

welcome



Second Step-  
Lesson 1-  
Learning to  
Listen

Feelings

 Happy	 Sad
 Surprised	 Scared
 Angry	 Worried
 Frustrated	 Disappointed
 Excited	 Calm




**Eyes watching**  
Look to corners of eyes




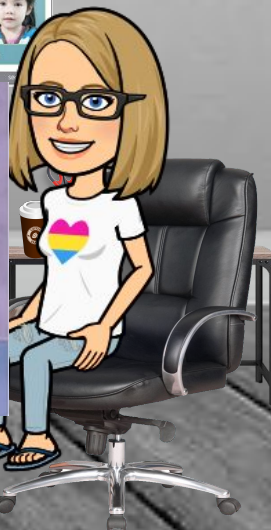
**Ears listening**  
Open ears & look



**Voice quiet**  
Put Finger to lip



Howard B. Wigglebottom  
Learns to Listen

welcome



Second Step:  
Lesson 2:  
Focusing Attention

### Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed
Excited	Embarrassed

**Eyes watching**  
(point to corners of eyes)

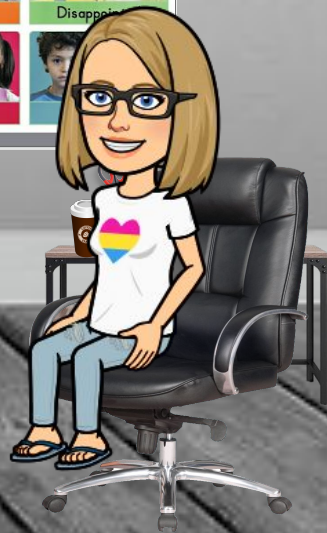
**Ears listening**  
(cup ears w/ hands)

**Voice quiet**  
(put finger to lips)

**Body calm**  
(tug body with both arms)



Click on us to sing The Learner Song!



welcome



# Second Step Lesson 3: Following Directions

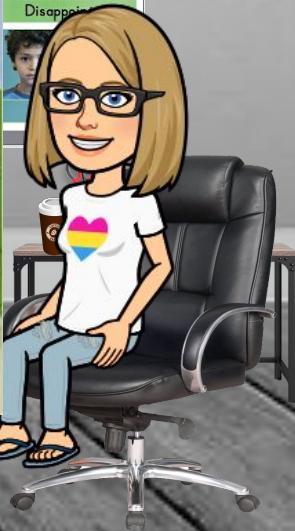
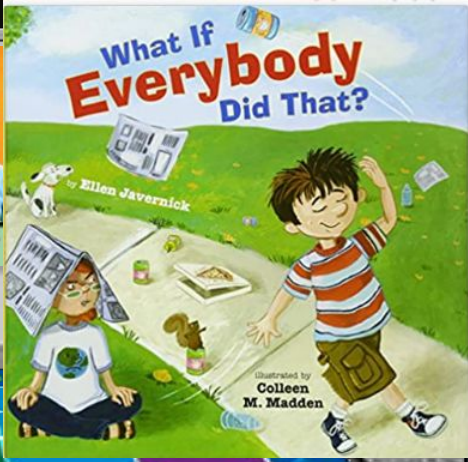
### Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Disappointed	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



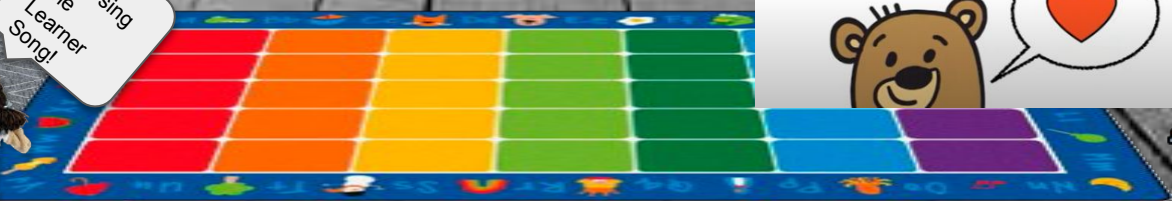
# Second Step Lesson 4: Self-Talk

### Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed



Click on us to sing The Learner Song!



PAWitive Choices™

## Positive Self-Talk



welcome



# Second Step Lesson 5: Being Assertive

### Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed
Excited	Embarrassed

**Eyes watching**  
(look to corners of eyes)

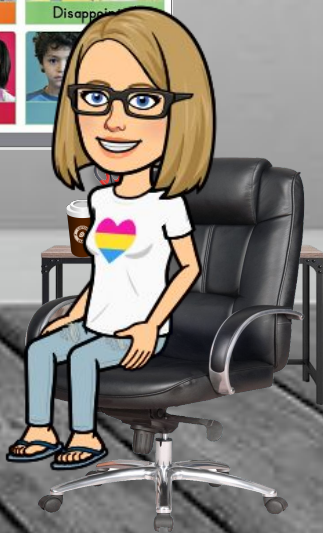
**Ears listening**  
(lips pursed & hands)

**Voice quiet**  
(put finger to lips)

**Body calm**  
(big body with both arms)



Click on us to sing The Learner Song!





welcome

Second Step  
Lesson 6:  
Identifying Feelings

A whiteboard with a decorative banner of blue and white pennants at the top. The text 'Second Step Lesson 6: Identifying Feelings' is written in black and yellow. A red eraser and a black marker are visible at the bottom.

Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Disappointed	

A grid of six pairs of photos showing children with different facial expressions. Each pair is labeled with a feeling: Happy, Sad, Surprised, Scared, Angry, and Worried. The last row shows a pair of children with a 'Disappointed' label.

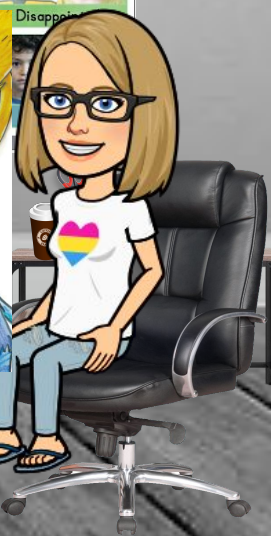
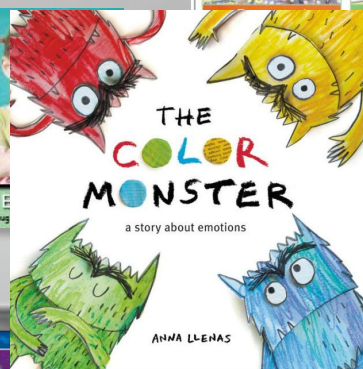
Eye watching  
Look to corners of eyes

A child with dark hair is shown from the chest up, wearing a dark vest over a white shirt. They are looking to the right with their hands near their eyes, demonstrating the 'eye watching' technique.

Ears listening  
Cup ears w/ hands

A child with dark hair is shown from the chest up, wearing a patterned shirt. They are looking forward with their hands cupped behind their ears, demonstrating the 'ears listening' technique.

Voice quiet  
Put Finger to lip

A young boy is shown from the chest up, wearing a light blue shirt. He is looking forward with his right index finger pressed against his lips, demonstrating the 'voice quiet' technique.

Click on us to sing the Learner song!

A white speech bubble with a black border containing the text 'Click on us to sing the Learner song!'.

welcome

# Second Step Lesson 7: More about Feelings

### Feelings

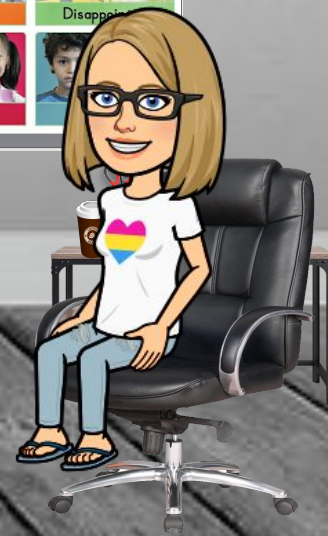
 Happy	 Sad
 Surprised	 Scared
 Angry	 Worried
 Frustrated	 Disappointed
 Excited	 Embarrassed



Click on us to sing The Learner Song!



Play "Name That Feeling" with Murray



welcome



Second Step  
Lesson 8: Identifying  
Anger

### Feelings

	Happy		Sad
	Surprised		Scared
	Angry		Worried
	Frustrated		Disappointed
	Excited		



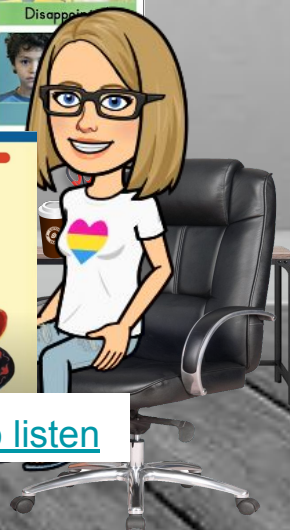
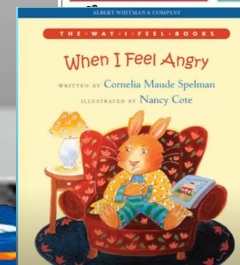
**Eyes watching**  
*(look to corners of eyes)*

**Ears listening**  
*(cup ears w/ hands)*

**Voice quiet**  
*(put finger to lips)*

**Body calm**  
*(tag body with both arms)*

Click on  
us to sing  
The  
Learner  
song!



[Click HERE to listen](#)



welcome



Second Step  
Lesson 9- Same  
or Different

Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed
Excited	Embarrassed



Eyes watching  
(look to corners of eyes)



Ears listening  
(cup ears w/ hands)



Voice quiet  
(put finger to lips)



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

Click on us to sing The Learner Song!



welcome



Second Step  
Lesson 10-  
Accidents

Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed
Excited	Embarrassed

Eye watching  
(look to corners of eyes)

Ears listening  
(cup ears w/ hands)

Voice quiet  
(put finger to lips)

Big  
(big lips)



Click on  
us to sing  
The  
Learner  
song!



welcome



# Second Step Lesson 11-Caring and Helping

### Feelings

Happy	Sad
Surprised	Scared
Angry	Worried
Frustrated	Disappointed



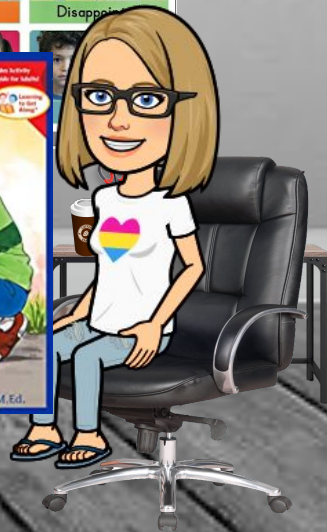
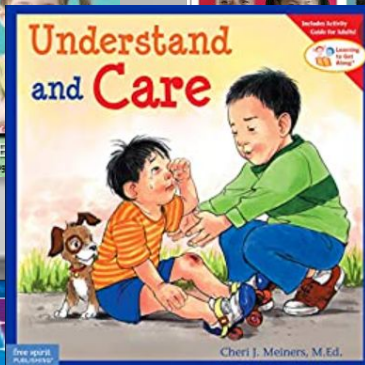
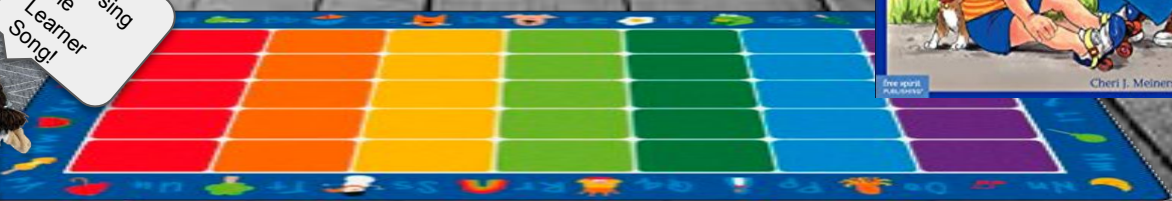
**Eyes watching**  
Look to corners of eyes

**Ears listening**  
Cup ears w/ hands

**Voice quiet**  
Put Finger to lip

**Hand to mouth**  
Hand to mouth

Click on us to sing The Learner Song!



welcome

Second Step  
Lesson 12- We Feel  
Feelings in our  
Bodies

The Feelings  
Song

Feelings



Eyes watching  
(point to corners of eyes)



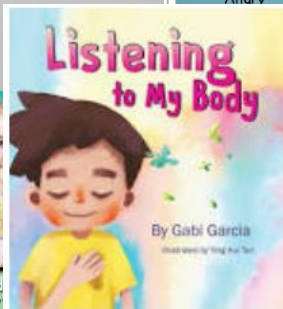
Ears listening  
(cup ears w/ hands)



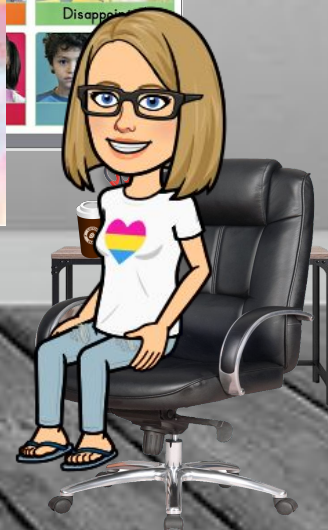
Voice quiet  
(put finger to lips)



Body  
(tag body)



Click on  
us to sing  
The  
Learner  
song!





welcome

# Second Step Lesson 13- Managing Frustration

### How to Calm Down

<b>Stop</b> use your signal	<b>Name your feeling</b>	<b>Calm down:</b> breathe count use positive self-talk
--------------------------------	--------------------------	---

secondSTEP



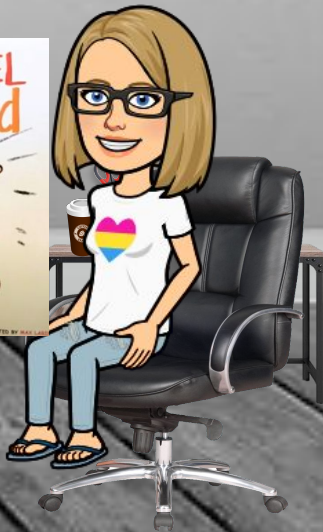
Click on us to sing the Learner song!

**Eyes watching**  
(look to corners of eyes)

**Ears listening**  
(cup hands to ears)

**Voice quiet**  
(put finger to lips)

**Body calm**  
(tug body with both arms)



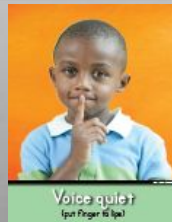
welcome



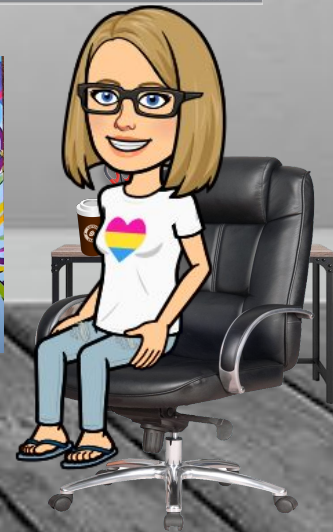
# Second Step Lesson 14- Calming Down Strong Feelings

### How to Calm Down

<b>Stop</b> — use your signal	<b>Name</b> your feeling	<b>Calm</b> down: breathe count use positive self-talk
-------------------------------------	--------------------------------	--



Click on  
us to sing  
The  
Learner  
song!



welcome

# Second Step Lesson 15-Handling Waiting

How to Calm Down



Stop—  
use your  
signal

Name  
your  
feeling

Calm  
down:  
breathe  
count  
use positive self-talk

secondSTEP



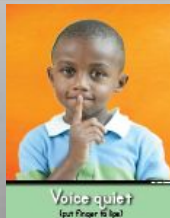
secondSTEP



Eye-watching  
(look to corners of eyes)



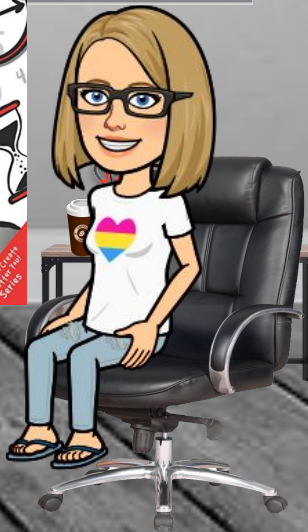
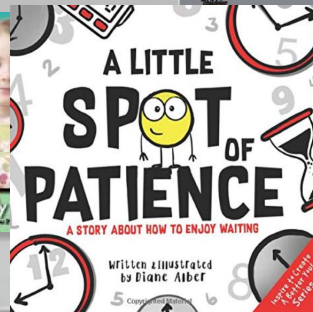
Ears listening  
(cup hands to ears)



Voice quiet  
(put finger to lips)



Body  
(hug body well)



Click on  
us to sing  
The  
Learner  
song!





welcome

# Second Step Lesson 16- Managing Anger

### How to Calm Down

<b>Stop</b> — use your signal	<b>Name</b> your feeling	<b>Calm</b> down: breathe count use positive self-talk
-------------------------------------	--------------------------------	--



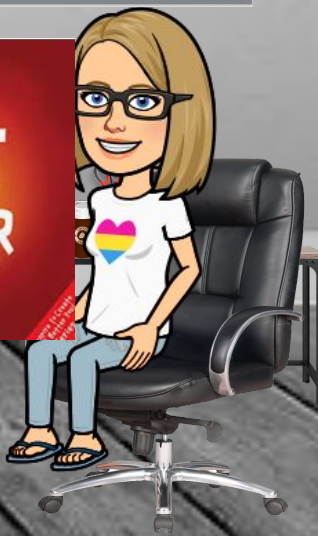
Click on  
us to sing  
The  
Learner  
song!

**Eyes watching**  
Look to corners of eyes

**Ears listening**  
Open ears & hands

**Voice quiet**  
Put finger to lip

**Body calm**  
Use body with behavior





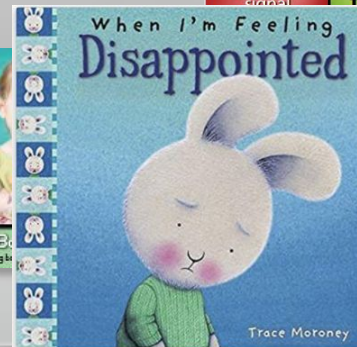
welcome

# Second Step Lesson 17-Managing Disappointment



### How to Calm Down

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



Eyes watching  
(look to corners of eyes)



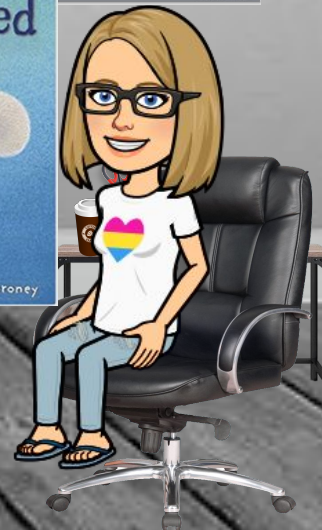
Ears listening  
(cup hands to ears)



Voice quiet  
(put finger to lips)



Breathe



Click on  
us to sing  
The  
Learner  
Song!





welcome

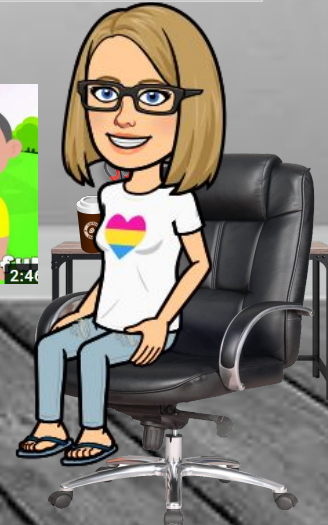
# Second Step Lesson 18-Handling Being Knocked Down

### How to Calm Down

<b>Stop</b> — use your signal	<b>Name</b> your feeling	<b>Calm</b> down: breathe count use positive self-talk
-------------------------------------	--------------------------------	--



Click on  
us to sing  
The  
Learner  
Song!



welcome

# Second Step Lesson 19-Solving Problems



Eyes watching  
*(look to corners of eyes)*



Ears listening  
*(cup ears w/ hands)*



Voice quiet  
*(put finger to lip)*

### Problem-Solving Steps

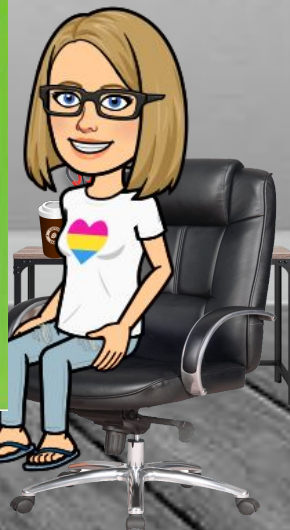
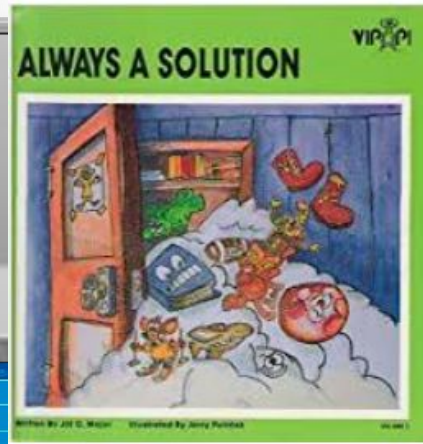
**S** Say the problem without blame

**T** Think of solutions safe and respectful

**E** Explore consequences what could happen if...

**P** Pick the best solution make your plan

secondSTEP



Click on us to sing The Learner Song!





welcome

Second Step  
Lesson  
20-Inviting to  
Play

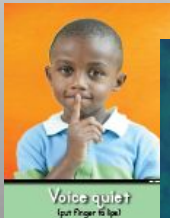
### Problem-Solving Steps

**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-Fair  
Ways to Play

### 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...

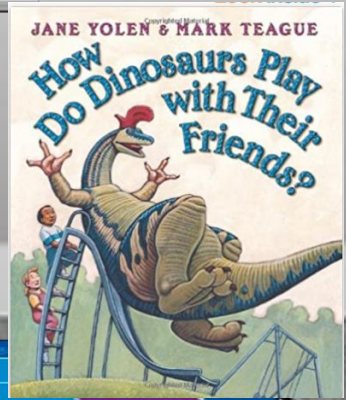
**P** Pick the best solution make your plan



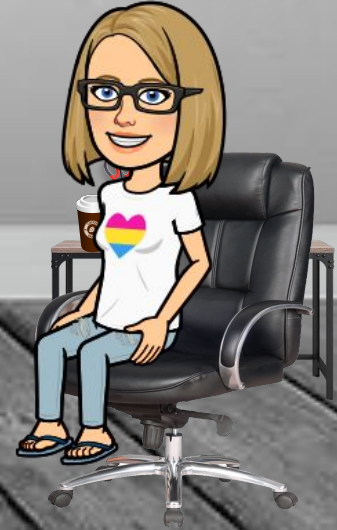
Eye watching  
*(avoid corners of eyes)*

Ears listening  
*(suspenders & hands)*

Voice quiet  
*(put finger to lips)*



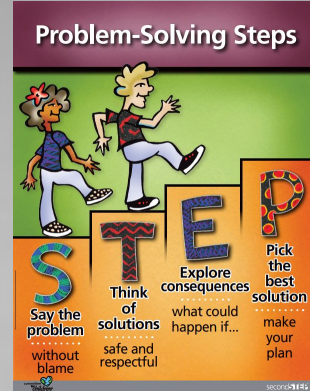
Click on us to sing The Learner Song!





welcome

# Second Step Lesson 22-Having Fun With Our Friends



## How to Compromise

Click on  
us to sing  
The  
Learner  
song!



welcome

# Second Step Lesson

## 23-Handling Having Things Taken Away

### Fair Ways to Play

Sharing

Trading

Taking Turns

### Problem-Solving Steps

S  
Say the problem without blame

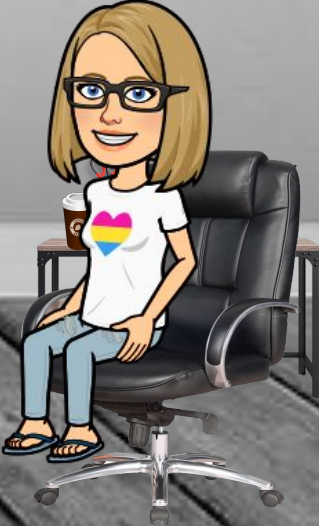
T  
Think of solutions safe and respectful

E  
Explore consequences what could happen if...

P  
Pick the best solution make your plan



Click on us to sing the Learner song!





# welcome

## Second Step Lesson

### 24-Handling Name Calling

### How to Calm Down

A cartoon illustration of a boy with spiky hair, wearing a blue shirt and yellow shorts. He has a thought bubble that says "I can do it!" and a speech bubble with the numbers 1, 2, 3, 4, 5. Below him are three colored boxes: red, green, and blue.

**Stop**— use your signal

**Name your feeling**

**Calm down:** breathe, count, use positive self-talk

### Problem-Solving Steps

A cartoon illustration of a boy and a girl walking up a staircase. The boy is on the top step, and the girl is on the bottom step. The word "STEP" is written in large letters on the 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

A photograph of a young girl with dark hair, wearing a white shirt and a dark vest, covering her eyes with her hands.

**Eyes watching**  
look to corners of eyes

A photograph of a young boy with dark hair, wearing a green and yellow patterned shirt, covering his ears with his hands.

**Ears listening**  
cup ears w/ hands

A photograph of a young boy with dark hair, wearing a light blue shirt, with his index finger to his lips in a "shh" gesture.

**Voice quiet**  
put finger to lip



Click on us to sing the Learner Song!



1:53





## Skills for Learning

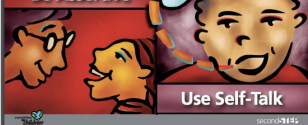
### Focus Attention



Listen

Ignore distractions

### Be Assertive



Use Self-Talk

## Feelings



Happy



Sad



Surprised



Scared



Angry



Worried



Frustrated



Disappointed



Excited



Calm

# welcome

## Second Step Lesson 25-Reviewing Second Step Skills

## How to Calm Down



Stop—  
use your  
signal

Name  
your  
feeling

Calm  
down:  
breathe  
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...

**E** Evaluate the best solution make your plan

**P** Pick the best solution

## Fair Ways to Play

### Sharing



Trading



Taking Turns

Have You Filled a Bucket Today?  
A Guide to Daily Emotions for Kids



Click on us to sing the Learner song!



Eyes watching

(Look to corners of eyes)



Ears listening

(Squeers w & leads)



Voice quiet

(Put Finger to lip)

