

Where can you practice your Second Step skills?

Anywhere. Being able to use skills such as calming down, listening and communicating respectfully, and making responsible choices is important whether you're at home, the movies, a friend's house, on a family vacation, or just about anywhere.

When should you practice your Second Step skills?

All the time. Practice the social-emotional skills you learn in class throughout your day: getting ready for camp, playing with friends, working on group projects, asking for help, meeting new people—you name it.

Why should you practice your Second Step skills?

Life is more fun when you can understand how others feel, manage your emotions, make friends, and solve problems, but mastering those and other social-emotional skills take lots of practice, even for grown-ups.

What are Second Step skills?
Visit SecondStep.org to learn more.

SEL PASSPORT



SUMMER 2019



Be Kind

8

Did you know? Kindness is empathy in action.

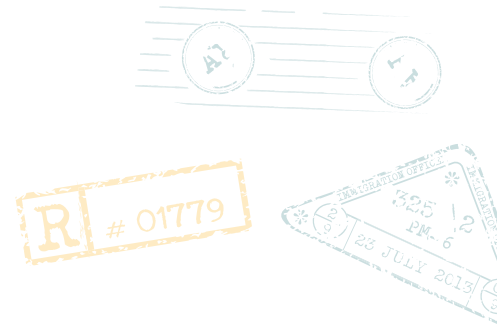


Be friendly, generous, and considerate.

Follow Directions

1

Listening helps you have fun AND stay safe.



Focus your attention and listen.

Be Assertive

6

"Please don't push me in line."



Respectfully say what you need or stand up for others, without being mean or hurtful.

Identify Your Own Feelings

3

"What am I feeling?"



All feelings are natural. Some are stronger than others.

How To Fill in Your Passport

- 1 For each social-emotional skill listed, practice using that skill in a real-life situation (for example: eating lunch at camp, working on a project, helping your brother or sister, doing chores, in the car, or on vacation).
- 2 On a separate piece of paper, write about the situation and describe what happened. (You could also draw a picture of what happened, if you want.)
- 3 When done, ask your teacher or parent for a stamp to add to that skill's page.
- 4 After filling your passport with stamps, congratulate yourself for working to become a kinder and more respectful kid. Yay for you!

Go to cfchildren.org/resources to find free resources for families on:

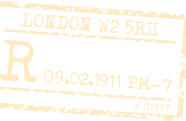
-  **Child Protection**
-  **Bullying Prevention**
-  **Sesame Street Family**



Play Fair

2

Play together. Trade. Take turns.



Follow the rules. Share. Invite others to play.



Empathize

7

"I know how you feel!"



Understand other people's feelings.



Calm Down Strong Feelings

4

Stop. Name your feeling. Breathe.



Say "Stop" and name your feelings to begin calming down.



Solve Problems

5

"How should I do this?"



Find solutions to challenges.

How to make your passport

1.

Print the passport pages onto one double-sided sheet of paper. Trim margins.

2.

Fold in half vertically along solid line.



3.

Cut into three strips along the dotted lines.



4.

Arrange pages in sequential order based on the number in the top right corner.



5.

Staple along the fold for a little extra stability. Color for a little extra flair. (optional)

