

The table below represents the summary of support that we have at CES to give strong instruction to our students on a variety of social emotional skills. Second Step was begun 3 years ago and goes from PK - 4 grade. The concepts listed here are a snapshot of what those grade levels are currently studying. The program Positive Action is a health program that is being offered to all students for 12 weeks total for the first time this year. At the bottom of the table, you will see summarized services provided by our Student Assistance Team.

Second Step		
Grade	Concepts	Important Words
PK	Fair Ways to Play	Trading, taking turns, playing together
K	Problem Solving	Say the problem. Think of solutions Explore consequences. Pick the best solution
1	Whole Body Listening and empathy	Eyes are watching, ears are listening, mouth quiet, body still, brain thinking!
2	Empathy, skills for learning, compassion	They are learning how to look at someone's face or body language, you can begin to understand how they may feel—which leads to empathy, and then to compassion.
3	Emotion management strategies for anxiety, disappointment, anger	Stop, name your feelings, calm down
4	Steps to calm down	1. Give yourself a signal to stop (relax, chill, hold on...) 2. Name your feeling 3. Calm down (by taking deep breaths, counting, using positive self-talk)
Positive Action		
Mr. Fresco-Hawes reports: "We have just started our second rotation of Health Education. So far our students have learned how positive thoughts lead to positive actions which lead to positive feelings which lead to more positive thoughts, actions, feelings. They have also learned that there are many things that affect our self-concept (the way we think and feel about ourselves) such as family, friends, and life experiences. WE have also learned about personal hygiene and nutrition."		
Student Assistance Team Supports		
Groups	Pragmatic Language	Positive Classroom Behaviors
	Self Regulation	Lunch bunches and Friendship Groups
	Social Thinking	Executive Functioning
SMILES	Student Mentoring for Independence Learning and Emotional Support	
HUGS	Human Understanding through Growth Services	