Unit I: Empathy Training

Lesson Titles
Lesson 1: Setting the Stage for Second Step Study
Lesson 2: Feelings
Lesson 3: More Feelings
Lesson 4: We Feel Feelings in Our Bodies
Lesson 5: Feelings Change
Lesson 6: Same or Different?
Lesson 7: Accidents
Lesson 8: I Care
Lesson 9: I Help

Lesson Topics
Introduction of the Second Step program and establishing rules for listening.
Using physical clues to identify others' feelings.
Using situational clues to identify others' feelings.
Using physical clues to identify our own feelings.
Understanding that people's feelings about a situation can change.
Understanding that others can have different feelings about the same situation.
Understanding that some actions are accidental.
Using words and actions to show that you care.
Understanding that helping is a way to show that you care.

Unit II: Emotion Management

Lesson 1: Strong Feelings
Lesson 2: Calming Down Strong Feelings
Lesson 3: More Ways to Manage Strong Feelings
Lesson 4: Dealing with Waiting
Lesson 5: Dealing with Not Getting What You Want
Lesson 6: Am I Angry?
Lesson 7: Dealing with Being Hurt

Lesson Topics
Understanding that feelings vary in strength.
Applying the ways to calm down to manage strong feelings.
Understanding more ways to manage strong feelings.
Identifying calming-down strategies to manage strong feelings.
Applying the ways to calm down to deal with disappointment.
Identifying how anger feels in the body, and recognizing the need to calm down.
Finding ways to calm down and understanding what to do when accidentally hurt.

Unit III: Problem Solving

Lesson 1: Dealing with Losing Something
Lesson 2: Dealing with Distractions
Lesson 3: Interrupting Politely
Lesson 4: Fair Ways to Play
Lesson 5: Dealing with Having Things Taken Away
Lesson 6: Dealing with Name-Calling
Lesson 7: Learning to Have Fun with Our Friends
Lesson 8: Joining In
Lesson 9: Keeping Second Step Skills Going

Lesson Topics
Introduction of the problem-solving steps.
Using problem solving to deal with distractions.
Demonstrating polite interruptions.
Understanding solutions to promote fair play.
Using calming-down and problem-solving skills to deal with having something taken away.
Using problem solving to deal with name-calling.
Understanding that fair ways to play promote fun.
Understanding and applying the joining-in steps.
Reviewing the Second Step program.
Unit I: Empathy Training

Lesson Titles
Lesson 1: Introduction to Empathy Training
Lesson 2: Identifying Others' Feelings
Lesson 3: Looking for More Clues
Lesson 4: Identifying Our Own Feelings
Lesson 5: Communicating Feelings
Lesson 6: Similarities and Differences
Lesson 7: Feelings Change
Lesson 8: Predicting Feelings

Lesson Topics
Introduction to the Second Step program and group discussion skills.
Using physical and verbal clues to identify others' feelings.
Using situational, physical, and verbal clues to identify others' feelings.
Exploring how internal and external clues help us recognize our own feelings.
Finding and sharing with a trusted, empathic adult as a way of coping with uncomfortable feelings.
Recognizing that people can have different feelings about the same situation.
Exploring how people's feelings can change.
Predicting others' feelings as a result of our own or others' actions.

Unit II: Impulse Control and Problem Solving

Lesson 1: Introduction to Impulse Control and Problem Solving
Lesson 2: Stop, Calm Down, and Think
Lesson 3: Identifying the Problem and Generating Solutions
Lesson 4: Choosing, Using, and Evaluating Solutions
Lesson 5: Interrupting Politely
Lesson 6: Ignoring Distractions
Lesson 7: Dealing with Wanting Something That Isn't Yours

Lesson Topics
Defining impulsive behavior and overcoming troublesome social situations using problem solving.
Reducing impulsive behavior using calming-down techniques so problem solving can occur.
Defining problems and brainstorming possible solutions.
Selecting a fair, safe, workable solution and then trying and evaluating it.
Controlling impulsive behavior by selecting an appropriate time to interrupt.
Ignoring distractions using problem solving.
Using sharing, trading, and taking turns as acceptable means for dealing with wanting something that isn't yours.

Unit III: Anger Management

Lesson 1: Introduction to Anger Management
Lesson 2: Anger Buttons
Lesson 3: Calming Down
Lesson 4: Self-Talk
Lesson 5: Keeping Out of a Fight
Lesson 6: Dealing with Name-Calling and Teasing
Lesson 7: Keeping Second Step Skills Going

Lesson Topics
Recognizing signs of anger and identifying reasons for controlling anger.
Recognizing external events and internal thoughts that may trigger angry feelings.
Reviewing and practicing relaxation techniques that help reduce feelings of anger.
Using positive self-statements that can increase success in pressure situations.
Staying out of a fight by applying anger-management techniques and the problem-solving strategy.
Applying problem-solving techniques to deal with name-calling and teasing.
Applying Second Step knowledge in a project shared with peers.
Unit I: Empathy Training

Lesson 1: Empathy Training—Skill Overview
Lesson 2: Feeling Proud
Lesson 3: Preferences
Lesson 4: Cause and Effect
Lesson 5: Intentions
Lesson 6: Fairness

Lesson Topics
Overview of the basic concepts of empathy: recognizing feelings, taking others’ perspectives, and responding empathically to others.
Exploring what makes us feel proud and how people’s feelings can change about a situation.
Recognizing that people’s preferences vary and can change over time.
Learning how one’s actions can affect another person.
Being aware of not attributing hostile intent.
Recognizing others’ rights and offering fair solutions to a problem.

Unit II: Impulse Control and Problem Solving

Lesson 1: Impulse Control and Problem Solving—Skill Overview
Lesson 2: Asking for Help in a Respectful Way
Lesson 3: Joining a Group
Lesson 4: Playing a Game
Lesson 5: Asking Permission
Lesson 6: Apologizing

Lesson Topics
Overview of impulsive behavior, calming-down techniques, and using problem solving.
Learning to ask for help politely and patiently.
Joining an activity at the right time in a friendly way.
Exploring sportsmanship skills.
Controlling impulses and using problem solving to ask permission.
Getting along with others by making an apology and offering to make amends.

Unit III: Anger Management

Lesson 1: Anger Management—Skill Overview
Lesson 2: Dealing with Criticism
Lesson 3: Dealing with Being Left Out
Lesson 4: Dealing with Consequences
Lesson 5: Keeping Second Step Skills Going

Lesson Topics
Overview of anger signs, events triggering anger, and the anger-management process.
Dealing with criticism using the problem-solving process.
Dealing with being left out using the problem-solving process.
Determining responsible behavior in dealing with the consequences of one’s actions.
Applying Second Step knowledge in a project shared with peers.
Unit I: Empathy Training
Lesson Titles
Lesson 1: Empathy Training—Skill Overview
Lesson 2: Conflicting Feelings
Lesson 3: Active Listening
Lesson 4: Expressing Concern
Lesson 5: Accepting Differences

Lesson Topics
Overview of the basic concepts of empathy: recognizing feelings, taking others’ perspectives, and responding empathically to others.
Understanding that people can have conflicting feelings about a situation.
Identifying and practicing active-listening skills.
Showing concern for another person.
Understanding that while everyone is different, people are also similar.

Unit II: Impulse Control and Problem Solving
Lesson Titles
Lesson 1: Impulse Control and Problem Solving—Skill Overview
Lesson 2: Making Conversation
Lesson 3: Dealing with Peer Pressure
Lesson 4: Resisting the Impulse to Steal
Lesson 5: Resisting the Impulse to Lie

Lesson Topics
Overview of impulsive behavior, calming-down techniques, and using problem solving.
Initiating, continuing, and ending a conversation in a friendly way.
Resisting peer pressure using assertive refusal skills and a problem-solving strategy.
Resisting the impulse to steal by applying a problem-solving strategy.
Resisting the impulse to lie by applying a problem-solving strategy.

Unit III: Anger Management
Lesson Titles
Lesson 1: Anger Management—Skill Overview
Lesson 2: Dealing with an Accusation
Lesson 3: Dealing with Disappointment
Lesson 4: Making a Complaint
Lesson 5: Keeping Second Step Skills Going

Lesson Topics
Overview of anger signs, anger-triggering events, and the anger-management process.
Applying the anger-management process to deal with an accusation.
Identifying positive responses for dealing with disappointment.
Using respectful, assertive behavior to make a complaint.
Applying Second Step knowledge in a project shared with peers.
Unit I: Empathy Training

Lesson Titles
Lesson 1: Introduction to Empathy Training
Lesson 2: Preferences and Conflicting Feelings
Lesson 3: Identifying Others’ Feelings
Lesson 4: Similarities and Differences
Lesson 5: Perceptions
Lesson 6: Intentions
Lesson 7: Expressing Concern

Lesson Topics
Introduction to the Second Step program and group discussion skills. Recognizing feelings and how feelings change.
Recognizing that people can have conflicting feelings and different preferences that can change over time.
Using physical and verbal clues to identify others’ feelings.
Recognizing that people can have different feelings about the same situation.
Understanding how and why people perceive situations differently.
Being aware of not attributing hostile intent.
Showing concern for others.

Unit II: Impulse Control and Problem Solving

Lesson 1: Introduction to Impulse Control and Problem Solving
Lesson 2: Giving and Receiving Compliments
Lesson 3: Identifying a Problem and Choosing a Solution
Lesson 4: Carrying Out and Evaluating a Solution
Lesson 5: Making Conversation
Lesson 6: Keeping a Promise
Lesson 7: Dealing with Fear
Lesson 8: Taking Responsibility for Your Actions

Lesson Topics
Defining impulsive behavior, practicing calming-down techniques, and overcoming troublesome social situations using problem solving.
Giving and receiving compliments without being misunderstood.
Identifying problems, overcoming impulsive behavior by brainstorming possible solutions, and choosing a fair, safe, workable solution.
Breaking a solution into steps, trying and evaluating the solution, and trying a different solution if necessary.
Initiating, continuing, and ending a conversation in a friendly way.
Using problem solving to keep a promise.
Identifying what might be causing fear and applying the problem-solving strategy to deal with it.
Taking responsibility for your actions by acknowledging mistakes, apologizing, and/or offering to make amends.

Unit III: Anger Management

Lesson 1: Introduction to Anger Management
Lesson 2: Getting the Facts Straight
Lesson 3: Reflection
Lesson 4: Dealing with Put-Downs
Lesson 5: Dealing with Criticism
Lesson 6: Dealing with Being Left Out
Lesson 7: Keeping Second Step Skills Going

Lesson Topics
Recognizing anger signs and anger buttons and using the anger-management process.
Using calming-down techniques to keep from jumping to conclusions when solving a problem.
Using reflection to evaluate performance in pressure situations.
Using the anger-management and problem-solving processes to deal with put-downs.
Identifying coping skills for dealing with criticism and taking responsibility for your actions.
Dealing with being left out using the problem-solving process.
Applying Second Step knowledge in a project shared with peers.
Unit I: Empathy Training

Lesson Titles

Lesson 1: Empathy Training—Skill Overview
Lesson 2: Communicating Feelings and Giving Support
Lesson 3: Cause and Effect
Lesson 4: Predicting Feelings
Lesson 5: Fairness
Lesson 6: Active Listening
Lesson 7: Accepting Differences

Lesson Topics

Overview of the basic concepts of empathy: recognizing feelings, taking others’ perspectives, and responding empathically to others.

Finding a trustworthy, empathic person with whom to share your feelings and being supportive when others share their feelings with you.

Learning how one’s actions can affect others.

Predicting others’ feelings as a result of our own or another person’s actions.

Recognizing others’ rights and offering a fair solution to a problem.

Identifying and practicing active-listening skills.

Recognizing that everyone is different and finding ways to accept people’s differences.

Unit II: Impulse Control and Problem Solving

Lesson 1: Impulse Control and Problem Solving—Skill Overview
Lesson 2: Resisting the Impulse to Lie
Lesson 3: Dealing with Peer Pressure
Lesson 4: Dealing with Gossip
Lesson 5: Resisting the Impulse to Cheat
Lesson 6: Resisting the Impulse to Steal

Lesson Topics

Overview of impulsive behavior, calming-down techniques, and the problem-solving strategy.

Resisting the impulse to lie by applying the problem-solving strategy.

Using assertive refusal skills and the problem-solving strategy to resist peer pressure.

Recognizing gossip and using the problem-solving strategy to deal with it.

Using the problem-solving strategy to resist the impulse to cheat.

Using the problem-solving strategy to resist the impulse to steal.

Unit III: Anger Management

Lesson 1: Anger Management—Skill Overview
Lesson 2: Dealing with Frustration
Lesson 3: Dealing with an Accusation
Lesson 4: Keeping Out of a Fight
Lesson 5: Resisting Revenge
Lesson 6: Dealing with Consequences
Lesson 7: Making and Responding to a Complaint
Lesson 8: Goal Setting
Lesson 9: Keeping Second Step Skills Going

Lesson Topics

Overview of anger signs, events triggering anger, and the anger-management process.

Applying the anger-management process to deal with frustration.

Using the anger-management process to peacefully deal with an accusation.

Staying out of a fight by applying anger-management techniques and the problem-solving strategy.

Applying the anger-management process to resist the impulse to seek revenge.

Determining responsible behavior in dealing with the consequences of one’s actions.

Using respectful, assertive behavior to make and respond to a complaint.

Setting goals to improve personal and social skills.

Applying Second Step knowledge in a project shared with peers.