



Self-Management

secondSTEP

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.

How Can The Brain Help Keep You In Control

By: Second Step



Health and Science

How Can the Brain Help Keep You in Control?

Have students work in groups to identify the different parts of the brain and their functions. They can use preselected web sites as references. Have each group draw a diagram of the brain, labeling and briefly describing at least the following regions: thalamus, amygdala, hippocampus, and cortex. Then have groups discuss the following questions: In which region of the brain do emotions originate? Which region of the brain controls higher-level thinking? How does the thinking region of the brain help control the emotional region? What are some examples of when you need your thinking region of the brain to help you stay in control? Which region of the brain makes humans different from other animals?

Excerpted from: Academic Integration Activities in *Second Step* Grade 7, Lesson 9: Staying in Control. This lesson is part of a sequence of lessons on emotion management.

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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.