



Self-Management

second 

ABOUT COMMITTEE FOR CHILDREN

SEL Academic Integration Activities are designed for K–8 classroom teachers. These simple activities integrate self-regulation and social-emotional concepts and skill practice into academic areas (literacy, math, science, social studies, fine art, music, and physical education). The activities are adapted from Second Step: Skills for Social and Academic Success.

Science, Eyes, Ears, Brain, and Focused Attention

By: Second Step



Science

Eyes, Ears, Brain, and Focused Attention

Have students think about living things that need to focus their attention. When humans focus their attention, they use their eyes, ears, and brain. What other living things have eyes, ears, and a brain? For example, ask: **Do trees have eyes, ears, and brains? Do cats have eyes, ears, and brains?** Write students' answers on the board. Go through each of the suggestions and ask why that animal might need to use eyes, ears, and brain to focus attention. For example: **A cat uses its eyes, ears, and brain to focus its attention on catching a mouse.** Ask students why they need to focus their attention by using their eyes, ears, and brain in school.

Excerpted from: Academic Integration Activities in the *Second Step* Kindergarten Skills for Learning Unit

Unit goal: For students to build foundational skills necessary for successful participation in learning: listening, focusing attention, using self-talk, being assertive

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Early Learning—Grade 8

The research-based *Second Step* program teaches students social-emotional skills that help prevent problem behaviors; build safe, supportive schools; and empower success.