**Second Grade Lessons:**

I will be with our child’s class twice a month for about 30 min and share a variety of topics. All of the lessons are presented in alignment with the American School Counseling Association’s (ASCA) Mindsets and Behaviors for Student Success, SecondStep curriculum for social and academic success, and the Safer Smarter Kids Abuse Prevention Curriculum.

* **Problem Solving** – A review of the STEPS to solving problems is so important. The students are reminded about the STEPs to problem solving; S=Say the problem, T=Think of solutions, E=Explore consequences, P=Pick the best solution. However, different in 2nd Grade, we focus on saying the problem without blame; what does each person WANT. This is an easy step to identify the problem and lead into finding an appropriate solution. Also, focusing on safe and respectful solutions is important to compromise.
* **Feelings** – We will be building on Empathy! We will focus on others feelings and that having different feelings about the same situation is normal and ok. It is also totally normal for feeling about a situation to change. Understanding this, will help your child work on compassion and understanding for themselves and others.
* **Empowering your child to protect themselves** – In 2nd Grade, we will review the safety rules and work on being aware of their surroundings. Your child knowing their address, phone number, and being aware of others is so important to them having the confidence to find help and stay safe. We will also work on a PLAN; P=Permission from the grownup in charge to go anywhere or do anything, L=share the Location of where they are going, A=what Activity is happening, N=Name and phone number of the person your child is with. We will have some discussions about safe and unsafe secrets, safe choices, and body boundaries.

If you would like more information on any of the above topics, please do not hesitate to contact me.