

Second Step Program

The Second Step program is taught to elementary age students in grades K-4 by teachers, parent and/or staff volunteers on a weekly basis throughout the school year. The goal of the program is to build upon your child's social skills and self esteem by giving him/her tools to solve everyday problems. Children who learn and use the skills presented in this program are more likely to get along with other people and perform better in school.

The Second Step curriculum teaches students three core skills found to be critical in building social competence and reducing aggressive behaviors; these skill areas include Empathy, Impulse Control/Problem Solving, and Anger Management. At each grade level, students are given opportunities to use these skills through discussion and practice in various situations that are relevant to their social experience and developmental levels.

In the empathy unit, children learn to identify feelings, predict how others may feel by reading body and situation cues, and to show others they care through their words and/or actions. In the impulse control unit, children learn to solve problems, perform and practice social skills such as sharing, turn taking, apologizing, interrupting politely, and making new friends. In the anger management unit, children learn to calm down, redirect their feelings in more positive ways, and manage their anger in ways that do not hurt others.

Thanks to the dedication of parent, teacher, and staff support, each year we continue to implement the Second Step program successfully and empower our students with the life skills they will need to get along with others and become more socially adept.