

## Kindergarten

UNIT 1	UNIT 2	UNIT 3	UNIT 4
<b>Skills for Learning</b>	<b>Empathy</b>	<b>Emotion Management</b>	<b>Problem Solving</b>
<ol style="list-style-type: none"> <li>Learning to Listen</li> <li>Focusing Attention</li> <li>Following Directions</li> <li>Self-Talk for Staying on Task</li> <li>Being Assertive</li> </ol>	<ol style="list-style-type: none"> <li>Feelings</li> <li>More Feelings</li> <li>Identifying Anger</li> <li>Same or Different?</li> <li>Accidents</li> <li>Caring and Helping</li> </ol>	<ol style="list-style-type: none"> <li>We Feel Feelings in Our Bodies</li> <li>Managing Frustration</li> <li>Calming Down Strong Feelings</li> <li>Handling Waiting</li> <li>Managing Anger</li> <li>Managing Disappointment</li> <li>Handling Being Knocked Down</li> </ol>	<ol style="list-style-type: none"> <li>Solving Problems</li> <li>Inviting to Play</li> <li>Fair Ways to Play</li> <li>Having Fun with Our Friends</li> <li>Handling Having Things Taken Away</li> <li>Handling Name-Calling</li> <li>Reviewing <i>Second Step</i> Skills</li> </ol>

## Grade 1

UNIT 1	UNIT 2	UNIT 3	UNIT 4
<b>Skills for Learning</b>	<b>Empathy</b>	<b>Emotion Management</b>	<b>Problem Solving</b>
<ol style="list-style-type: none"> <li>Listening to Learn</li> <li>Focusing Attention</li> <li>Following Directions</li> <li>Self-Talk for Learning</li> <li>Being Assertive</li> </ol>	<ol style="list-style-type: none"> <li>Identifying Feelings</li> <li>Looking for More Clues</li> <li>Similarities and Differences</li> <li>Feelings Change</li> <li>Accidents</li> <li>Showing Care and Concern</li> </ol>	<ol style="list-style-type: none"> <li>Identifying Our Own Feelings</li> <li>Strong Feelings</li> <li>Calming Down Anger</li> <li>Self-Talk for Calming Down</li> <li>Managing Worry</li> </ol>	<ol style="list-style-type: none"> <li>Solving Problems, Part 1</li> <li>Solving Problems, Part 2</li> <li>Fair Ways to Play</li> <li>Inviting to Join In</li> <li>Handling Name-Calling</li> <li>Reviewing <i>Second Step</i> Skills</li> </ol>

## Grade 2

UNIT 1	UNIT 2	UNIT 3	UNIT 4
<b>Skills for Learning</b>	<b>Empathy</b>	<b>Emotion Management</b>	<b>Problem Solving</b>
<ol style="list-style-type: none"> <li>Being Respectful</li> <li>Focusing Attention and Listening</li> <li>Using Self-Talk</li> <li>Being Assertive</li> </ol>	<ol style="list-style-type: none"> <li>Identifying Feelings</li> <li>Learning More About Feelings</li> <li>Feeling Confident</li> <li>Respecting Different Preferences</li> <li>Showing Compassion</li> <li>Predicting Feelings</li> </ol>	<ol style="list-style-type: none"> <li>Introducing Emotion Management</li> <li>Managing Embarrassment</li> <li>Handling Making Mistakes</li> <li>Managing Anxious Feelings</li> <li>Managing Anger</li> <li>Finishing Tasks</li> </ol>	<ol style="list-style-type: none"> <li>Solving Problems, Part 1</li> <li>Solving Problems, Part 2</li> <li>Taking Responsibility</li> <li>Responding to Playground Exclusion</li> <li>Playing Fairly on the Playground</li> <li>Reviewing <i>Second Step</i> Skills</li> </ol>

## Grade 3

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

## Grade 4

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UNIT 1	UNIT 2	UNIT 3
<b>Empathy and Skills for Learning</b> <ol style="list-style-type: none"><li>1. Empathy and Respect</li><li>2. Listening with Attention</li><li>3. Being Assertive</li><li>4. Respecting Similarities and Differences</li><li>5. Understanding Complex Feelings</li><li>6. Understanding Different Perspectives</li><li>7. Conversation and Compliments</li><li>8. Joining In</li><li>9. Showing Compassion</li></ol>	<b>Emotion Management</b> <ol style="list-style-type: none"><li>10. Introducing Emotion Management</li><li>11. Managing Strong Feelings</li><li>12. Calming Down Anger</li><li>13. Managing Anxiety</li><li>14. Avoiding Jumping to Conclusions</li><li>15. Handling Put-Downs</li></ol>	<b>Problem Solving</b> <ol style="list-style-type: none"><li>16. Solving Problems, Part 1</li><li>17. Solving Problems, Part 2</li><li>18. Making a Plan</li><li>19. Solving Playground Problems</li><li>20. Taking Responsibility for Your Actions</li><li>21. Dealing with Peer Pressure</li><li>22. Reviewing <i>Second Step</i> Skills</li></ol>

## Grade 5

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UNIT 1	UNIT 2	UNIT 3
<b>Empathy and Skills for Learning</b> <ol style="list-style-type: none"><li>1. Empathy and Respect</li><li>2. Listening with Attention</li><li>3. Being Assertive</li><li>4. Predicting Feelings</li><li>5. Taking Others' Perspectives</li><li>6. Accepting Differences</li><li>7. Disagreeing Respectfully</li><li>8. Responding with Compassion</li></ol>	<b>Emotion Management</b> <ol style="list-style-type: none"><li>9. Introducing Emotion Management</li><li>10. Calming Down</li><li>11. Managing Anxiety</li><li>12. Managing Frustration</li><li>13. Resisting Revenge</li><li>14. Handling Put-Downs</li><li>15. Avoiding Assumptions</li></ol>	<b>Problem Solving</b> <ol style="list-style-type: none"><li>16. Solving Problems, Part 1</li><li>17. Solving Problems, Part 2</li><li>18. Making a Plan</li><li>19. Seeking Help</li><li>20. Dealing with Gossip</li><li>21. Dealing with Peer Pressure</li><li>22. Reviewing <i>Second Step</i> Skills</li></ol>