

## 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

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

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

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

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 Titles



**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

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

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 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

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 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

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

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

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

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

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.