

2nd Grade Second Step Units

Unit 1

Weekly family communications for Lessons 1–5

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.

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.

Lesson 4: We Can Change Our Thoughts

Summary

In this week's lesson, your child will learn how to replace an unhelpful thought with a helpful thought so they can keep going when learning feels hard.

Try This at Home

Ask your child how they might change an unhelpful thought into a helpful thought. Encourage them by using helpful thoughts at home.

Lesson 5: Learn and Get Better

Summary

In this week's lesson, your child will use what they've learned from the unit to give advice to someone who is struggling to learn something new.

Try This at Home

Ask your child what advice they would give you if you were having a hard time learning something new.

Unit 2

Weekly family communications for Lessons 6–10

Lesson 6: Feeling Proud

Summary

In this week's lesson, your child will learn that we can feel proud when we accomplish something difficult or when we do something nice for others.

Try This at Home

Ask your child to tell you about a time they felt proud. Tell them about a time you felt proud of something you accomplished or of doing something nice for others.

Lesson 7: Feeling Disappointed

Summary

In this week's lesson, your child will learn that we can feel disappointed when something we want or expect does not happen.

Try This at Home

Remind your child that everyone feels disappointed sometimes. Ask them what they can do to feel better the next time they're feeling disappointed.

Lesson 8: Help Yourself Feel Better

Summary

In this week's lesson, your child will learn how to use positive self-talk to help themselves feel better when they're upset, disappointed, or worried.

Try This at Home

Ask your child what they want to tell themselves when they're having a tough day. Encourage them to use positive self-talk at home.

Lesson 9: Different Feelings

Summary

In this week's lesson, your child will learn that people can have different feelings in the same situation because of their experiences.

Try This at Home

Ask your child for an example of something that people can have different feelings about. Talk about the reasons people might have different feelings about it.

Lesson 10: How Do You Feel?

Summary

In this week's lesson, your child will explain why their classmates have a different feeling from theirs in the same situation.

Try This at Home

Ask your child to tell you what they learned about their classmates' feelings and their own feelings.

Unit 3

Weekly family communications for Lessons 11–15

Lesson 11: What's Empathy?

Summary

In this week's lesson, your child will learn that empathy means feeling or understanding what someone else is feeling, and that empathy can lead to kindness.

Try This at Home

Ask your child to tell you what empathy means.

Lesson 12: Empathy in Action

Summary

In this week's lesson, your child will describe a time they had empathy for someone and how it affected their thoughts and actions.

Try This at Home

Ask your child to tell you about a time they had empathy for someone.

Lesson 13: Having Empathy

Summary

In this week's lesson, your child will practice having empathy to come up with kind acts they could do for others in different situations.

Try This at Home

Ask your child how having empathy can help them know how to be kind.

Lesson 14: Empathy at School

Summary

In this week's lesson, your child will use empathy to come up with a kind act they could do for a person in their school community.

Try This at Home

Ask your child what member of their school community they had empathy for and what kind act they chose to do for that person.

Lesson 15: Empathy and Kindness

Summary

In this week's lesson, your child will use empathy to come up with a kind act they could do for a person they choose.

Try This at Home

Ask your child who they chose to have empathy for and what kind act they decided to do.

Unit 4

Weekly family communications for Lessons 16–20

Lesson 16: The Way to Say a Problem

Summary

In this week's lesson, your child will learn how to state a problem without using blame words.

Try This at Home

Ask your child for an example of blame words. Have them explain how they'd say a problem without using blame words.

Lesson 17: Thinking of Solutions

Summary

In this week's lesson, your child will learn that thinking of more than one way to solve a problem can help them find one that works better or that they like better.

Try This at Home

Ask your child to explain why it can be good to think of more than one way to solve a problem.

Lesson 18: Which Solution?

Summary

In this week's lesson, your child will learn that some solutions are better than others for a problem.

Try This at Home

Ask your child if playing rock, paper, scissors would be a good solution if they spilled water on someone's paper. Why or why not?

Lesson 19: What Would I Want?

Summary

In this week's lesson, your child will learn that after causing a problem accidentally, besides saying sorry they can do something to make the situation better for the other person.

Try This at Home

Encourage your child to think of ways to make amends or do more than say sorry after an accident.

Lesson 20: Be a Problem-Solver

Summary

In this week's lesson, your child will use what they've learned from the unit to solve a given problem.

Try This at Home

Ask your child how they solved the problem of Clea and Raquel both wanting the same book in the library.