

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

Mindsets and Goals

1. Welcome!
- 2a. Starting Middle School
- 2a. Helping New Students
3. Grow Your Brain 1
4. Grow Your Brain 2
5. Can Personalities Change?
6. Setting Goals
7. If–Then Plans

Unit 1 Knowledge Assessment

THEME 2

Values and Friendships

8. Values and Decisions
9. Social Values
10. What’s a Friend?
11. Making Friends
12. Challenge: Making Friends

Unit 2 Knowledge Assessment

THEME 3

Thoughts, Emotions, and Decisions

13. What Are Emotions?
14. Values and Emotions
15. Spot the Thought
16. Calming Down
17. Slow Breathing

Unit 3 Knowledge Assessment

THEME 4

Serious Peer Conflict

18. Perspectives
19. Challenge: Perspectives
20. Recognizing Serious Conflicts
21. Challenge: Recognizing Conflicts
22. Resolving Serious Conflicts
23. Challenge: Resolving Conflicts
24. Making Amends
25. Bullying
26. Gratitude

Unit 4 Knowledge Assessment

Grade 7

THEME 1

Mindsets and Goals

1. Welcome!
- 2a. Starting Middle School
- 2a. Helping New Students
3. Making Mistakes
4. Personalities Change
5. Setting Goals
6. If–Then Plans

Unit 1 Knowledge Assessment

THEME 2

Values and Friendships

7. Values and Decisions
8. Online Values
9. What Kind of Friend Are You?
10. Strengthening Friendships
11. Challenge: Friendships

Unit 2 Knowledge Assessment

THEME 3

Thoughts, Emotions, and Decisions

12. The Role of Emotions
13. Handling Emotions
14. Unhelpful Thoughts
15. Be Calm
16. Frustration

Unit 3 Knowledge Assessment

THEME 4

Serious Peer Conflict

17. Jumping to Conclusions
18. Challenge: Conclusions
19. Avoiding Serious Conflicts
20. Challenge: Avoiding Conflicts
21. Resolving Serious Conflicts
22. Challenge: Resolving Conflicts
23. Taking Responsibility
24. Gender Harassment
25. What You Learned

Unit 4 Knowledge Assessment

Grade 8

THEME 1

Mindsets and Goals

1. Welcome!
2. Helping New Students
3. Learning Strategies
4. Labels
5. SMART Goals
6. If–Then Plans

Unit 1 Knowledge Assessment

THEME 2

Values and Relationships

7. Values and Decisions
8. Positive Relationships
9. Relationships Change
10. Negative Relationships
11. Challenge: Relationships

Unit 2 Knowledge Assessment

THEME 3

Thoughts, Emotions, and Decisions

12. Emotions and Decisions
13. Responding to Anger
14. Handling Rejection
15. Stay Calm
16. Anxiety

Unit 3 Knowledge Assessment

THEME 4

Serious Peer Conflict

17. Assumptions
18. Challenge: Assumptions
19. Helping Friends Avoid Conflicts
20. Challenge: Avoiding Conflicts
21. Helping Friends Resolve Conflicts
22. Challenge: Resolving Conflicts
23. Helping Friends After a Conflict
24. Sexual Harassment
25. High School

Unit 4 Knowledge Assessment