



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, People who Persevered

By: Second Step



Social Studies

People Who Persevered

Students learn that setting a goal and making a plan to achieve it are positive ways to manage disappointment. Tell students about a prominent historical or contemporary figure who persevered in the wake of disappointment—such as Thomas Edison, Harriet Tubman, or Helen Keller. Have the class choose a well-known person to study. Compose a goal statement and simple plan for the person selected. Discuss how persevering and achieving his or her goal affected both the person individually and society as a whole.

Excerpted from: Academic Integration Activities in the *Second Step* Grade 3 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.