



# Optimistic Thinking

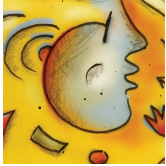
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## ABOUT COMMITTEE FOR CHILDREN

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.

# Language Arts and Social Studies, Where will You be in 10 Years?

By: Second Step



## Language Arts and Social Studies

Where Will You Be in 10 Years?

Have students imagine that it is 10 years from now. Then have them write about a “day in your life” as it will be in 10 years. Where will they be? What will they be doing? Now have them describe 10 things they can do now to make that day 10 years from now possible. Ask for volunteers to read their descriptions to the class.

**Excerpted from:** Academic Integration Activities in *Second Step* Grade 6, Lesson 14: Identifying Hopes and Plans. This lesson is part of a sequence of lessons on substance abuse prevention.

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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.