

Grade 5

Lesson Concepts	Objectives—Students will be able to	
UNIT 1: EMPATHY AND SKILLS FOR LEARNING		
<p>1</p> <p>Empathy and Respect</p>	<ul style="list-style-type: none"> • The Second Step program helps you succeed at school. • Having respect and empathy helps you get along with others. 	<ul style="list-style-type: none"> • Define <i>respect</i> • Define <i>empathy</i>
<p>2</p> <p>Listening with Attention</p>	<ul style="list-style-type: none"> • Listening with attention helps you learn, work with others, and make friends. 	<ul style="list-style-type: none"> • Demonstrate listening-with-attention skills
<p>3</p> <p>Being Assertive</p>	<ul style="list-style-type: none"> • Being assertive means asking for what you want or need in a calm, firm, respectful voice. • Being assertive helps you be successful in a variety of social and academic situations. 	<ul style="list-style-type: none"> • Identify passive, aggressive, and assertive responses • Demonstrate assertive responses with their partners
<p>4</p> <p>Predicting Feelings</p>	<ul style="list-style-type: none"> • Being able to predict how what you do or say might make other people feel is respectful and will help you get along better with others. 	<ul style="list-style-type: none"> • Predict how others might feel as a result of their or another’s actions • State the cause and effects of a given action
<p>5</p> <p>Taking Others’ Perspectives</p>	<ul style="list-style-type: none"> • Others may have different perspectives. • Being able to recognize someone else’s perspective helps you get along with others. 	<ul style="list-style-type: none"> • Demonstrate the ability to take someone else’s perspective
<p>6</p> <p>Accepting Differences</p>	<ul style="list-style-type: none"> • Accepting differences and finding similarities can create mutual respect and friendship. 	<ul style="list-style-type: none"> • Identify similarities and differences between two people • Define <i>prejudice</i>
<p>7</p> <p>Disagreeing Respectfully</p>	<ul style="list-style-type: none"> • Disagreeing respectfully involves using assertiveness skills. • Disagreeing respectfully helps you strengthen your relationships, avoid misunderstandings, and prevent aggressive conflicts. 	<ul style="list-style-type: none"> • Distinguish between respectful and disrespectful ways to disagree • Communicate their own perspectives • Demonstrate skills for disagreeing respectfully
<p>8</p> <p>Responding with Compassion</p>	<ul style="list-style-type: none"> • <i>Compassion</i> is saying kind words or doing something to show you care about how another person feels. • Showing compassion for others is the respectful, kind thing to do. • Having empathy helps you show compassion. 	<ul style="list-style-type: none"> • Demonstrate knowledge of how to respond with compassion

Lesson Concepts

Objectives—Students will be able to

UNIT 2: EMOTION MANAGEMENT

9
Introducing Emotion Management

• When you have strong, unmanaged emotions, it can lead to negative behavior and consequences.

- Describe what happens in their brains and bodies when they experience strong emotions
- Identify a personal signal
- Identify and name strong feelings

10
Calming Down

• Calming down emotions that are getting out of control helps you think clearly so you can avoid negative consequences.

- Identify situations in which they might need to calm down
- Learn the technique for deep, centered breathing
- Identify and demonstrate other Calming Down Strategies (using positive self-talk, counting, taking a break)

11
Managing Anxiety

• Managing your anxiety effectively makes it easier to focus and succeed in social and academic situations.

- Identify social situations that can cause anxiety
- Apply what they've learned about calming down in scenarios causing social anxiety

12
Managing Frustration

• Frustration can get in the way of learning.
• Managing frustration reduces the chance of doing something you may regret later.

- Identify physical signs of frustration
- Demonstrate reducing frustration by using the Calming-Down Steps

13
Resisting Revenge

• Getting revenge can make problems worse.

- Identify consequences of revenge
- Generate alternatives for seeking revenge
- Demonstrate using the Calming-Down Steps

14
Handling Put-Downs

• Calming down helps you handle put-downs and avoid escalating conflicts.

- Identify strategies for handling put-downs
- Demonstrate what they've learned about the Calming-Down Steps
- Demonstrate assertive responses to put-downs

15
Avoiding Assumptions

• Calming down strong emotions helps you think clearly about a situation and make better decisions.

- Identify emotion-management strategies
- Demonstrate assertiveness skills
- Identify and use positive self-talk statements to avoid making assumptions

UNIT 3: PROBLEM SOLVING

16
Solving Problems, Part 1

• Solving problems helps you be successful at school.

- Recall the S: Say the problem step of the Problem-Solving Steps
- State a problem without blaming anyone

Lesson Concepts	Objectives—Students will be able to
<p>17</p> <p>Solving Problems, Part 2</p> <ul style="list-style-type: none"> • Solving problems helps you be successful at school. 	<ul style="list-style-type: none"> • Generate safe and respectful solutions to a problem • Identify consequences of potential solutions • Select an appropriate solution to a problem
<p>18</p> <p>Making a Plan</p> <ul style="list-style-type: none"> • Some solutions to problems are complicated and need a plan. • Plans help you break down a big task into smaller, more manageable parts. 	<ul style="list-style-type: none"> • Explain the purpose of making a plan • Create a three-step plan to carry out a solution to a problem
<p>19</p> <p>Seeking Help</p> <ul style="list-style-type: none"> • Seeking help from a trusted adult is sometimes the best solution. 	<ul style="list-style-type: none"> • State the Problem-Solving Steps • Demonstrate using assertiveness skills when seeking help
<p>20</p> <p>Dealing with Gossip</p> <ul style="list-style-type: none"> • Malicious gossip is hurtful and not respectful to others. 	<ul style="list-style-type: none"> • Identify why some gossip is harmful • Generate ideas for refusing or avoiding harmful gossip • Demonstrate using the Problem-Solving Steps to deal with gossip
<p>21</p> <p>Dealing with Peer Pressure</p> <ul style="list-style-type: none"> • It's okay to say no to others, and it's okay for them to say no to you. • Negative emotions like guilt and remorse can be reasons not to go along with peer pressure. 	<ul style="list-style-type: none"> • Demonstrate using assertiveness skills to resist peer pressure • Demonstrate using the Problem-Solving Steps to figure out ways to resist peer pressure
<p>22</p> <p>Reviewing Second Step Skills</p> <ul style="list-style-type: none"> • The skills and concepts learned in the Second Step program can help you succeed in school. 	<ul style="list-style-type: none"> • Identify Second Step skills and concepts being used in scenarios students might encounter at school • Include Second Step skills in a written script about solving a problem