

**HOW CAN I FOCUS
WHEN EMOTIONS TAKE OVER?
BREATHE AND COUNT TO THREE.**

**SECOND
STEP®**

**TAKING TURNS IS HARD
BUT PATIENCE IS A VIRTUE
THAT PAYS OFF IN FRIENDS.**

**SECOND
STEP®**

**EMPATHY SOFTENS
DIFFICULT SITUATIONS
AND EXPANDS KINDNESS.**

**SECOND
STEP®**



**THE LIGHT OF LEARNING
LIES AT THE INTERSECTION
WHERE MIND AND HEART MEET.**

**SECOND
STEP®**

**COLLECTIVE KINDNESS
CREATES A SAFE LEARNING SPACE
TO FOCUS AND DREAM.**

**SECOND
STEP®**

MAKE SENSE OF FEELINGS.
TEACH AWARENESS AND RESTRAINT.
DEEPEN CONNECTIONS.

**SECOND
STEP®**

**TO TRANSFORM LEARNING,
TEACH SOCIAL SKILLS AND KINDNESS.
START WITH EMOTIONS.**

**SECOND
STEP[®]**