

Early Learning

UNIT 1 Skills for Learning	UNIT 2 Empathy	UNIT 3 Emotion Management	UNIT 4 Friendship Skills and Problem Solving	UNIT 5 Transitioning to Kindergarten
<ol style="list-style-type: none"> 1. Welcoming 2. Listening 3. Focusing Attention 4. Self-Talk 5. Following Directions 6. Asking for What You Need or Want 	<ol style="list-style-type: none"> 7. Identifying Feelings (happy, sad) 8. More Feelings (surprised, scared) 9. Identifying Anger 10. Same or Different Feelings 11. Accidents 12. Caring and Helping 	<ol style="list-style-type: none"> 13. We Feel Feelings in Our Bodies (worried) 14. Strong Feelings (frustrated) 15. Naming Feelings 16. Managing Disappointment 17. Managing Anger 18. Managing Waiting 	<ol style="list-style-type: none"> 19. Fair Ways to Play (play together, trade, take turns) 20. Having Fun with Friends 21. Inviting to Play 22. Joining In with Play 23. Saying the Problem 24. Thinking of Solutions 25. Speaking Assertively 	<ol style="list-style-type: none"> 26. Learning in Kindergarten 27. Riding the Kindergarten Bus 28. Making New Friends in Kindergarten

Kindergarten

UNIT 1 Skills for Learning	UNIT 2 Empathy	UNIT 3 Emotion Management	UNIT 4 Problem Solving
<ol style="list-style-type: none"> 1. Learning to Listen 2. Focusing Attention 3. Following Directions 4. Self-Talk for Staying on Task 5. Being Assertive 	<ol style="list-style-type: none"> 6. Feelings 7. More Feelings 8. Identifying Anger 9. Same or Different? 10. Accidents 11. Caring and Helping 	<ol style="list-style-type: none"> 12. We Feel Feelings in Our Bodies 13. Managing Frustration 14. Calming Down Strong Feelings 15. Handling Waiting 16. Managing Anger 17. Managing Disappointment 18. Handling Being Knocked Down 	<ol style="list-style-type: none"> 19. Solving Problems 20. Inviting to Play 21. Fair Ways to Play 22. Having Fun with Our Friends 23. Handling Having Things Taken Away 24. Handling Name-Calling 25. Reviewing <i>Second Step</i> Skills

Grade 1

UNIT 1 Skills for Learning	UNIT 2 Empathy	UNIT 3 Emotion Management	UNIT 4 Problem Solving
<ol style="list-style-type: none"> 1. Listening to Learn 2. Focusing Attention 3. Following Directions 4. Self-Talk for Learning 5. Being Assertive 	<ol style="list-style-type: none"> 6. Identifying Feelings 7. Looking for More Clues 8. Similarities and Differences 9. Feelings Change 10. Accidents 11. Showing Care and Concern 	<ol style="list-style-type: none"> 12. Identifying Our Own Feelings 13. Strong Feelings 14. Calming Down Anger 15. Self-Talk for Calming Down 16. Managing Worry 	<ol style="list-style-type: none"> 17. Solving Problems, Part 1 18. Solving Problems, Part 2 19. Fair Ways to Play 20. Inviting to Join In 21. Handling Name-Calling 22. Reviewing <i>Second Step</i> Skills

Grade 2

UNIT 1 Skills for Learning	UNIT 2 Empathy	UNIT 3 Emotion Management	UNIT 4 Problem Solving
<ol style="list-style-type: none"> 1. Being Respectful 2. Focusing Attention and Listening 3. Using Self-Talk 4. Being Assertive 	<ol style="list-style-type: none"> 5. Identifying Feelings 6. Learning More About Feelings 7. Feeling Confident 8. Respecting Different Preferences 9. Showing Compassion 10. Predicting Feelings 	<ol style="list-style-type: none"> 11. Introducing Emotion Management 12. Managing Embarrassment 13. Handling Making Mistakes 14. Managing Anxious Feelings 15. Managing Anger 16. Finishing Tasks 	<ol style="list-style-type: none"> 17. Solving Problems, Part 1 18. Solving Problems, Part 2 19. Taking Responsibility 20. Responding to Playground Exclusion 21. Playing Fairly on the Playground 22. Reviewing <i>Second Step</i> Skills

Grade 3

UNIT 1 Skills for Learning	UNIT 2 Empathy	UNIT 3 Emotion Management	UNIT 4 Problem Solving
<ol style="list-style-type: none"> Being Respectful Learners Using Self-Talk Being Assertive Planning to Learn 	<ol style="list-style-type: none"> Identifying Others' Feelings Understanding Perspectives Conflicting Feelings Accepting Differences Showing Compassion Making Friends 	<ol style="list-style-type: none"> Introducing Emotion Management Managing Test Anxiety Handling Accusations Managing Disappointment Managing Anger Managing Hurt Feelings 	<ol style="list-style-type: none"> Solving Problems, Part 1 Solving Problems, Part 2 Solving Classroom Problems Solving Peer Exclusion Problems Dealing with Negative Peer Pressure Reviewing <i>Second Step</i> Skills

Grade 4

UNIT 1 Empathy and Skills for Learning	UNIT 2 Emotion Management	UNIT 3 Problem Solving
<ol style="list-style-type: none"> Empathy and Respect Listening with Attention Being Assertive Respecting Similarities and Differences Understanding Complex Feelings Understanding Different Perspectives Conversation and Compliments Joining In Showing Compassion 	<ol style="list-style-type: none"> Introducing Emotion Management Managing Strong Feelings Calming Down Anger Managing Anxiety Avoiding Jumping to Conclusions Handling Put-Downs 	<ol style="list-style-type: none"> Solving Problems, Part 1 Solving Problems, Part 2 Making a Plan Solving Playground Problems Taking Responsibility for Your Actions Dealing with Peer Pressure Reviewing <i>Second Step</i> Skills

Grade 5

UNIT 1 Empathy and Skills for Learning	UNIT 2 Emotion Management	UNIT 3 Problem Solving
<ol style="list-style-type: none"> Empathy and Respect Listening with Attention Being Assertive Predicting Feelings Taking Others' Perspectives Accepting Differences Disagreeing Respectfully Responding with Compassion 	<ol style="list-style-type: none"> Introducing Emotion Management Calming Down Managing Anxiety Managing Frustration Resisting Revenge Handling Put-Downs Avoiding Assumptions 	<ol style="list-style-type: none"> Solving Problems, Part 1 Solving Problems, Part 2 Making a Plan Seeking Help Dealing with Gossip Dealing with Peer Pressure Reviewing <i>Second Step</i> Skills

Grade 6

THEME 1	THEME 2	THEME 3	THEME 4	THEME 5
Empathy and Communication	Bullying Prevention	Emotion Management	Problem Solving	Substance Abuse Prevention
<ol style="list-style-type: none"> Working in Groups Friends and Allies Considering Perspectives Disagreeing Respectfully Being Assertive 	<ol style="list-style-type: none"> Recognizing Bullying Bystanders 	<ol style="list-style-type: none"> Emotions—Brain and Body Calming-Down Strategies 	<ol style="list-style-type: none"> Using the Action Steps Making a Plan 	<ol style="list-style-type: none"> Tobacco and Marijuana Alcohol and Inhalants Identifying Hopes and Plans Making a Commitment

Grade 7

THEME 1	THEME 2	THEME 3	THEME 4
Empathy and Communication	Bullying Prevention	Emotion Management	Substance Abuse Prevention/ Decision Making
<ol style="list-style-type: none"> Working in Groups Disagreeing Respectfully Negotiating and Compromising Giving and Getting Support 	<ol style="list-style-type: none"> Responding to Bullying Cyber Bullying Sexual Harassment 	<ol style="list-style-type: none"> Understanding Anger Staying in Control Coping with Stress 	<ol style="list-style-type: none"> Myths and Facts Norms and Attitudes Making Good Decisions

Grade 8

THEME 1	THEME 2	THEME 3	THEME 4	THEME 5
Empathy and Communication	Bullying Prevention	Emotion Management	Goal Setting	Substance Abuse Prevention
<ol style="list-style-type: none"> Working in Groups Leaders and Allies Handling a Grievance Negotiating and Compromising 	<ol style="list-style-type: none"> Bullying in Friendships Labels, Stereotypes, and Prejudice Bullying in Dating Relationships 	<ol style="list-style-type: none"> De-Escalating a Tense Situation Coping with Stress 	<ol style="list-style-type: none"> Making Your Plan Evaluating Your Plan 	<ol style="list-style-type: none"> Identifying Future Goals Keeping Your Commitment