



SECOND STEP

Social & Emotional Learning

Lessons for Grades PK-5

Early Learning



We Feel Feelings in our Bodies

[Lesson Guides for Families](#)

Day 1. <https://bit.ly/SSEarlyLearningWT13D1>

Day 2. <https://bit.ly/SSEarlyLearningWT13D2>

Day 3. <https://bit.ly/SSEarlyLearningWT13D3>

Naming Feelings

[Lesson Guides for Families](#)

Day 1. <https://bit.ly/SSEarlyLearningWT15D1>

Day 2. <https://bit.ly/SSEarlyLearningWT15D2>

Day 3. <https://bit.ly/SSEarlyLearningWT15D3>

Kindergarten



- We Feel Feelings in Our Bodies [Lesson Guides for Families](#)

<https://bit.ly/SSKinderLesson12>

- Managing Frustration [Lesson Guides for Families](#)

<https://bit.ly/SSKinderLesson13>

- Calming Down Strong Feelings [Lesson Guides for Families](#)

<http://bit.ly/SSKinderLesson14>

First Grade



- Identifying Our Own Feelings

[Lesson Guides for Families](#)

<https://bit.ly/SSGrade1Lesson12>

- Strong Feelings

[Lesson Guides for Families](#)

<https://bit.ly/SSGrade1Lesson13>

- Calming Down Anger

[Lesson Guides for Families](#)

<https://bit.ly/SSGrade1Lesson14>

Second Grade



- Introducing Emotion Management

[Lesson Guides for Families](#)

<https://bit.ly/SSGrade2Lesson11>

- Managing Anxious Feelings

[Lesson Guides for Families](#)

<https://bit.ly/SSGrade2Lesson14>

- Finishing Tasks

[Lesson Guides for Families](#)

<https://bit.ly/SSGrade2Lesson16>

Third Grade



- Introducing Emotion Management

<https://bit.ly/SSGrade3Lesson11>

[Lesson Guides for Families](#)

- Managing Disappointment

<https://bit.ly/SSGrade3Lesson14>

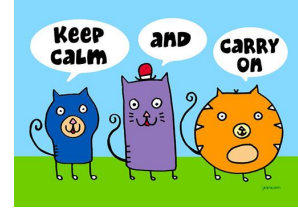
[Lesson Guides for Families](#)

- Managing Anger

<https://bit.ly/SSGrade3Lesson15>

[Lesson Guides for Families](#)

Fourth Grade



- Introduction to Emotion Management

[Lesson Guides for Families](#)

<https://bit.ly/SSGrade4Lesson10>

- Managing Strong Emotions

[Lesson Guides for Families](#)

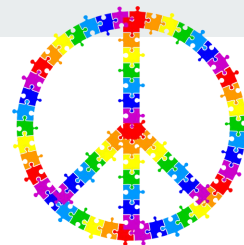
<https://bit.ly/SSGrade4Lesson11>

- Managing Anxiety

[Lesson Guides for Families](#)

<https://bit.ly/SSGrade4Lesson13>

Fifth Grade



- Introducing Emotion Management [Lesson Guides for Families](#)
<https://bit.ly/SSGrade5Lesson09>
- Calming Down [Lesson Guides for Families](#)
<https://bit.ly/SSGrade5Lesson10>
- Managing Frustration [Lesson Guides for Families](#)
<https://bit.ly/SSGrade5Lesson12>