Dear Families:

This is a busy time for children who are learning many new skills in school. Another area of learning that requires specific skills is social-emotional learning. These important skills are often overlooked. This is the realm where children learn how to understand and manage their feelings, how to make friends and be a friend, and how to solve social problems. Learning takes place throughout the day—in the classroom, on the playground, and at home. Children learn by watching and listening to how teachers, family members, and friends interact with one another.

We are using the Second Step: A Violence Prevention Curriculum to help us think about, develop, and practice positive social skills. Second Step is a program that is based on social emotional learning which has been proven to have a direct impact on bully awareness and prevention. Research tells us that children who learn and use these skills are more likely to get along with others and do better in school.

The Second Step program is divided into three units:

• **Unit I: Empathy Training.** Children learn about feelings and ways to show understanding and caring toward others.

• **Unit II: Impulse Control and Problem Solving.** Children learn new ways to solve problems and practice skills such as calming down, apologizing, interrupting politely, and making new friends.

• **Unit III: Anger Management.** Children learn to manage their anger in ways that do not hurt others.

Incorporating photographs and videos of children in everyday situations, Second Step lessons introduce and teach all the above skills. All students are given the chance to practice the skills they’re learning through role-playing, an important part of Second Step lessons.

Families play a crucial role in the success of the Second Step program. You will be receiving letters about what your child is learning at school and what you can do at home to help him or her understand and practice these new skills. Please feel free to ask any questions you may have about our Second Step lessons.

Sincerely,

Cindy Lee
Principal

Second Step Grades 1–5

Take-Home Letter 1: Introduction to Second Step: A Violence Prevention Curriculum