

Second Step Scope and Sequence- Eliot School

	Kindergarten	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade
Oct. 2018	<u>Skills for Learning:</u> -Learning to Listen -Focusing Attention -Following Directions -Self-Talk for Staying on Task -Being Assertive	<u>Skills for Learning:</u> -Listening to Learn -Focusing Attention -Following Directions -Self-Talk for Learning -Being Assertive	<u>Skills for Learning:</u> -Being Respectful -Focusing Attention and Listening -Using Self-Talk -Being Assertive <u>Empathy:</u> -Identifying Feelings	<u>Skills for Learning:</u> -Being Respectful Learners -Using Self-Talk -Being Assertive -Planning to Learn <u>Empathy:</u> -Identifying Others' Feelings	<u>Empathy and Skills for Learning:</u> -Empathy and Respect -Listening with Attention -Being Assertive -Respecting Similarities and Differences -Understanding Complex Feelings	<u>Empathy and Skills for Learning:</u> -Empathy and Respect -Listening with Attention -Being Assertive -Predicting Feelings -Taking Others' Perspectives
Nov. 2018	<u>Empathy:</u> -Feelings -More Feelings -Identifying Anger -Same or Different?	<u>Empathy:</u> -Identifying Feelings -Looking for More Clues -Similarities and Differences -Feelings Change	<u>Empathy:</u> -Learning More About Feelings -Feeling Confident -Respecting Different Preferences -Showing Compassion	<u>Empathy:</u> -Understanding Perspectives -Conflicting Feelings -Accepting Differences -Showing Compassion	<u>Empathy and Skills for Learning:</u> -Understanding Different Perspectives -Conversation and Compliments -Joining In -Showing Compassion	<u>Empathy and Skills for Learning:</u> -Accepting Differences -Disagreeing Respectfully -Responding with Compassion <u>Emotion Management:</u> -Introducing Emotion Management
Dec. 2018	<u>Empathy:</u> -Accidents -Caring and Helping <u>Emotion Management:</u> -We Feel Feelings in Our Bodies	<u>Empathy:</u> -Accidents -Showing Care and Concern <u>Emotion Management:</u> -Identifying Our Own Feelings	<u>Empathy:</u> -Predicting Feelings <u>Emotion Management:</u> -Introducing Emotion Management -Managing Embarrassment	<u>Empathy:</u> -Making Friends <u>Emotion Management:</u> -Introducing Emotion Management -Managing Test Anxiety	<u>Emotion Management:</u> -Introducing Emotion Management -Managing Strong Feelings -Calming Down Anger	<u>Emotion Management:</u> -Calming Down -Managing Anxiety -Managing Frustration
Jan. 2019	<u>Emotion Management:</u> -Managing Frustration -Calming Down Strong Feelings -Handling Waiting	<u>Emotion Management:</u> -Strong Feelings -Calming Down Anger -Self-Talk for Calming Down	<u>Emotion Management:</u> -Handling Making Mistakes -Managing Anxious Feelings -Managing Anger	<u>Emotion Management:</u> -Handling Accusations -Managing Disappointment -Managing Anger	<u>Emotion Management:</u> -Managing Anxiety -Avoiding Jumping to Conclusions -Handling Put-Downs	<u>Emotion Management:</u> -Resisting Revenge -Handling Put-Downs -Avoiding Assumptions

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Feb. 2019	<u>Emotion Management:</u> -Managing Anger -Managing Disappointment -Handling Being Knocked Down	<u>Emotion Management:</u> -Managing Worry <u>Problem Solving:</u> -Solving Problems (1) -Solving Problems (2)	<u>Emotion Management:</u> -Finishing Tasks <u>Problem Solving:</u> -Solving Problems (1) -Solving Problems (2)	<u>Emotion Management:</u> -Managing hurt Feelings <u>Problem Solving:</u> -Solving Problems (1) -Solving Problems (2)	<u>Problem Solving:</u> -Solving Problems (1) -Solving Problems (2) -Making a Plan	<u>Problem Solving:</u> -Solving Problems (1) -Solving Problems (2) -Making a Plan
March 2019	<u>Problem Solving:</u> -Solving Problems -Inviting to Play -Fair Ways to Play -Having Fun With Our Friends	<u>Problem Solving:</u> -Fair Ways to Play -Inviting to Join In -Handling Name Calling -Reviewing Second Step Skills	<u>Problem Solving:</u> -Taking Responsibility -Responding to Playground Exclusion -Playing Fairly on the Playground -Reviewing Second Step Skills	<u>Problem Solving:</u> -Solving Classroom Problems -Solving Peer Exclusion Problems -Dealing with Negative Peer Pressure -Reviewing Second Step Skills	<u>Problem Solving:</u> -Solving Playground Problems -Taking Responsibility for Your Actions -Dealing with Peer Pressure -Reviewing Second Step Skills	<u>Problem Solving:</u> -Seeking Help -Dealing with Gossip -Dealing with Peer Pressure -Reviewing Second Step Skills
April 2019	<u>Problem Solving:</u> -Handling Things Taken Away -Handling Name Calling -Reviewing Second Step Skills					