

Lesson	Concepts	Objectives—Students will be able to:
1. Empathy and Respect	<ul style="list-style-type: none"> The <i>Second Step</i> program helps you succeed at school. Having respect and empathy helps you get along with others. 	<ul style="list-style-type: none"> Define <i>respect</i> Define <i>empathy</i>
2. Listening with Attention	<ul style="list-style-type: none"> Listening with attention helps you learn, work with others, and make friends. 	<ul style="list-style-type: none"> Demonstrate listening-with-attention skills.
3. Being Assertive	<ul style="list-style-type: none"> Being assertive means asking for what you want or need in a calm, firm, respectful voice. Being assertive helps you be successful in a variety of social and academic situations. 	<ul style="list-style-type: none"> Identify passive, aggressive, and assertive responses Demonstrate assertive responses with their partners
4. Respecting Similarities and Differences	<ul style="list-style-type: none"> People can have similar or different feelings about the same situation. Being able to notice and then understand others' feelings is an important part of empathy. 	<ul style="list-style-type: none"> Identify clues that help them recognize other people's feelings Identify similarities and differences between how two people feel
5. Understanding Complex Feelings	<ul style="list-style-type: none"> It is possible to have more than one feeling at the same time. Being able to understand that others might have complex feelings is an important part of empathy. 	<ul style="list-style-type: none"> Identify multiple feelings in a given scenario Give possible reasons for multiple feelings
6. Understanding Different Perspectives	<ul style="list-style-type: none"> People can have different perspectives about other people, places, and situations. Perspective taking is a central component of empathy. 	<ul style="list-style-type: none"> Identify differing perspectives in given scenarios Generate prosocial responses to scenarios in which different perspectives could cause a conflict
7. Conversation and Compliments	<ul style="list-style-type: none"> Having successful conversations with peers helps you make and build friendships. Giving a sincere, thoughtful compliment is a good way to start a conversation or keep one going. 	<ul style="list-style-type: none"> Identify components of a successful conversation Demonstrate giving and receiving a compliment
8. Joining In	<ul style="list-style-type: none"> Being assertive can help you join and invite others to join a group. 	<ul style="list-style-type: none"> Identify skills for joining a group Demonstrate skills for joining a group
9. Showing Compassion	<ul style="list-style-type: none"> <i>Compassion</i> means saying kind words or doing something helpful to show you care about how another person feels. Having empathy helps you show compassion. 	<ul style="list-style-type: none"> Demonstrate expressing concern or showing compassion for someone

Lesson	Concepts	Objectives —Students will be able to:
10. Introducing Emotion Management	<ul style="list-style-type: none"> • When you feel strong feelings, it’s hard to think clearly. • Unmanaged, strong emotions can lead to negative behavior and consequences. 	<ul style="list-style-type: none"> • Describe what triggers their own strong emotions • Describe what happens in their brains and bodies when they experience strong emotions
11. Managing Strong Feelings	<ul style="list-style-type: none"> • Staying in control of your emotions and actions helps you get along better with others and be successful at school. 	<ul style="list-style-type: none"> • Demonstrate the ability to interrupt escalating emotions • Determine a person “signal” • Identify and name strong feelings as they occur
12. Calming Down Anger	<ul style="list-style-type: none"> • Calming down emotions that are getting out of control helps you think clearly so you can avoid negative consequences. 	<ul style="list-style-type: none"> • Identify situations in which they might need to calm down • Demonstrate the technique for deep, centered breathing • Identify and demonstrate other Calming-Down Strategies (counting, using positive self-talk)
13. Managing Anxiety	<ul style="list-style-type: none"> • Effectively managing your anxiety makes it easier to focus and succeed in social and academic situations. 	<ul style="list-style-type: none"> • Identify situations that cause anxiety • Apply what they’ve learned about calming down to anxiety-provoking scenarios, including academic challenges
14. Avoiding Jumping to Conclusions	<ul style="list-style-type: none"> • Calming down strong emotions helps you think clearly about a situation so you can avoid jumping to conclusions. 	<ul style="list-style-type: none"> • Identify emotion-management strategies • Demonstrate Assertiveness Skills • Identify and demonstrate positive self-talk statements
15. Handling Put-Downs	<ul style="list-style-type: none"> • Calming down helps you handle put-downs and avoid making conflicts escalate. 	<ul style="list-style-type: none"> • Identify strategies for handling put-downs • Demonstrate what they’ve learned about strategies for calming down • Demonstrate assertive responses to put-downs

Lesson	Concepts	Objectives—Students will be able to:
16. Solving Problems, Part 1	<ul style="list-style-type: none"> • Following steps can help you solve problems. • Saying the problem without blame is respectful. • Solving problems helps you be successful at school. 	<ul style="list-style-type: none"> • Recall the S: Say the problem step of the Problem-Solving Steps • State a problem without blaming anyone
17. Solving Problems, Part 2	<ul style="list-style-type: none"> • Solving problems helps you be successful at school. 	<ul style="list-style-type: none"> • Generate safe and respectful solutions to a problem • Identify consequences of potential solutions • Select an appropriate solution to a problem
18. Making a Plan	<ul style="list-style-type: none"> • Some solutions to problems are complicated and need a plan. • Plans help you break down a big task into smaller, more manageable parts. 	<ul style="list-style-type: none"> • Explain the purpose of making a plan • Create a three-step plan to carry out a solution to a problem
19. Solving Playground Problems	<ul style="list-style-type: none"> • You are better able to resolve playground conflicts when you are able to calm down and use the Problem-Solving Steps. 	<ul style="list-style-type: none"> • Identify common playground conflicts • Demonstrate using the Problem-Solving Steps to handle playground conflicts
20. Taking Responsibility for Your Actions	<ul style="list-style-type: none"> • Taking responsibility for your actions is the respectful thing to do. 	<ul style="list-style-type: none"> • 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
21. Dealing with Peer Pressure	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Demonstrate using Assertiveness Skills to resist peer pressure • Demonstrate using the Problem-Solving Steps to figure out ways to resist peer pressure
22. Reviewing <i>Second Step</i> Skills	<ul style="list-style-type: none"> • The skills and concepts learned in the <i>Second Step</i> program can help you succeed in school. 	<ul style="list-style-type: none"> • 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