

Second Step Lesson 1: Learning to Listen

Grade: Kindergarten

Introduction

Have students sit together on the floor. Today we are starting Second Step lessons. You will learn about feelings and learn how to get along with other people. But you will begin by learning how to be a learner.

Learners need their brains! Point to where your brain is. Point along with the students. Yes, your brain is inside your head. Your brain controls your body and your thinking. Your brain gets smarter every time you make it work hard. Let's play a game to build the parts of your brain that pay attention, remember things, and control your body.

Brain Builder: Follow, Follow

Refer to Following Through Card 1. Have students stand. Find a place to stand where you can move without touching anything or anyone else. We're going to play a game called Follow, Follow. There are two rules. Rule 1 is, stand still and listen when I say "Follow, follow" and tell you something to do. Rule 2 is, do exactly what I told you to do. Repeat the rules. Practice the steps of the game slowly.

1. Have students stand still and listen. Cue students with: Follow, follow and tell them to touch one (or two) body parts: Touch your toes.
2. After students do the action, cue them to do a new action.

Play the game for several rounds. Acknowledge students' brains working hard to play the game.

Story and Discussion

Show the photo. This is Mikayla. Her class has just started Second Step lessons. Mikayla is telling the class about an idea she had.

1. What do you see in this photo? (Children. Teacher. Photograph. Classroom.) The students in the photo are listening carefully to Mikayla.
2. Let's say our Listening Rules together. (Eyes watching. Ears listening. Voice quiet. Body still.) What Listening Rules do you see the students in the photo using? (Various answers.)
3. Mikayla was very excited to talk about her idea. She said "Wait" quietly to herself to remind herself not to shout out. Talking to herself helped her wait for the teacher to call on her. Touch your mouth if you talk to yourself to remember to do things. Point to your own mouth. Put your hand up if you think some of the other children in the photo are

talking to themselves to remember the Listening Rules. Talking to yourself helps you remember how to act in class.

4. If you think having Listening Rules helps everyone learn, put your hand on your head. Comment on the number of hands on heads. That's right, Listening Rules help us all learn. If you think students are able to answer, ask them why Listening Rules help everyone learn.

Skill Practice

We're going to play a game to help us remember our Listening Rules. Say the rule, model the action, and have students copy you.

- Eyes watching. Point to your eye.
- Ears listening. Cup your ear with your hand.
- Voice quiet. Put your finger to your lips.
- Body still. Hug your torso with both arms.

Now I will say a rule. Then you show me the action that goes with the rule. Go through each rule and have students model the action.

Now I'll just do the actions, and you say the words for each rule. For example, if I do this (put your finger to your eye), you say, "Eyes watching." Go through each action and have students say the rule.

As time allows, repeat faster, in a different order, or in a whisper.

Review

Today you learned Listening Rules that will help you learn. What is one of the rules? (Eyes watching. Ears listening. Voice quiet. Body still.) You played Follow, Follow to help build your brain. We will play it again during the week to keep building our brains.