

Second Step Curriculum facilitated by the Social Workers

Each session runs approx. 20-30 minutes

Grade Level	Session 1	Session 2	Session 3
Kindergarten	Lesson 6	Lesson 7	Lesson 12
	Identifying Feelings	More Feelings	We Feel Feelings in Our Body
1st	Lesson 12	Lesson 14	Lesson 15
	Identifying Our Own Feelings	Calming Down Anger	Self-Talk for Calming Down
2nd	Lesson 8	Lesson 12	Lesson 9
	Respecting Different Preferences	Managing Embarrassment	Showing Compassion
3rd	Lesson 11	Lesson 12	Lesson 13
	Introducing Emotions	Managing Test Anxiety	Handling Accusations
4th	Lesson 7	Lesson 16	Lesson 17
	Conversations & Compliments	Problem Solving, Part 1	Problem Solving, Part 2
5th	Lesson 3	Lesson 20	Lesson 21
	Being Assertive	Dealing with Gossip	Dealing with Peer Pressure