

## Second Step Social Emotional Learning Program

The West Chester School District has been implementing The *Second Step* program in our schools by grade levels and this year we now have it in all K – 5 classrooms across the district. The Second Step program teaches skills in the following four areas:

- 1. Skills for Learning:** Students gain skills to help themselves learn, including how to focus their attention, listen carefully, and be assertive when asking for help with schoolwork.
- 2. Empathy:** Students learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion.
- 3. Emotion Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.
- 4. Problem Solving:** Students learn a process for solving problems with others in a positive way.

Be sure to join **[www.secondstep.org](http://www.secondstep.org)** with the activation key **SSP4 FAMI LY74** to watch videos about the *Second Step* program and get information about what your student is learning.