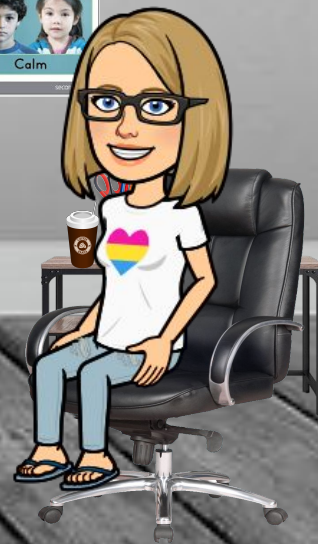


welcome

Second Step
Lesson 1-
Listening to
Learn



welcome



Second Step:
Lesson 2: Following
Directions

Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed
Excited	



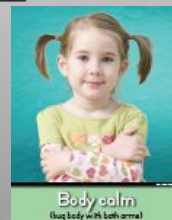
Eyes watching
(look to corners of eyes)



Ears listening
(cup ears w/ hands)

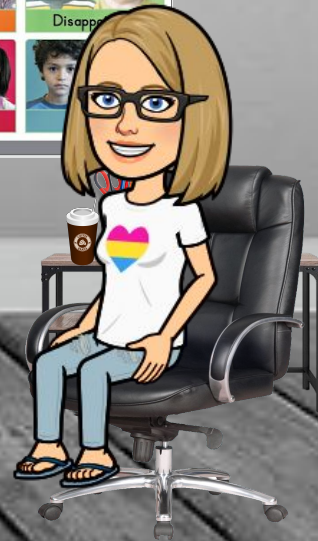


Voice quiet
(put finger to lip)



Body calm
(hug body with both arms)

Click on
us to sing
The
Learner
Song!



welcome



Second Step Lesson 3: Following Directions

Feelings

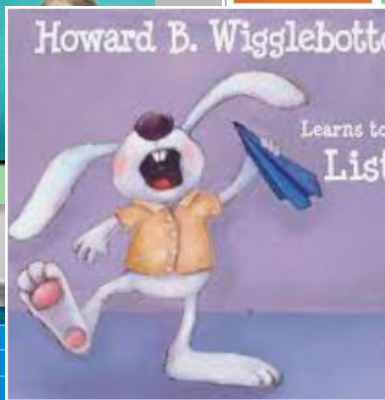
Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed



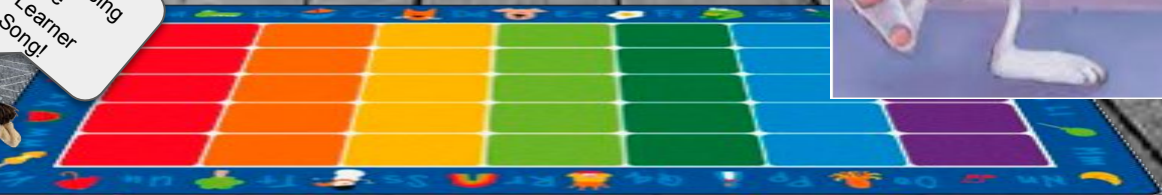
Eyes watching
(Look to corners of eyes)

Ears listening
(Open ears & hands)

Voice quiet
(Put Finger to lip)



Click on
us to sing
The
Learner
Song!



welcome

Second Step Lesson 4: Self-Talk for Learning

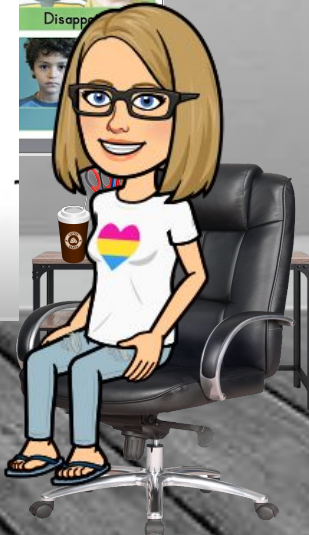
Feelings



Why use positive self-talk?



- *Happier
- *Healthier
- *Stronger



Click on us to sing The Learner Song!



welcome



Second Step Lesson 5: Being Assertive

Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed
Excited	



Eyes watching
(look to corners of eyes)



Ears listening
(cup ears w/ hands)



Voice quiet
(put finger to lip)



Body calm
(tug body with both arms)



Click on us to sing The Learner Song!



welcome



Second Step
Lesson 6:
Identifying Feelings

Feelings

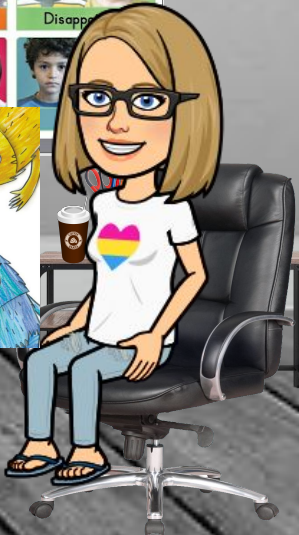
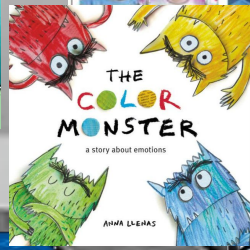
Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed

Eyes watching
(look to corners of eyes)

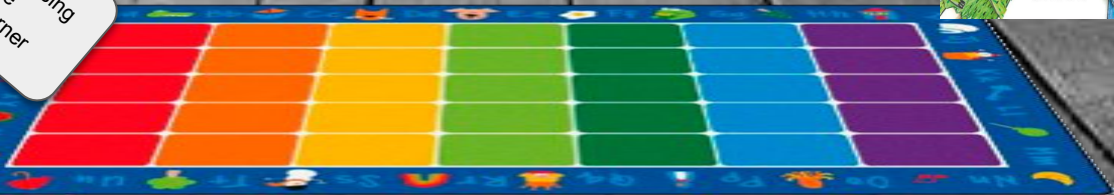
Ears listening
(cup ears w/ hands)

Voice quiet
(put finger to lips)

Body calm
(hug body with both arms)



Click on us to sing The Learner Song!



welcome



Second Step Lesson 7: Looking for More Clues

Feelings

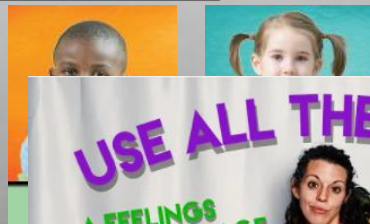
Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed



Eyes watching
Look to corners of eyes

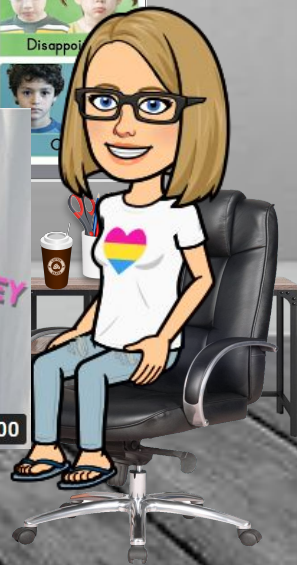


Ears listening
Open ears & hands



USE ALL THE CLUES!
A FEELINGS
+ BODY LANGUAGE
RAP FOR KIDS
BY COURTNEY
LEE

3:00



Click on
us to sing
The
Learner
Song!



welcome

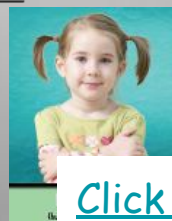


Second Step
Lesson 8: Similarities
and Differences

Click [HERE](#) for video

Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed
Excited	



Click [HERE](#) for a story about similarities & differences

Click on us to sing The Learner Song!





welcome

Second Step
Lesson 9-
Feelings Change

Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Disappointed	Disappointed

Click [HERE](#) for video



Eye watching
(look to corners of eyes)

Ears listening
(cup ears w/ hands)

Voice quiet
(put finger to lips)

Click on us to sing The Learner Song!

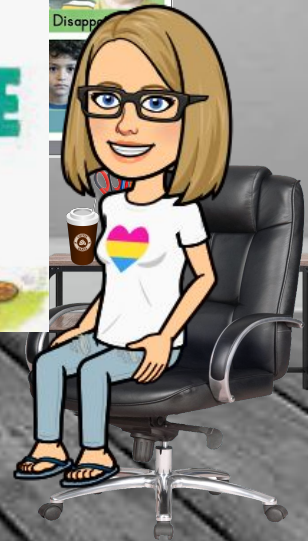




welcome

Second Step Lesson 10- Accidents

Feelings



Click on
us to sing
The
Learner
song!



welcome



Second Step Lesson 11- Showing Care and Concern

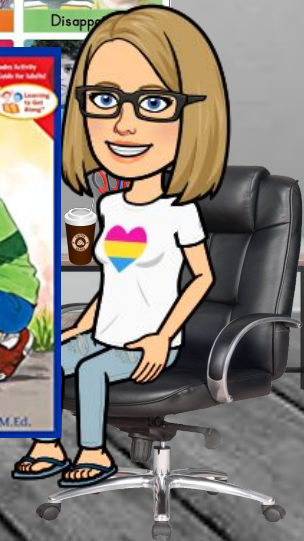
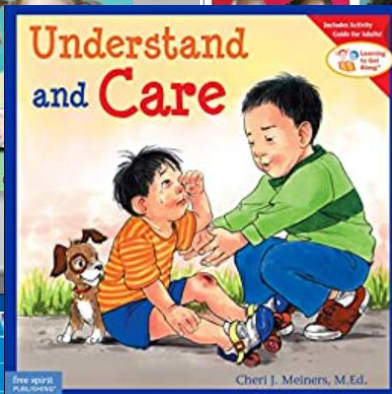
Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed

Eyes watching
Look to corners of eyes

Ears listening
Cup ears w/ hands

Voice quiet
Put Finger to lip



Click on us to sing The Learner Song!





welcome

Second Step
Lesson
12-Identifying Our
Own Feelings

Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed

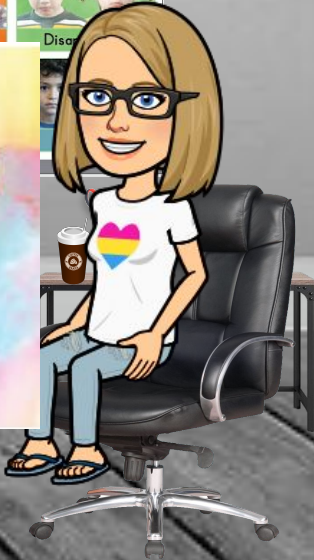
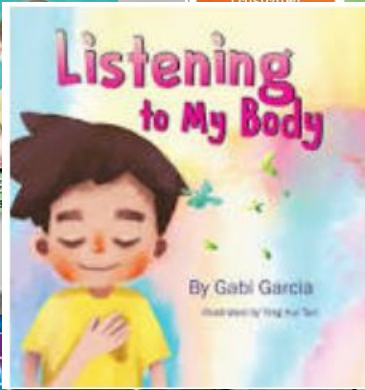


Eye watching
(point to corners of eyes)

Ears listening
(cup ears & hands)

Voice quiet
(put finger to lips)

Mouth closed
(hand to mouth)



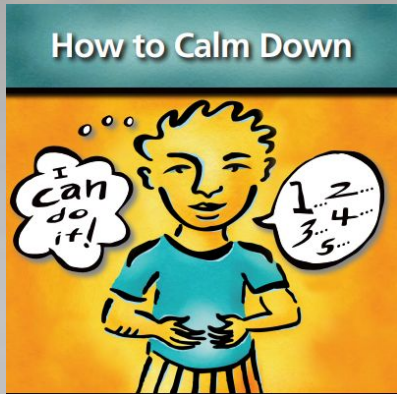
Click on us to sing the Learner song!



welcome



Second Step
Lesson 13- Strong
Feelings



Stop

Name your feeling

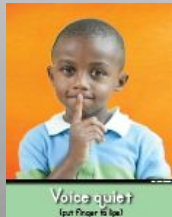
Calm down:
breathe
count
use positive self-talk



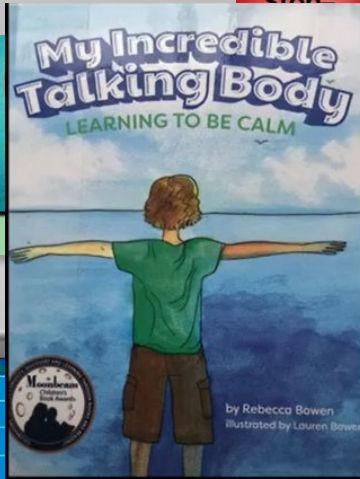
Eyes watching
Look to corners of eyes



Ears listening
Open ears & hands



Voice quiet
Put Finger to lip



Click on us to sing the Learner song!



welcome

Second Step Lesson 14-Calming Down Anger



Part 1 [Video](#)

Part 2 [Video](#)

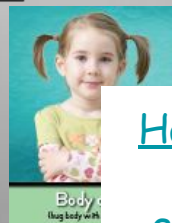
How to Calm Down

1
2
3
4
5

Stop—
use your
signal

Name
your
feelings

Calm
down:
breathe
count
positive self-talk



Hand Model of
the Brain
explained for
kids

Click on
us to sing
The
Learner
song!



welcome

Second Step Lesson 15- Self-Talk for Calming Down



How to Calm Down

Stop- use your signal	Name your feeling	Calm down: breathe, count, use positive self-talk
---------------------------------	--------------------------	---



Eye watching
Look to corners of eyes

Ears listening
Cup ears w/ hands

Voice quiet
Put Finger to lip



Positive Self-Talk

SAY KIND AND ENCOURAGING THINGS TO YOURSELF!

PAWsitive Choices™



3:10

Click on us to sing the Learner song!





welcome

Second Step Lesson 16- Managing Worry

How to Calm Down



Stop—
use your
signal

Name
your
feeling

Calm
down:
breathe
count
use positive self-talk

[Lesson 16 VIDEO Part 1](#)

[Lesson 16 VIDEO Part 2](#)



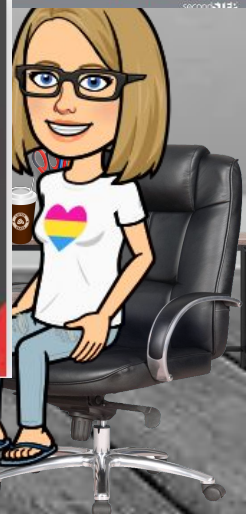
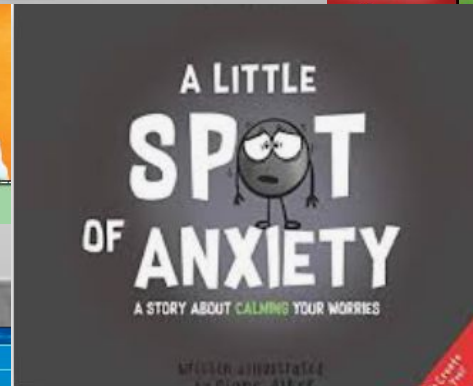
Eyes watching
(look to corners of eyes)



Ears listening
(cup ears w/ hands)



Voice quiet
(put finger to lips)



Click on
us to sing
The
Learner
song!





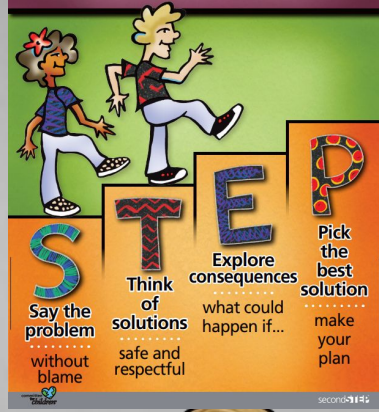
[Lesson 17 VIDEO Part 1](#)

[Lesson 17 VIDEO Part 2](#)

welcome

Second Step Lesson 17- Solving Problems Part I

Problem-Solving Steps



Eye watching
(Look to corners of eyes)



Ears listening
(cup hands w/ hands)



Voice quiet
(put finger to lips)



Body calm
(tag body with both arms)

Click on us to sing The Learner Song!





[Lesson 18 VIDEO Part 1](#)

[Lesson 18 VIDEO Part 2](#)

welcome

Second Step Lesson 18- Solving Problems Part 2

Problem-Solving Steps

S Say the problem without blame

T Think of solutions safe and respectful

E Explore consequences what could happen if...

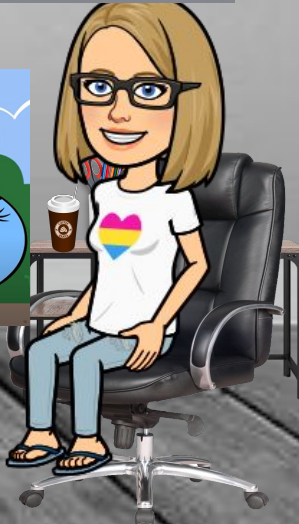
P Pick the best solution make your plan

secondSTEP



Solving Problems with Hunter & Eve

Click on us to sing The Learner Song!



welcome

Second Step Lesson 19- Fair Ways to Play



Fair Ways to Play

Sharing

Trading

Taking Turns



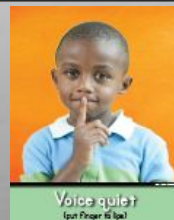
Click on
us to sing
The
Lerner
song!



Eyes watching
(look to corners of eyes)



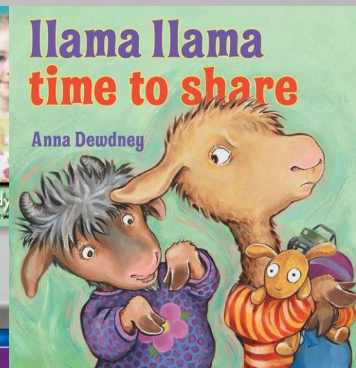
Ears listening
(cup ears w/ hands)



Voice quiet
(put finger to lip)



Body
(tag body w/ hands)





welcome

Second Step
Lesson 20-
Inviting to Join In

Fair Ways to Play

Sharing
Illustration of two children sharing a book and a heart.

Trading
Illustration of two children trading items.

Taking Turns
Illustration of hands and a rabbit, representing taking turns.

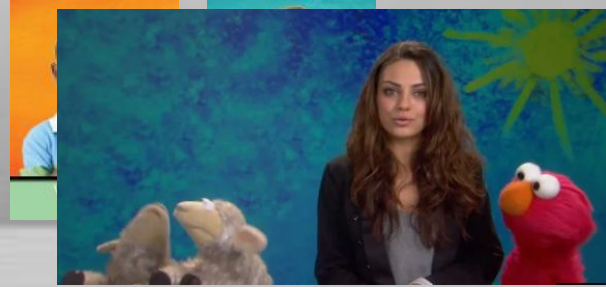
Problem-Solving Steps

S Say the problem without blame

T Think of solutions safe and respectful

E Explore consequences what could happen if...

P Pick the best solution make your plan



Click on
us to sing
The
Learner
song!





welcome

Second Step
Lesson 21-
Handling
Name-Calling

How to Calm Down

I can do it!

1 2
3 4
5

Stop -use your signal	Name your feeling	Calm down: -breathes -count -use positive self-talk
---------------------------------	-----------------------------	---

Problem-Solving Steps

S Say the problem without blame

T Think of solutions safe and respectful

E Explore consequences what could happen if...

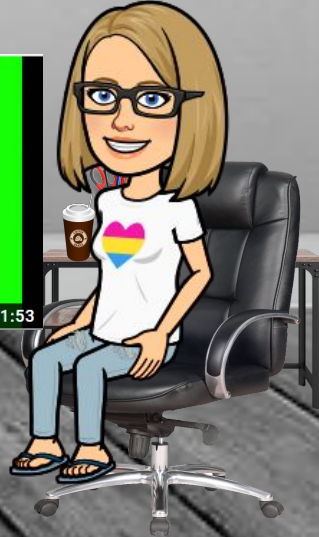
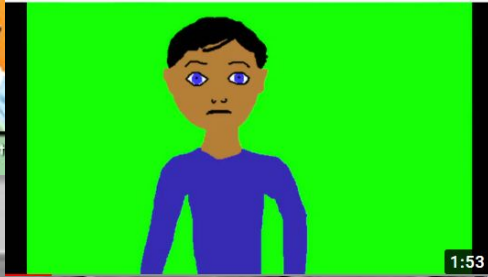
P Pick the best solution make your plan



Eyes watching
Look to corners of eyes

Ears listening
Open nose & hands

Voice quiet
Put Finger to lip



Click on us to sing The Learner Song!



1:53

Skills for Learning

Focus Attention 	Listen
Be Assertive 	Ignore distractions
Use Self-Talk 	

How to Calm Down

Stop— use your signal	Name your feeling	Calm down: breathes, count, use positive self-talk
---------------------------------	-----------------------------	--

welcome

Second Step
Lesson 22—
Reviewing Skills

Fair Ways to Play

Sharing 	
Trading 	Taking Turns

Problem-Solving Steps

S Say the problem without blame

T Think of solutions safe and respectful

E Explore consequences what could happen if...

P Pick the best solution make your plan



Eyes watching
Look to corners of eyes

Ears listening
(lips pursed & hands)

Voice quiet
(put finger to lip)

Body calm
(big body with both arms)

Click on us to sing The Learner Song!

