

Second Step Social/Emotional Learning Communication:

Additional Resource: <https://www.parentteenconnect.org/>

8th Grade:

Lesson 1: Welcome!

Summary

This week's lesson will show your child how Second Step® Middle School can help them navigate physical, social, and emotional changes in adolescence.

Question

Have a conversation with your child about what you felt was the most difficult part of being an adolescent. Ask your child about any changes they've noticed in friends and what they think about these changes.

Lesson 2: Who Am I? My Identity

Summary

In this week's lesson, your child will learn that their identity is complex. They will create an identity map that names unique and important aspects of their identity.

Question

Share your response to the following questions with your child. Then have your child and any additional family members share their responses.

1. Who am I?
2. What are the most important aspects of my identity and why?

Lesson 3: My Interests and Strengths

Summary

In this week's lesson, your child will reflect on how they have used their personal strengths to develop an interest, skill, or ability.

Question

Tell your child about a skill, interest, or ability you have and how you developed it. Discuss the skills, attitudes, or people who helped you along the way.

7th Grade:

Lesson 1: Helping New Students

Summary

In this week's lesson, your child will help brainstorm ways to support new students.

Question

Ask your child what feelings they had when they started middle school. Did they get support from other students? Ask your child how they can support students who are new to their school.

Lesson 2: Creating New Pathways in Your Brain

Summary

In this week's lesson, your child will learn that intelligence is not fixed; their brain actually makes new connections and their skills and abilities develop when they practice difficult things.

Question

Tell your child about a time you had to learn something challenging and explain how you persisted in learning it. Ask your child if there's anything they would like to learn to do this year.

Lesson 3: Learning from Mistakes and Failure

Summary

In this week's lesson, your child will learn how to learn from mistakes. When your child does difficult things, they may initially make mistakes and fail, but these mistakes can be chances to learn and grow.

Question

Tell your child about a mistake you made in the past and what you learned from it. Ask your child to tell you about a mistake they made and what they learned from it.

6th Grade:

Lesson 1: Helping New Students

Summary

In this week's lesson, your child will help brainstorm ways to support new students.

Question

Tell your child about a time you helped someone new in any community you belong to. Ask your child how they wish someone would have helped them when they started middle school.

Lesson 2: How to Grow Your Brain

Summary

In this week's lesson, your child will learn about the brain's ability to grow and change when they practice challenging things. Having a growth mindset supports your child's success in school and in life.

Question

Tell your child about a time you had to learn something new. Explain whether it was hard to learn and how you learned it. Ask your child if there's anything they would like to learn to do this year.

Lesson 3: Trying New Strategies

Summary

In this week's lesson, your child will brainstorm different strategies they can try when they're having trouble learning something new.

Question

Tell your child about a time you needed to change your approach in order to learn something new. Ask your child to tell you about something they're working hard to learn and how you can help.

5th Grade:

Lesson 1: The Right Goal for Me

Summary

In this week's lesson, your child will learn how to set a goal that's right for them. A goal that's right for someone is specific, challenging, doable, and motivating.

Try This at Home

Ask your child what their goal is and how they know it's right for them. Encourage them to describe why it's motivating to them. Talk to your child about a goal you reached in the past and why you chose that goal.

Lesson 2: My Plan

Summary

In this week's lesson, your child will learn how to make an effective plan to reach a goal.

Try This at Home

Ask your child about their plan to reach their goal. What will they do? What will they need? Talk to them about how you can support them as they work toward their goal.

Lesson 3: Changing My Plan

Summary

In this week's lesson, your child will learn how to evaluate their progress toward a goal and change their plan accordingly.

Try This at Home

Talk to your child about the progress they've made toward their goal. Ask them if they've run into any roadblocks, and offer to help them think about how to keep moving forward.

4th Grade:

Lesson 1: Setting a Good Goal

Summary

In this week's lesson, your child's class will work together to set a 2-week goal that's specific, challenging, and doable.

Try This at Home

Ask your child to describe their class goal and explain what makes it challenging and doable for their class. Tell your child about a goal you recently set and what makes it challenging and doable for you.

Lesson 2: Making a Plan

Summary

In this week's lesson, your child's class will work together to make a good plan to reach their 2-week goal.

Try This at Home

Ask your child to describe their plan to reach their class goal. What will they do? What will they need? Who can support them? Tell your child about a time when you made a plan to reach a goal.

Lesson 3: Checking Our Progress

Summary

In this week's lesson, your child's class will work together to identify roadblocks that might be getting in the way as they work toward their 2-week goal. Then they'll decide what they can change to remove or get around their roadblocks.

Try This at Home

Ask your child if they've run into any roadblocks while working toward their class goal. If so, how will they work around them? Tell your child about a time you ran into a roadblock and what you did to overcome it.

3rd Grade:

Lesson 1: Changing Your Brain

Summary

In this week's lesson, your child will learn that when they learn something new, the brain changes as different parts of the brain begin to send messages to each other.

Try This at Home

Ask your child to explain what happens in their brain when they learn something for the first time.

Lesson 2: Getting Better with Practice

Summary

In this week's lesson, your child will learn that every time they practice a new a skill, the brain gets better at sending the messages for that skill.

Try This at Home

Ask your child to explain what happens in their brain when they practice.

Lesson 3: More Than Practice

Summary

In this week's lesson, your child will learn that if they're practicing a skill but not getting better, they can try a new way of practicing or find someone to learn from.

Try This at Home

Ask your child to tell you something new they've been practicing at school. Ask if they can think of other ways to practice or someone they could learn from.

2nd Grade:

Lesson 1: How to Get Good at Something

Summary: In this week's lesson, your child will learn that their best skills have developed as a result of practicing, trying hard, and asking for help.

Try This at Home: Ask your child to share with you what they're good at and how they became good at it. Share with them something you're good at and what you did to practice and try hard, and who you asked for help.

Lesson 2: What Mistakes Tell Us

Summary: In this week's lesson, your child will learn that mistakes tell us something's not working and that they can respond to mistakes by asking for help, trying again, or making a small change to keep going.

Try This at Home: Ask your child what a mistake tells them and what they can do to keep going after a mistake.

Imagine Neighborhood: Listen with your child to the Imagine Neighborhood podcast, Season 1, Episode 3: Macho Supreme Has an Accident.

Lesson 3: Helpful and Unhelpful Thoughts

Summary: In this week's lesson, your child will learn that helpful thoughts can help us keep going when we're learning and unhelpful thoughts might make us want to give up.

Try This at Home: Ask your child whether the thoughts they have when they're learning something new are helpful or unhelpful. Ask your child to share examples of helpful thoughts they know.

Imagine Neighborhood: Listen with your child to the Imagine Neighborhood podcast, Season 2, Episode 2: Macho and the Toucan't.

1st Grade:

Lesson 1: Time to Pay Attention

Summary: In this week's lesson, your child will learn that paying attention can look different depending on the situation, for example, listening to the teacher during a lesson, or looking both ways before crossing the street.

Try This at Home: Ask your child to show you how they can pay attention, for example, when you are reading a story with them, explaining a task, or crossing the street.

Imagine Neighborhood: Listen with your child to the Imagine Neighborhood podcast, Season 2, Episode 3: Shake Your Monkeys.

Lesson 2: Everyone Gets Distracted

Summary: In this week's lesson, your child will learn that a distraction is something that takes their attention away from something else. They'll learn different ways to manage distractions, such as reminding themselves to focus, turning away from the distraction, changing places, or politely asking someone to stop a distracting behavior.

Try This at Home: When you need to pay attention or focus on a task at home, ask your child to suggest some ways you can manage distractions.

Imagine Neighborhood: Listen with your child to the Imagine Neighborhood podcast, Season 1, Episode 7: Macho's New Spaceship.

Lesson 3: You Did It!

Summary: In this week's lesson, your child will reflect on different skills they've learned and talk about how practice and continued effort helped them get better.

Try This at Home: Talk with your child about different tasks and skills they have learned to do by themselves at home, for example, making their bed, getting themselves dressed, etc. Remind them that it took time and practice to get better at these things.

Imagine Neighborhood: Listen with your child to the Imagine Neighborhood podcast, Season 2, Episode 2: Macho and the Toucan't.

Kindergarten:

Lesson 1: We Watch. We Listen. We Think.

Summary: In this week's lesson, your child will learn that paying attention means watching, listening, and thinking carefully about something. They practice different ways of showing they're paying attention.

Try This at Home: Ask your child to show you how they can pay attention, for example, when you are reading a story with them or explaining how to do something.

Imagine Neighborhood: Listen with your child to the Imagine Neighborhood podcast, Season 2, Episode 3: Shake Your Monkeys.

Lesson 2: Why We Pay Attention

Summary: In this week's lesson, your child will learn two important reasons for paying attention: to learn and to stay safe.

Try This at Home: Ask your child why they think it's important to pay attention during different activities, for example, when listening to information or instructions, when helping out with a task, or when crossing the street with you.

Lesson 3: Mistakes Are Okay!

Summary: In this week's lesson, your child will learn that mistakes are a natural part of the learning process. They'll practice encouraging their classmates (and themselves) while the class learns and practices a skill together: snapping their fingers.

Try This at Home: Remind your child that everyone makes mistakes and that mistakes help us learn. Point out when you make mistakes or tell them a story about a time you learned something from making a mistake.