 FAMI LY71

2nd Grade activation key:

SSP2 FAMI LY72

3rd Grade activation key:

SSP3 FAMI LY73

4th Grade activation key:

SSP4 FAMI LY74

5th Grade activation key:

SSP5 FAMI LY75

*February 3rd-10th we had a special K-5 SEL / Counselor Collaboration:
"Valen-Kind" Kindness Lesson
co-taught with RES Counselor, MS. Cassie.