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.