

## 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 I – Empathy Training: Lessons 1 – 9  
Unit II – Emotion Management: Lessons 1 – 7  
Unit III – Problem Solving: Lessons 1 - 9
- 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 I – Empathy Training: Lessons 1 – 9  
Unit II – Emotion Management: Lessons 1 – 7  
Unit III – Problem Solving: Lessons 1 - 9
- 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 I: Empathy Training**

Date Taught

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

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**Lesson 2:** Feelings

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**Lesson 3:** More Feelings

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**Lesson 4:** We Feel Feelings in Our Bodies

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**Lesson 5:** Feelings Change

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**Lesson 6:** Same or Different?

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**Lesson 7:** Accidents

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**Lesson 8:** I Care

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**Lesson 9:** I Help

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**Unit II: Emotion Management**

**Lesson 1:** Strong Feelings

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**Lesson 2:** Calming Down Strong Feelings

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**Lesson 3:** More Ways to manage Strong Feelings

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**Lesson 4:** Dealing with Waiting

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**Lesson 5:** Dealing with not Getting What You Want

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**Lesson 6:** Am I Angry?

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**Lesson 7:** Dealing with Being Hurt

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**Unit III: Problem Solving**

**Lesson 1:** Dealing with Losing Something

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**Lesson 2:** Dealing with Distractions

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**Lesson 3:** Interrupting Politely

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**Lesson 4:** Fair Ways to Play

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**Lesson 5:** Dealing with Having Things Taken Away

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**Lesson 6:** Dealing with Name-Calling

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**Lesson 7:** Learning to Have Fun with Our Friends

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**Lesson 8:** Joining In

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**Lesson 9:** Keeping *Second Step* Skills Going

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