

Second Step
Skills for Social and Academic Success
Requirements for Teachers and Home Visitors
NESD Head Start Program

CENTERS:

- 1) **Follow Lessons in order** **Unit 1: Skills for Learning** – Lessons 1-6
Unit 2: Empathy – Lessons 7-12
Unit 3: Emotion Management – Lessons 12-18
Unit 4: Friendship Skills and Problem Solving – Lessons 19-25
Unit 5: Transitioning to Kindergarten – Lessons 26-28
- 2) **Complete 1 lesson per week during one of your group times (small or large).** Write the number and name of the lesson on your lesson plan i.e. “SS#5 Feelings Change”
- 3) **Follow each card by completing the activities set for each day of the week** – with Friday’s being incorporated into another day.
- 4) **Use Weekly Staff Meetings on Fridays to go over the “Weekly Plan” and the “Week-at-a-Glance Sheet”,** so all staff know what their role will be in incorporating the next week’s lessons. **Post completed “Weekly Plan” and the “Week-At-A-Glance Sheet” with lesson plan.**
- 5) **You can choose whether or not you want to use the Take Home Letters,** starting on pg 55 of your Teacher’s Guide – to send to parents before you complete the lessons (also available on your on-line Second Step account under “Families”). Some of the information will be made available through the NESD Head Start Newsletter.
- 6) **Make copies of page 47 – “Program Introductory Letter” from your teacher guide with your site’s on-line access code for parents and add to your site’s parent packets that you go over on initial home visits.**

HOME BASE:

- 1) **Follow Lessons in order** **Unit 1: Skills for Learning** – Lessons 1-6
Unit 2: Empathy – Lessons 7-12
Unit 3: Emotion Management – Lessons 12-18
Unit 4: Friendship Skills and Problem Solving – Lessons 19-25
Unit 5: Transitioning to Kindergarten – Lessons 26-28
- 2) **Complete 1 lesson per week during each home visit and/or group.** Write the number and name of the lesson on your lesson plan - i.e. “SS#5 Feelings Change”
- 3) **Follow each card’s first lesson using the card and choose one other activity to incorporate into the home visit and/or group** (alternating types of activities i.e. puppets, stories, songs, etc. throughout the year).

(Example of form used by Education Coordinators to track lessons completed)

Documentation of *Second Step* curriculum

Unit 1: Skills for Learning

Date Taught

Week 1: Welcoming

Week 2: Listening

Week 3: Focusing Attention

Week 4: Self-Talk

Week 5: Following Directions

Week 6: Asking for What You Need or Want

Unit 2: Empathy

Week 7: Identifying Feeling (Happy, sad)

Week 8: More Feelings

Week 9: Identifying Anger

Week 10: Same or Different Feelings

Week 11: Accidents

Week 12: Caring and Helping

Unit 3: Emotion Management

Week 13: We Feel Feelings in Our Bodies (Worried)

Week 14: Strong Feelings (Frustrated)

Week 15: Naming Feelings

Week 16: Managing Disappointment

Week 17: Managing Anger

Week 18: Managing Waiting

Unit 4: Friendship Skills and Problem Solving

Week 19: Fair Ways to Play

Week 20: Having Fun with Friends

Week 21: Inviting to Play

Week 22: Joining in with Play

Week 23: Saying the Problem

Week 24: Thinking of Solutions

Week 25: Speaking up Assertively

Unit 5: Transitioning to Kindergarten

Week 26: Learning in Kindergarten

Week 27: Riding the Kindergarten Bus

Week 28: Making New Friends
