

Lesson	Concepts	Objectives—Students will be able to:
1. Empathy and Respect	<ul style="list-style-type: none"> <li>The <i>Second Step</i> program helps you succeed at school.</li> <li>Having respect and empathy helps you get along with others.</li> </ul>	<ul style="list-style-type: none"> <li>Define <i>empathy</i></li> <li>Define <i>respect</i></li> </ul>
2. Listening with Attention	<ul style="list-style-type: none"> <li>Listening with attention helps you learn, work with others, and make friends.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate listening-with-attention skills</li> </ul>
3. Being Assertive	<ul style="list-style-type: none"> <li>Being assertive means asking for what you want or need in a calm, firm, respectful voice.</li> <li>Being assertive can help you be successful in a variety of social and academic situations.</li> </ul>	<ul style="list-style-type: none"> <li>Identify passive, aggressive, and assertive responses</li> <li>Demonstrate assertive responses with their partners</li> </ul>
4. Predicting Feelings	<ul style="list-style-type: none"> <li>Being able to predict how what you do or say might make other people feel is respectful and will help you get along better with others.</li> </ul>	<ul style="list-style-type: none"> <li>Predict how others might feel as a result of their or another's actions</li> <li>State the cause and effects of a given action</li> </ul>
5. Taking Others' Perspectives	<ul style="list-style-type: none"> <li>Others may have different perspectives.</li> <li>Being able to recognize someone else's perspective helps you get along with others.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate the ability to take someone else's perspective.</li> </ul>
6. Accepting Differences	<ul style="list-style-type: none"> <li>Accepting differences and finding similarities can create mutual respect and friendship.</li> </ul>	<ul style="list-style-type: none"> <li>Identify similarities and differences between two people</li> <li>Define <i>prejudice</i></li> </ul>
7. Disagreeing Respectfully	<ul style="list-style-type: none"> <li>Disagreeing respectfully involves using Assertiveness Skills.</li> <li>Disagreeing respectfully helps you strengthen your relationships, avoid misunderstandings, and prevent aggressive conflicts.</li> </ul>	<ul style="list-style-type: none"> <li>Distinguish between respectful and disrespectful ways to disagree</li> <li>Communicate their own perspectives</li> <li>Demonstrate skills for disagreeing respectfully</li> </ul>
8. Responding with Compassion	<ul style="list-style-type: none"> <li><i>Compassion</i> is saying kind words or doing something to show you care about how another person feels.</li> <li>Showing compassion for others is the respectful, kind thing to do.</li> <li>Having empathy helps you show compassion.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate knowledge of how to respond with compassion</li> </ul>

Unit 2: Emotion Management

Lesson	Concepts	Objectives—Students will be able to:
9. Introducing Emotion Management	<ul style="list-style-type: none"> <li>When you have strong, unmanaged emotions, it can lead to negative behavior and consequences.</li> </ul>	<ul style="list-style-type: none"> <li>Describe what happens in their brains and bodies when they experience strong emotions</li> <li>Identify a personal signal</li> <li>Identify and name strong feelings</li> </ul>
10. Calming Down	<ul style="list-style-type: none"> <li>Calming down emotions that are getting out of control helps you think clearly so you can avoid negative consequences.</li> </ul>	<ul style="list-style-type: none"> <li>Identify situations in which they might need to calm down</li> <li>Learn the technique for deep, centered breathing</li> <li>Identify and demonstrate other Calming-Down Strategies (using positive self-talk, counting, taking a break)</li> </ul>
11. Managing Anxiety	<ul style="list-style-type: none"> <li>Managing your anxiety effectively makes it easier to focus and succeed in social and academic situations.</li> </ul>	<ul style="list-style-type: none"> <li>Identify social situations that can cause anxiety</li> <li>Apply what they've learned about calming down in scenarios causing social anxiety</li> </ul>
12. Managing Frustration	<ul style="list-style-type: none"> <li>Frustration can get in the way of learning.</li> <li>Managing frustration reduces the chance of doing something you may regret later.</li> </ul>	<ul style="list-style-type: none"> <li>Identify physical signs of frustration</li> <li>Demonstrate reducing frustration by using the Calming-Down Steps</li> </ul>
13. Resisting Revenge	<ul style="list-style-type: none"> <li>Getting revenge can make problems worse.</li> </ul>	<ul style="list-style-type: none"> <li>Identify consequences of revenge</li> <li>Generate alternatives for seeking revenge</li> <li>Demonstrate using the Calming-Down Steps</li> </ul>
14. Handling Put-Downs	<ul style="list-style-type: none"> <li>Calming down helps you handle put-downs and avoid escalating conflicts.</li> </ul>	<ul style="list-style-type: none"> <li>Identify strategies for handling put-downs</li> <li>Demonstrate what they've learned about the Calming-Down Steps</li> <li>Demonstrate assertive responses to put-downs</li> </ul>
15. Avoiding Assumptions	<ul style="list-style-type: none"> <li>Calming down strong emotions helps you think clearly about a situation and make better decisions.</li> </ul>	<ul style="list-style-type: none"> <li>Identify emotion-management strategies</li> <li>Demonstrate Assertiveness Skills</li> <li>Identify and use positive self-talk statements to avoid making assumptions</li> </ul>

Lesson	Concepts	Objectives—Students will be able to:
16. Solving Problems, Part 1	<ul style="list-style-type: none"> <li>Solving problems helps you be successful at school.</li> </ul>	<ul style="list-style-type: none"> <li>Recall the S: Say the problem step of the Problem-Solving Steps</li> <li>State a problem without blaming anyone</li> </ul>
17. Solving Problems, Part 2	<ul style="list-style-type: none"> <li>Solving problems helps you be successful at school.</li> </ul>	<ul style="list-style-type: none"> <li>Generate safe and respectful solutions to a problem</li> <li>Identify consequences of potential solutions</li> <li>Select an appropriate solution to a problem</li> </ul>
18. Making a Plan	<ul style="list-style-type: none"> <li>Some solutions to problems are complicated and need a plan.</li> <li>Plans help you break down a big task into smaller, more manageable parts.</li> </ul>	<ul style="list-style-type: none"> <li>Explain the purpose of making a plan</li> <li>Create a three-step plan to carry out a solution to a problem</li> </ul>
19. Seeking Help	<ul style="list-style-type: none"> <li>Seeking help from a trusted adult is sometimes the best solution.</li> </ul>	<ul style="list-style-type: none"> <li>State the Problem-Solving Steps</li> <li>Demonstrate using Assertiveness Skills when seeking help</li> </ul>
20. Dealing with Gossip	<ul style="list-style-type: none"> <li>Malicious gossip is hurtful and not respectful to others.</li> </ul>	<ul style="list-style-type: none"> <li>Identify why some gossip is harmful</li> <li>Generate ideas for refusing or avoiding harmful gossip</li> <li>Demonstrate using the Problem-Solving Steps to deal with gossip</li> </ul>
21. Dealing with Peer Pressure	<ul style="list-style-type: none"> <li>It is okay to say no to others, and it is okay for them to say no to you.</li> <li>Negative emotions like guilt and remorse can be reasons not to go along with peer pressure.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate using assertiveness skills to resist peer pressure</li> <li>Demonstrate using the Problem-Solving Steps to figure out ways to resist peer pressure</li> </ul>
22. Reviewing <i>Second Step</i> Skills	<ul style="list-style-type: none"> <li>The skills and concepts learned in the <i>Second Step</i> program can help you succeed in school.</li> </ul>	<ul style="list-style-type: none"> <li>Identify <i>Second Step</i> skills and concepts being used in scenarios students might encounter at school</li> <li>Include <i>Second Step</i> skills in a written script about solving a problem</li> </ul>