
second step[®] Family

Unit 1 | Overcoming Challenges

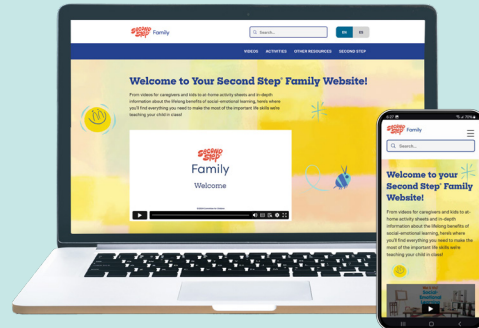


Grade 1



Families!

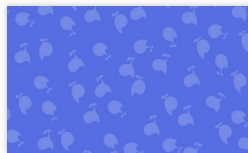
Get fun and informative videos, activities, resources, and more at our **FREE Second Step Family website that's just for you and your family!**



It's packed with content that directly supports what your child is learning in school, plus expert tips and tools for parents. **There's no sign-up process, no ads, no fees, and no obligations.**



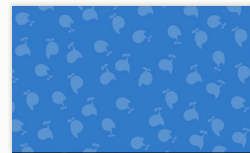
Kindergarten
Recognizing Feelings, Feeling Calm
LESSON VIDEO: Tool Time!



Grade 2
Positive Thoughts
MIND YETI! MINDFULNESS SESSION: Look at How Awesome You Are!



Grade 1
Recognizing Feelings, Feeling Calm
LESSON VIDEO: Countdown to Calmness



Kindergarten, Grade 1
Feeling Calm
MIND YETI! MINDFULNESS SESSION: Slow Breathing is SOUPer!



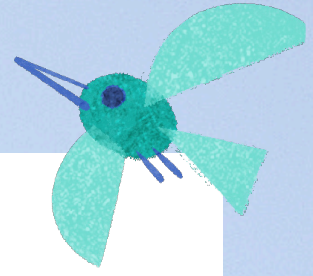
Just visit secondstepfamily.org
(or scan the QR code) and start exploring!



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Welcome to Second Step® Family!

We are the world leader in social-emotional education for kids.

Our programs help students get better at communication, teamwork, and problem-solving and learn to recognize and manage their big feelings.

First graders will get four units of Second Step® lessons, starting with the one covered in this booklet—Unit 1: Overcoming Challenges.

What students learn in class is important, but as parents and caregivers you will be one of their most important social-emotional teachers!

To support your child's growth, you'll get a Family Booklet like this one with every unit.

We encourage you to follow along with your child's weekly lessons and try the at-home exercises.

Each booklet gives:

- **Details about what your child is learning in class**
- **Tips on at-home opportunities to help your child practice their new skills**
- **Kids' activity pages to cut or tear out**

This Unit 1 booklet also has a **Helpful Thoughts** fridge magnet to help keep your kid motivated.

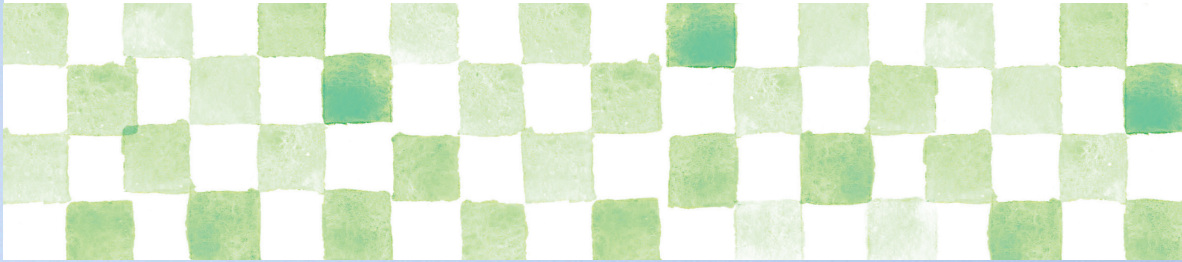


You also have free access to the **secondstepfamily.org** website. It was designed just for parents and has lots of videos and materials for you to explore and use at home.

Studies show that kids with strong social-emotional skills not only do better in school, but throughout their lives.

We're excited to be part of helping your child become the best they can be, at whatever they choose to do, and wherever their life leads them!

Your friends on the Second Step team



Unit 1 Overview

First grade is full of challenges.

This year your child will start to read and write complex sentences—using correct spelling and grammar. They'll do word problems, learn to measure, and even learn how to tell time. They'll be introduced to science and social studies and start to use logic to figure things out on their own.

It's a lot!

Kids can become frustrated or even feel like giving up when schoolwork gets tough.

The lessons in Unit 1 will help your first grader stay focused, motivated, and positive.

Over the next few weeks, the class will focus on four important learning tools:

1. PAYING ATTENTION

Understanding what “paying attention” really means, how it helps us learn, and that it also helps us stay safe

2. MANAGING DISTRACTION

Recognizing distracting things, and making good choices to help us get our focus back

3. PRACTICING AND TRYING AGAIN

Understanding that getting better at things takes practice and trying hard

4. THINKING HELPFUL THOUGHTS

Using positive self-talk to keep going when we're frustrated

These are big steps for a first grader! Your child will need support at home to build these skills.

Each section of this booklet covers a unit lesson your child will do in school, and includes suggestions for at-home activities and conversation-starters that support their classroom work.

Don't be afraid to help your child at home by providing the "answers" and coaching them through the activities!

Additional resources for Unit 1 can be found on the Second Step Family website. Your child's teacher or principal can also answer questions you may have.



1

Paying Attention

As kids, we probably all heard a teacher say “now, pay attention!”

But did we really understand what that meant?

In Lesson 1, **students learn that watching, listening, thinking about what we see and hear, and making good choices are all parts of paying attention.**

They’ll also learn that two important times we need to pay attention are when we’re learning and when we need to stay safe—and that the ways we pay attention can depend on the situation.

Ways of Paying Attention

In school:

- Turning towards a teacher or classmate when they speak
- Not talking when it’s someone else’s turn to speak
- Looking closely at what the teacher is showing the class

On the playground:

- Holding on to railings and handles
- Seeing where other people are before we run or jump
- Being aware of what we’re doing with our bodies

Crossing the street:

- Making sure we’re holding a grown-up’s hand
- Looking (and listening!) for traffic
- Waiting for a green light or “walk” sign before we move

Students will also practice naming the parts of the body we use to pay attention in different situations.

For example, if someone is reading a story, we would use our ears to listen. If we’re in a busy parking lot, we would use our eyes to look for cars.



Parents—Support This Skill at Home



When you tell your child something important, do they turn and look at you? Do they listen closely? If they do, offer praise. If they forget, ask them to point to the body parts they can use to pay attention to you.



At bath time, ask your child how they can pay attention to stay safe. Did they check that the water is a good temperature? Are they holding on to something when they get in or out? Are they moving in a safe way in the tub or shower?



Turn to page 15 for a kids' activity on PAYING ATTENTION to cut or tear out for your child.



Visit the Second Step Family website to see the Attention and Distraction videos your child is watching in class

2

Managing Distraction

Even adults can struggle with getting distracted.

And for young children—who are naturally energetic and excitable—distractions can come from just about anywhere.

In Lesson 2, **kids will learn to recognize when their attention has wandered and get tools to help them turn their focus back to what's important.**

Common distractions and solutions the class will discuss are:

Wandering thoughts (daydreaming)

- Close their eyes and take a deep breath
- Remind themselves about the task they need to focus on
- Remind themselves that they can think about other things when their task is done

Someone is doing something distracting nearby (playing, talking loudly)

- Turn to face the other way
- Politely ask the person to stop until the task is finished
- Move to another room or space

TV, music, or smartphones

- Turn off the TV, music, or phone—or ask an adult to turn them off
- Move to another room or space

The teacher will emphasize that kids can always ask a trusted adult for help solving a distraction problem.



Parents—Support This Skill at Home



Help your child recognize when they've gotten distracted. Ask them to talk about what might have distracted them. Ask them what they think would help them refocus.



If your child is working on something difficult and needs someone to stop doing something distracting, **help them ask for what they need.** Encourage other family members to support the child by turning down a TV, playing or talking more quietly, or going to another room.



Turn to page 17 for a color-by-numbers kids' activity that you can cut or tear out for your child to help them build focus.



Get video tips from our team on helping your child with MANAGING DISTRACTION.

3

Practicing and Trying Again

Most of us have wished we could instantly be good at something.

But as adults we know that even the most gifted athlete or performer had to put in effort, and that they improved over time.

In Lesson 3, **students will discuss all the things they've learned to do by first grade, and how much they had to practice to get good at those things.**

The teacher will remind first graders that:

- Everything they're good at now took practice and effort
- Things that seem hard now will also get easier with practice
- If they keep trying and don't give up, they can get better at anything

It's important for kids to understand that they have the power to help themselves improve.

They will also learn that **people get better at things at their own pace.**

It doesn't matter who gets there first. **What matters is that we keep trying and don't give up.**



Parents—Support This Skill at Home



Notice when your child practices something: “I see you’re really trying hard. Good job!”

If they feel like giving up, help them remember something else they struggled to learn—but are good at now because they kept trying.

Notice when they improve: “I can see your practice is really making a difference!”



If your child admires a performer, athlete, artist, or scientist, talk with them about how that person practiced and worked hard to get good at what they do.

Share a story about something that you had to practice to get good at.



Turn to page 19 for a kids’ activity on PRACTICING AND TRYING AGAIN that you can cut or tear out for your child.



Get video tips from our team on helping your child with getting good at things.

4

Thinking Helpful Thoughts

We all know how feeling frustrated can affect our motivation.

Having tools to help ourselves stay positive when things get tough is an important life skill.

In Lesson 4, **first graders will learn that using kind words is a good way to help themselves (and others!) keep going when they're distracted, tired, or making mistakes.**

The teacher will call these “helpful thoughts.”

Some helpful thoughts the teacher will suggest are:

- It's okay that this is hard right now—I'm still learning.
- I get better every time I practice! I can try again!
- I'll be really proud of my hard work when I get this right!

Students will talk about the difficult things they've already learned to do—like writing their name or tying their shoes. The teacher will help them remember how happy and proud they felt when they got it right.

The class will use kind words to help them imagine the positive results of practicing: “When I learn to dribble, I'll be able to play basketball with all my friends!”



Parents—Support This Skill at Home



When your child is struggling, use kind words to remind them of other skills they mastered through practice: “I know it’s tough, but you’ve learned to do hard things before. You’ll get good at this too!”

When your child is getting ready to try to do something hard, ask them to think of some helpful thoughts in advance that they can use if they get frustrated. If they can’t think of any, jump in and make some suggestions!

If a friend or family member is struggling with a task, ask your child to suggest some helpful thoughts that person can use to keep them going.



Turn to page 23 for a Helpful Thoughts magnet you can put on your refrigerator to help your child remember ways to stay motivated.



See video tips from our team on using helpful thoughts with your child.



I Spy Bingo

Take this page on your next car or bus trip.
See how many things you can spot by paying
attention!





This page is for you!

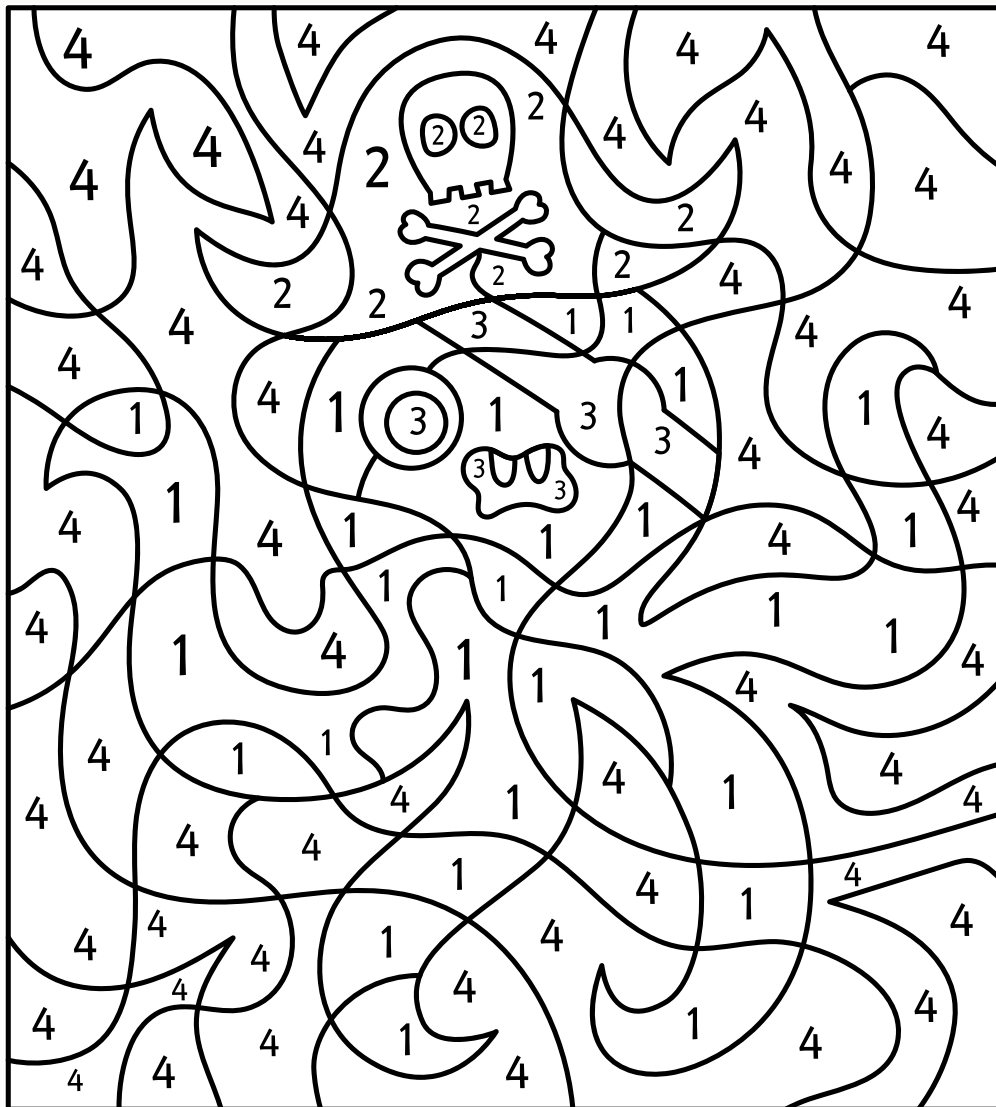


Cut or tear this page.



Color by Numbers

Choose four colors and use them to complete the color key on the side. Then use the key to fill in all the shapes with the color that matches their number. Make sure you don't get distracted and soon you'll see a funny friend!





This page is for you!



Cut or tear this page.



I Can Do It

Draw some things you've gotten good at by practicing.



This page is for you!



Cut or tear this page.



Helpful Thoughts

I can't do
this ... yet!

Mistakes
are okay!

I've got
this!

I'm going to
keep practicing!

It's okay,
I can try
again!



Add your own helpful thought in the blank thought bubble!



This page is for you!



Cut or tear this page.

Helpful Thoughts Magnet

Helpful thoughts are great when you're learning something new or doing something challenging. So find a spot for this magnet where everyone can see it!



Second Step® Family Activity Booklet User Notice

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