



SECOND STEP[®]

GRADES TK
THROUGH
5TH GRADE

NEWSLETTER

SEPTEMBER/OCTOBER

STARTING THE YEAR OFF RIGHT

AT THE START OF EACH SCHOOL YEAR, SECOND STEP STUDENTS LEARN SKILLS TO HELP THEM BE BETTER LEARNERS. THESE SKILLS HELP STUDENTS TO BE SUCCESSFUL AT SCHOOL, AT HOME, AND AT LIFE. OVER THE NEXT FEW WEEKS, YOUR CHILD WILL BE ABLE TO TELL YOU THE FOLLOWING SKILLS:

- FOCUS ATTENTION
- LISTEN
- USE SELF-TALK
- BE ASSERTIVE



Focus Attention

- Concentrate
- Use eyes, ears, and brain
- Ignore distractions



Listen

- Focus on the speaker
- Wait your turn to speak
- Remember what you hear
- Think of questions



Use Self-talk

Say:
"Focus."
"Ignore distractions."
"What do I do next?"
"Calm down."



Be Assertive

- Face the person you're talking to
- Keep your head up and shoulders back
- Use a calm, firm voice
- Use respectful words

FOCUS ATTENTION

WHEN WE FOCUS ATTENTION, OUR EYES SHOULD BE LOOKING AT THE SPEAKER, OUR EARS SHOULD BE LISTENING TO THE SPEAKER, AND OUR BRAIN SHOULD BE REMEMBERING WHAT WE HEAR. WE ALSO NEED TO IGNORE DISTRACTIONS AND CONCENTRATE. WHEN WE FOCUS OUR ATTENTION, IT IS RESPECTFUL AND HELPS US TO BE BETTER LISTENERS! WE CAN PRACTICE THIS SKILL ALL YEAR LONG...ESPECIALLY WHEN OUR PARENTS, SIBLINGS, OR FRIENDS ARE TALKING TO US!

LISTEN

TO BE A GOOD LISTENER, WE NEED TO FOCUS ALL OUR ATTENTION ON THE SPEAKER, WAIT FOR OUR TURN TO SPEAK (DON'T INTERRUPT!), REMEMBER WHAT WE HEAR, AND THINK OF QUESTIONS TO ASK TO GET MORE INFORMATION. LISTENING WITH ATTENTION IS ANOTHER WAY TO SHOW RESPECT.

LISTENING RULES FOR YOUNGER STUDENTS

TK, KINDERGARTEN, AND FIRST GRADE STUDENTS LEARN AND PRACTICE A SPECIAL SET OF LISTENING RULES. THE RULES HELP YOUNG LEARNERS KNOW HOW TO ACT SO EVERYONE CAN LEARN. WHEN WE FOLLOW THE LISTENING RULES, WE TREAT OTHERS FAIRLY AND RESPECTFULLY.



Eyes watching

(point to corners of eyes)



Ears listening

(cup ears with hands)



Voice quiet

(put finger to lips)



Body calm

(hug body with both arms)

USE SELF-TALK

USING SELF-TALK HELPS US IGNORE DISTRACTIONS SO WE CAN STAY FOCUSED ON THE TASK. WHEN WE USE SELF-TALK, WE TALK TO OURSELVES IN OUR HEAD OR IN A QUIET VOICE. SOME EXAMPLES OF SELF-TALK INCLUDE:

- "JUST IGNORE THE KIDS IN THE HALLWAY."
- "FOCUS ON WHAT THE TEACHER IS SAYING."
- "STAY CALM."
- "I CAN DO IT."
- "IT'S OKAY. THIS IS NO BIG DEAL."

WHEN YOU USE SELF-TALK, YOU ARE ABLE TO STAY FOCUSED, LISTEN WITH ATTENTION, AND BE A BETTER LEARNER!

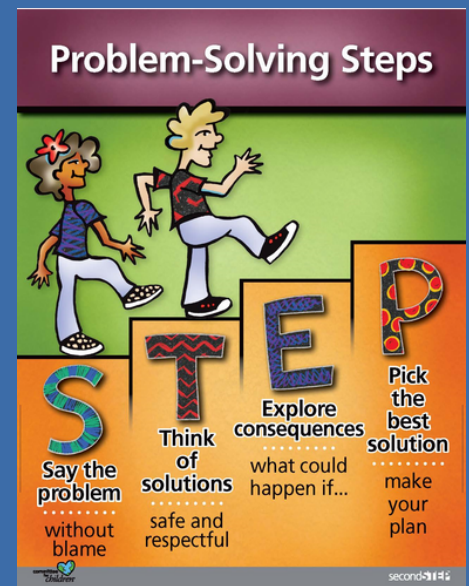
BE ASSERTIVE

BEING ASSERTIVE MEANS ASKING FOR WHAT WE WANT OR NEED IN A RESPECTFUL, CALM, AND FIRM WAY. WHEN WE MAKE A REQUEST IN AN ASSERTIVE WAY WE:

- FACE THE PERSON WE ARE TALKING TO.
- KEEP OUR HEAD UP AND SHOULDERS BACK.
- USE A CALM, FIRM VOICE.
- USE RESPECTFUL WORDS

BEING ASSERTIVE IS A GOOD WAY TO COMMUNICATE WHAT YOU WANT OR NEED BECAUSE IT'S RESPECTFUL, CLEAR, AND KEEPS THE SITUATION CALM.

WHAT'S AHEAD FOR OUR SECOND STEP STUDENTS?



TO LEARN MORE ABOUT THE SECOND STEP PROGRAM GO TO SECONDSTEP.ORG

FAMILIES USE THE ACTIVATION KEY:

TK
KINDERGARTEN
FIRST GRADE
SECOND GRADE

SSPE FAMI LY68
SSPK FAMI LY70
SSP1 FAMI LY71
SSP2 FAMI LY72

THIRD GRADE
FOURTH GRADE
FIFTH GRADE

SSP3 FAMI LY73
SSP4 FAMI LY74
SSP5 FAMI LY75