

Second Step

A Violence Prevention Curriculum

Requirements for Teachers and Home Visitors NESD Head Start Program

In an attempt to make sure that all children in Head Start receive the same quality education and information, the following requirements need to be followed when using this curriculum:

CENTERS & HOME BASE:

- 1) **Follow Lessons in order** Unit I – Empathy Training: Lessons 1 – 9
Unit II – Emotion Management: Lessons 1 – 7
Unit III – Problem Solving: Lessons 1 - 9

- 2) **Complete no less than 1 lesson per week during one of your circle times (Home Base is completed during each weekly home visit).**
(Centers, you can do 2 per week, if you feel the children would benefit). When all lessons are completed, you can repeat if you wish.

- 3) **You can choose whether or not you want to use the Take Home Letters,** starting on pg 90 of your Teacher’s Guide – to send to parents before you complete the lessons.

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

Documentation of *Second Step* curriculum

Unit I: Empathy Training

Date Taught

Lesson 1: Setting the Stage for *Second Step* Study

Lesson 2: Feelings

Lesson 3: More Feelings

Lesson 4: We Feel Feelings in Our Bodies

Lesson 5: Feelings Change

Lesson 6: Same or Different?

Lesson 7: Accidents

Lesson 8: I Care

Lesson 9: I Help

Unit II: Emotion Management

Lesson 1: Strong Feelings

Lesson 2: Calming Down Strong Feelings

Lesson 3: More Ways to manage Strong Feelings

Lesson 4: Dealing with Waiting

Lesson 5: Dealing with not Getting What You Want

Lesson 6: Am I Angry?

Lesson 7: Dealing with Being Hurt

Unit III: Problem Solving

Lesson 1: Dealing with Losing Something

Lesson 2: Dealing with Distractions

Lesson 3: Interrupting Politely

Lesson 4: Fair Ways to Play

Lesson 5: Dealing with Having Things Taken Away

Lesson 6: Dealing with Name-Calling

Lesson 7: Learning to Have Fun with Our Friends

Lesson 8: Joining In

Lesson 9: Keeping *Second Step* Skills Going
