Roll and Discuss

empathy + respect

ROLL	DISCUSS
2	Talk about three ways to show respect for others.
3	Why is it important to show empathy towards others?
4	If your friend is upset after losing a game, how would you show them empathy?
5	Discuss the meaning of respect.
6	If you notice some is being left out, what could you do? How would that make you feel?
7	What would school be like if everyone showed empathy toward one another?
8	What does it mean to "put yourself in someone else's shoes?"
9	Why does it help everyone learn when classmates show respect?
10	Why is important to show respect towards others?
11	Discuss the meaning of empathy.
12	Think about a time when you hurt someone's feelings. Describe what happened. How did you feel about the situation? Did you do anything to make the situation better?

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Roll and Discuss

listening with attention

ROLL	DISCUSS
2	True or False: To show that you are listening with attention, it can help to repeat what you heard to show you understand.
3	Describe a time in class when it is important to listen with attention.
4	Think about a family memory that you will never forget. Describe the memory and have your partner practice listening with attention.
5	How does it make you feel when someone is listening with attention when you are talking to them?
6	True or False: To show that you are listening with attention, it is good to ask questions to find out more.
7	How can you tell if someone is listening with attention?
8	Describe a time when you didn't listen with attention in class. What happened?
9	True or False: It is okay to interrupt a person when they are talking to you.
10	Pretend that you have a big project coming up. Why is it important to listen with attention when the teacher is giving directions about the project?
11	Fill in the blank: Focus on the person's _____ when they are speaking to you.
12	Think about your favorite activity to do on a summer day. Describe what you like to do and have your partner practice listening with attention.

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Roll and Discuss

being assertive

ROLL	DISCUSS
2	Why is being assertive a good way to communicate what you want and need in school?
3	What does the word passive mean?
4	Define assertive.
5	What might happen if you are being passive instead of being assertive?
6	Describe what your voice and body are like when you are being passive.
7	What does the word aggressive mean?
8	Why is being assertive a good way to communicate what you want and need in school?
9	What might happen if you are being aggressive instead of being assertive?
10	Why is it important to stand up for yourself if someone is disrespecting you?
11	If someone cuts in front of you in line, how could you assertively tell them to go to the end of the line?
12	Describe what your voice and body are like when you are being assertive.

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Roll and Discuss

respecting similarities + differences

ROLL	DISCUSS
2	Find out one way that you and your partner are similar. How are you different?
3	When you are talking in front of the class, how do you feel? How does your partner feel?
4	When it is time to go to sleep, how do you feel? How does your partner feel?
5	What are some ways to notice how others feel?
6	How does having empathy for others help you at school?
7	When you are about to get on a roller coaster, how do you feel? How does your partner feel?
8	Can you still be friends with someone who feels differently than you do about a situation?
9	Review: Name some feeling words that would describe how you feel before you take a test.
10	Everyone is special or unique. Talk about one way that you are unique.
11	When you are about to perform in a school sing, how do you feel? How does your partner feel?
12	What are some ways to notice how others feel?

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Roll and Discuss

understanding complex feelings

ROLL	DISCUSS
2	List as many emotions that you can think of.
3	How does having empathy for others help you understand if they are experiencing complex feelings?
4	Describe a time in school when you have experienced more than one feeling. What were the feelings?
5	What are complex feelings?
6	Review: Define empathy.
7	You have just finished up a big project. It took you a very long time, but you are finally done. Now you have to present it to the class tomorrow. Describe two feelings that you are experiencing and explain why.
8	Review: Why is being assertive a good way to communicate what you want and need in school?
9	True or False: It is weird to have complex feelings.
10	Describe a time at home when you have experienced more than one feeling. What were the feelings?
11	True or False: Adults also experience complex feelings.
12	Review: When you are about to perform in a school sing, how do you feel? How does your partner feel?

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Roll and Discuss

understanding different perspectives

ROLL	DISCUSS
2	What does it mean to have a different perspective than someone else?
3	What is the best type of music to listen to? What type of music does your partner think is the best to listen to?
4	How much homework do you think you should get each night? How much homework does your partner think you should get each night?
5	What time is the best time to do your homework? What time does your partner think is the best time to do homework?
6	How does it help groups work together if their members respect each others' points of view?
7	Review: Define Empathy.
8	How does it feel when others respect your point of view?
9	True or False: It is important to listen with attention when someone is sharing their perspective on a situation.
10	True or False: You can not be friends with someone who has a different perspective than you.
11	Review: What does it mean to be assertive?
12	Where is the best place to visit? Where does your partner think the best place to visit is?

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Roll and Discuss

conversation + compliments

ROLL	DISCUSS
2	Name at least two Second Step skills that you could use when starting a conversation.
3	Review: How do we show someone that we are listening with attention?
4	Give a compliment to your partner.
5	What are some tips to keep a conversation going successfully?
6	True or False: When you start a conversation with someone you just met, you should invite them over for a sleepover.
7	What does it mean to interrupt? Why shouldn't you interrupt someone when they are talking to you?
8	Why are put-downs not okay?
9	Review: Why does it help everyone learn when everyone shows respect?
10	True or False: Compliments make people feel good.
11	Choose a topic that we are learning about. Begin a conversation with your partner about the topic.
12	When having a group conversation, how can students make sure that everyone in the group is included in the conversation?

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Roll and Discuss

joining in

ROLL	DISCUSS
2	If you notice that someone is being left out, what can you do?
3	What are some possible phrases that you can say when attempting to join in a group?
4	Review: Can you still be friends with someone who feels differently than you do about a situation?
5	How does it feel to be left out?
6	True or False: When attempting to join in a group, you should always try to yell at everyone so that they can hear you.
7	Review: Describe what your voice and body are like when you are being assertive.
8	True or False: When you ask someone one to join in when you notice they are being left out, that is showing empathy.
9	Describe a time when you were left out. How did it make you feel?
10	Have you ever noticed someone being left out? Did you do anything to make them feel included? Why or why not?
11	Explain the tips for joining in.
12	Review: How does it feel when others respect your point of view?

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Roll and Discuss

showing compassion

ROLL	DISCUSS
2	Describe a time when some showed compassion towards you.
3	Review: How does having empathy for others help you at school?
4	Define compassion.
5	Explain a time when you could show compassion at school.
6	If you friend just lost a pet, what could you do to show them compassion?
7	Why is it important to be able to show compassion?
8	Review: Explain how listening with attention affects your learning.
9	Describe a random act of kindness that you would like to do for a classmate this week.
10	Imagine your classmate just did very poorly on their test. How could you show them compassion?
11	Explain a time when you could show compassion at home.
12	What could make it difficult for you to show compassion?

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