



Self-Management

second step

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.

Social Studies, Self Talk to Help the Community

By: Second Step



Social Studies

Self-Talk to Help the Community

Ask students: **What is a community?** Give examples: a country, a city, our school, our classroom. Discuss with students that members of a community, like the members of a classroom, share a common space, common needs, and a common goal. Members of a community cooperate with and are respectful of one another. Then ask: **What happens when members of our classroom community get angry, frustrated, sad, or have other strong feelings? How do strong feelings affect the entire classroom community?** (It's distracting. It's hard to learn. We can't cooperate.) **What can you, the members of our classroom community, do to calm down when you have these feelings?** Refer to the How to Calm Down poster. Then, as a class or in small groups, have students come up with positive self-talk words or phrases that all members of the classroom community can use to help themselves calm down. Have small groups make posters with these self-talk words and phrases to display around the classroom as reminders.

Excerpted from: Academic Integration Activities in the *Second Step* Grade 1 Emotion Management Unit

Unit goal: To develop students' ability to identify and manage their own strong feelings

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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.