

# Needham Public Schools Guide to Tier 1 SEL (Second Step, Responsive Classroom & Portrait of a Needham Graduate) Grade 3

## September~ Creating a Community (9/2-9/30)

**Responsive Classroom:** [First Six Weeks of School Routines and Expectations](#)  
9/2-9/30

### **Second Step First 20 Days**

Setting the Stage--no explicit *Second Step* classroom lessons; school wide announcements on Welcoming, Being Safe, Respectful & Responsible

### **Portrait of a Needham Graduate (PONG) Competencies**

Using picture books, students discuss the attributes of a Needham Graduate and connect the five competencies to their school experience. Click [here](#) for an overview of the Portrait of a Needham Graduate.

## October~ PONG Competency: Empowered Learners

Read and Discuss PONG Picture Book: [Empowered Learners](#)

10/1-10/6

### **SS Unit 1:** [Skills for Learning](#)

1. [Being Respectful Learners](#)
  - [Lesson Script](#)
  - [Home Link](#)
  - [Following Through](#)
  - [Weekly Skill Check](#)
  - [Brain Builder](#)
  - [Learning Song](#)

10/1-10/31 (21 days)

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| <p>2. <a href="#">Using Self Talk</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Weekly Skill Check</a></li> <li>• <a href="#">Following Through</a></li> <li>• <a href="#">Video</a></li> <li>• <a href="#">Brain Builder</a></li> </ul> <p>*No home Link this week</p> <p>3. <a href="#">Being Assertive</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Weekly Skill Check</a></li> <li>• <a href="#">Home Link</a></li> <li>• <a href="#">Following Through</a></li> <li>• <a href="#">Doodle Dance Video</a></li> <li>• <a href="#">Brain Builder</a></li> </ul> <p>4. <a href="#">Planning to Learn</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Weekly Skill Check</a></li> <li>• <a href="#">Following Through</a></li> <li>• <a href="#">Doodle Dance Video</a></li> <li>• <a href="#">Brain Builder</a></li> </ul> <p>*No home Link this week</p> |                                                 |
| <p><b>Second Step Bullying Prevention:</b></p> <p><a href="#">Recognizing Bullying</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Video Story</a></li> <li>• <a href="#">Following Through Card</a></li> <li>• <a href="#">Home Link</a></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p><b><u>Taught no later than 10/31</u></b></p> |
| <p><b>November &amp; December~ PONG Competency: Socially &amp; Culturally Responsive Contributors</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                 |
| <p>Read and Discuss PONG Picture Book: <a href="#">Socially &amp; Culturally Responsive Contributors</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p>11/3-11/7</p>                                |
| <p><b>SS Unit 2: <a href="#">Empathy</a></b></p> <p>5. <a href="#">Identifying Other's Feelings</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p>11/1-12/23 (32 days)</p>                     |

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| <ul style="list-style-type: none"><li>• <a href="#">Skills Check</a></li><li>• <a href="#">Home Link</a></li><li>• <a href="#">Following Through</a></li><li>• <a href="#">Brain Builder</a></li></ul> <p>6. <a href="#">Understanding Perspectives</a></p> <ul style="list-style-type: none"><li>• <a href="#">Lesson Script</a></li><li>• <a href="#">Weekly Skill Check</a></li><li>• <a href="#">Following Through</a></li><li>• <a href="#">Empathy Mini Poster</a></li></ul> <p>*No home Link this week</p> <p>7. <a href="#">Conflicting Feelings</a></p> <ul style="list-style-type: none"><li>• <a href="#">Lesson Script</a></li><li>• <a href="#">Weekly Skill Check</a></li><li>• <a href="#">Following Through</a></li><li>• <a href="#">Home Link</a></li></ul> <p>8. <a href="#">Accepting Differences</a></p> <ul style="list-style-type: none"><li>• <a href="#">Lesson Script</a></li><li>• <a href="#">Weekly Skill Check</a></li><li>• <a href="#">Handout</a></li><li>• <a href="#">Following Through</a></li></ul> <p>*No home link this week</p> <p>9. <a href="#">Showing Compassion</a></p> <ul style="list-style-type: none"><li>• <a href="#">Lesson Script</a></li><li>• <a href="#">Weekly Skill Check</a></li><li>• <a href="#">Following Through</a></li><li>• <a href="#">Home Link</a></li></ul> <p>10. <a href="#">Making Friends</a></p> <ul style="list-style-type: none"><li>• <a href="#">Lesson Script</a></li><li>• <a href="#">Weekly Skill Check</a></li><li>• <a href="#">Following Through</a></li></ul> <p>*No home link this week</p> |  |
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| January & February~ PONG Competency: Responsible and Resilient Individuals                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                             |
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| Read and Discuss PONG Picture Book: <a href="#">Responsible &amp; Resilient Individuals</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 1/5-1/9                                                                                                                                                                                                                                                     |
| <b>Responsive Classroom Routine and Expectation Review (post school break)</b><br><a href="#">Revisiting Classroom Rules</a><br><b>1/5-1/9</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                             |
| <b>*SS Child Protection Unit: <a href="#">Grade 3 Scope and Sequence</a></b> <ul style="list-style-type: none"> <li>• <a href="#">Lesson 1: Ways to Stay Safe</a></li> <li>• <a href="#">Lesson 2: The Always Ask First Rule</a></li> <li>• <a href="#">Lesson 3: Safe and Unsafe Touches</a></li> <li>• <a href="#">Lesson 4: The Touching Rule</a></li> <li>• <a href="#">Lesson 5: Practicing Staying Safe</a></li> <li>• <a href="#">Lesson 6: Reviewing Safety Skills</a></li> </ul>                                                                                                                                                                                                                                                                                                    | <b>1/12-2/13 (29 days)*</b><br><b>*PLEASE NOTE:</b> <i>A family letter will be sent home from administrators prior to this unit being taught (families may choose to opt out). School counselors will support this unit (specifically Lessons 3 and 4).</i> |
| <b>Responsive Classroom Routine and Expectation Review (post school break)</b><br><a href="#">Revisiting Routines with Students</a><br><b>2/23-2/27</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                             |
| March                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                             |
| <b>SS Unit 3: <a href="#">Emotion Management</a></b> <ol style="list-style-type: none"> <li>11. <a href="#">Introducing Emotion Management</a> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Following Through</a></li> <li>• <a href="#">Home Link</a></li> </ul> </li> <li>12. <a href="#">Managing Test Anxiety</a> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Weekly Skill Check</a></li> <li>• <a href="#">Following Through</a></li> </ul>           *No home link this week         </li> <li>13. <a href="#">Handling Accusations</a> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Weekly Skill Check</a></li> </ul> </li> </ol> | <b>3/2-4/10 (25 days)</b>                                                                                                                                                                                                                                   |

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| <ul style="list-style-type: none"> <li>• <a href="#">Following Through</a></li> <li>• <a href="#">Home Link</a></li> </ul> <p>14. <a href="#">Managing Disappointment</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Weekly Skill Check</a></li> <li>• <a href="#">Following through</a></li> </ul> <p>*No home link this week</p> <p>15. <a href="#">Managing Anger</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Weekly Skill Check</a></li> <li>• <a href="#">Following Through</a></li> <li>• <a href="#">Home Link</a></li> </ul> <p>16. <a href="#">Managing Hurt Feelings</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Handout</a></li> <li>• <a href="#">Following Through</a></li> </ul> <p>*No home link this week</p> |                   |
| <b>April~ PONG Competency: Creative Thinkers &amp; Problem Solvers</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |
| Read and Discuss PONG Picture Book: <a href="#">Creative Thinkers &amp; Problem Solvers</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 4/27-5/1          |
| <b>Responsive Classroom Routine and Expectation Review (post school break)</b><br><b><a href="#">Breathing New Life Into Classroom Rules</a></b><br><b>4/27-5/1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                   |
| <b>SS Unit 4: <a href="#">Problem Solving</a></b><br><p>17. <a href="#">Solving Problems Part One</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Following Through</a></li> <li>• <a href="#">Problem Solving Steps Mini Poster</a></li> <li>• <a href="#">Home Link</a></li> <li>• <a href="#">Handout</a></li> </ul> <p>18. <a href="#">Solving Problems Part Two</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Weekly Skill Check</a></li> <li>• <a href="#">Handout</a></li> </ul>                                                                                                                                                                                                                                                                                                    | 5/4-6/9 (25 days) |

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| <ul style="list-style-type: none"> <li>• <a href="#">Following Through</a></li> <li>• <a href="#">Problem Solving Steps Mini Poster</a></li> </ul> <p>*No home link this week</p> <p>19. <a href="#">Solving Classroom Problems</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Following Through</a></li> <li>• <a href="#">Handout</a></li> <li>• <a href="#">Home Link</a></li> </ul> <p>20. <a href="#">Solving Peer Exclusion Problems</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Weekly Skill Check</a></li> <li>• <a href="#">Problem Solving Poster</a></li> <li>• <a href="#">Following Through</a></li> </ul> <p>*No home Link this week</p> <p>21. <a href="#">Dealing with Negative Peer Pressure</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Weekly Skill Check</a></li> <li>• <a href="#">Following Through</a></li> <li>• <a href="#">Problem Solving Mini Poster</a></li> <li>• <a href="#">Home Link</a></li> </ul> <p>22. <a href="#">Reviewing Second Step Skills</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Script</a></li> <li>• <a href="#">Weekly Skill Check</a></li> <li>• <a href="#">Following Through</a></li> <li>• <a href="#">All Mini Posters</a></li> <li>• <a href="#">PDF of Materials</a></li> <li>• <a href="#">Songs</a></li> <li>• <a href="#">Brain Builders</a></li> </ul> |         |
| <b>June~ PONG Competency: Communicators &amp; Collaborators</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |         |
| Read and Discuss PONG Picture Book: <a href="#">Communicators &amp; Collaborators</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 6/4-6/9 |
| <b>Reflection and Celebration</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |         |

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| <b>Additional Resources</b>                                                                        |                                                                                                                                                                                                                                                                                                                           |                                       |                                                                                                                                  |
| <p><b><u>Second Step</u></b></p> <p><a href="http://www.secondstep.org">www.secondstep.org</a></p> | <p><b><u>Social Thinking</u></b></p> <p><a href="#">Whole Body Listening</a><br/> <a href="#">5 Point Voice Volume Scale</a><br/> <a href="#">Group Plan</a><br/> <a href="#">Zones of Regulation</a><br/> <a href="#">Problem Size</a><br/> <a href="#">Expected/Unexpected</a><br/> <a href="#">Bubble Thoughts</a></p> | <p><b><u>Digital Wellness</u></b></p> | <p><b><u>Other</u></b></p> <p><a href="#">Creating a Positive Classroom</a><br/> <a href="#">Climate Introductory Course</a></p> |