



The *Second Step* early learning program promotes:

- Success in the early learning classroom
- School readiness
- Social and life success

By directly teaching children the skills that strengthen their ability to:

- Learn
- Make friends
- Have empathy
- Solve problems
- Manage emotions

Skills for Learning

- Children who can self-regulate are better able to participate in and benefit from learning.
- The program promotes development of children's self-regulation skills. It provides practice through Brain Builder games and through instruction in Skills for Learning.
- Skills for Learning are foundational to having empathy, managing emotions, and solving problems. They are woven into all other units.

Empathy

- Children with high levels of empathy tend to be less aggressive, better liked, and more socially skilled, and to make better progress in school.
- The program introduces children to the skills necessary for developing empathy, such as identifying emotions in themselves and others and understanding others' points of view.
- Children who can feel or understand what another person is feeling are prepared to manage their own strong emotions and solve problems with others.

Emotion Management

- Children who can recognize strong emotions and calm them down cope better and are less likely to be aggressive.
- The program teaches children proactive strategies that help prevent strong emotions from turning into negative behaviors.
- Children who can stay calm are better able to use other skills, such as problem solving, to help them get along better with others and make good choices.

Friendship Skills and Problem Solving

- Children who can solve conflicts with peers are less likely to be impulsive or aggressive, impulsive or aggressive behavior can affect their success in school and life.
- The program teaches children two steps for solving interpersonal problems with peers and skills for making and keeping friends.
- Children who can solve problems and interact positively with peers will experience a more successful transition to school.

The *Second Step* early learning program prevents:

- Problem behaviors
- Antisocial behavior
- Peer rejection
- Aggression
- Impulsivity

By developing children's:

- Self-regulation skills
 - Social-emotional competencies
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