

Social Emotional Learning

Second Step: [Overview video](#)

OCS will use this social-emotional learning program to teach students skills in the following four areas:

1. **Skills for Learning:** Students gain skills to help themselves learn, including how to focus their attention, listen carefully, use self-talk to stay on task, and be assertive when asking for help with schoolwork.
2. **Empathy:** Students learn to identify and understand their own and others' feelings. Students also learn how to take another's perspective and how to show compassion.
3. **Emotion Management:** Students learn specific skills for calming down when experiencing strong feelings, such as anxiety or anger.
4. **Problem Solving:** Students learn a process for solving problems with others in a positive way.

Grade	Activation Key
5K	www.secondstep.org Enter this activation key: SSPK FAMI LY70
1st Grade	www.secondstep.org Enter this activation key: SSP1 FAMI LY71
2nd Grade	www.secondstep.org Enter this activation key: SSP2 FAMI LY72
3rd Grade	www.secondstep.org Enter this activation key: SSP3 FAMI LY73
4th Grade	www.secondstep.org Enter this activation key: SSP4 FAMI LY74

The Zones of Regulation- OCS will use this intervention to help students understand and identify their feelings. This program helps students problem solve, cope with their emotions and helps them develop empathy with others.

[Visual of the Zones](#) [Spanish Visual](#)
[English Glossary](#) [Spanish glossary](#)

Size of the problem sheet

Posters of zones and toolbox

[The Zones APP](#)

