

Where can you practice your **Second Step** skills?

Anywhere! Being able to use skills such as calming down, listening and communicating respectfully, and making responsible choices is important whether you're at home, school, the movies, a friend's house, on a family vacation or anywhere!

When should you practice your **Second Step** skills?

All the time! Practice the social-emotional skills you learn in class throughout your day: getting ready for camp, playing with friends, working on group projects, asking for help, meeting new people, you name it!

Why should you practice your **Second Step** skills?

Life is more fun when you can manage your emotions, make friends, solve problems, and overcome challenges, but mastering those and other social-emotional skills take lots of practice, even for grown-ups.

What are **Second Step** skills?

Visit secondstep.org to learn more.

SEL PASSPORT



Summer '18

secondSTEP

8

"Whoa!"

Impulse CONTROL

★ the power to be in charge of your urges ★

1

Empathy

I KNOW HOW YOU FEEL

What's she thinking?

What does his face say?

★ the ability to understand other people's feelings ★

6

ASSERTIVENESS

"Excuse me . . ."

★ the ability to respectfully express your needs or stand up for others, without being aggressive ★

3

Growth Mindset

GETTING BETTER ALL THE TIME

★ the belief that you can improve your abilities through hard work ★

HOW TO FILL IN YOUR PASSPORT

- 1 For each social-emotional skill listed, practice using that skill in a real-life situation (for example: at the park, working on homework, in the lunchroom with friends, taking a test, doing chores, in the car, on vacation, etc.).
- 2 Write a brief summary of the situation, describing the outcomes you observed. (You could also draw a picture of what happened, if you prefer.)
- 3 When done, ask your teacher or parent for a stamp to add to that skill.
- 4 After filling your passport with stamps, congratulate yourself for working to become a kinder more capable person. Yay for you!

Emotion REGULATION



★ the ability to manage your feelings by being aware of them and in control of your reactions ★

Play FAIR



"Your turn!"

★ be honest and follow the rules of engagement; don't cheat ★

Adaptability

Go with the flow



★ openness to change; being able to go with the flow ★

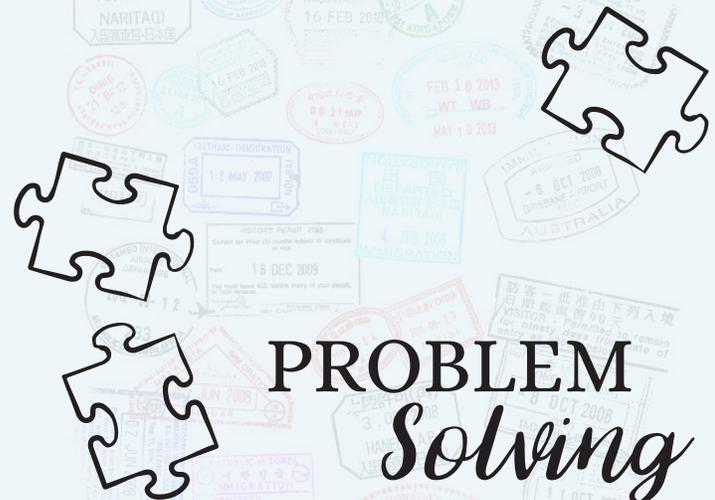


"Can you hear me now?"

"I hear ya!"

COMMUNICATION

★ the process of exchanging (expressing, sharing) information and ideas ★



PROBLEM Solving

★ the process of finding a solution to a challenge ★

How to make your passport

1. Print the passport pages onto one double-sided sheet of paper. Trim margins.

2. Fold in half vertically along solid line.



3. Cut into three strips along the dotted lines.



4. Arrange pages in sequential order based on the number in the top right corner.



5. Staple along the fold for a little extra stability. Color for a little extra flair! (optional)

