

Common Second Step Language and Phrases

Unit 1 Skills for Learning	• Welcome/welcoming • Listen, Listening Rules (eyes watching, ears listening, voices quiet, and calm body) • Attention, focus/focusing, and attent-o-scopes • Self-talk (remind your brain or tell yourself in a quiet voice) • Follow directions • Asking for what you need or want in a strong respectful voice. Need, respectful, strong, ask for help, speak up, understand. Look at your friend's face, talk to a teacher, friend or another adult about your feelings
Unit 2 Empathy	• Feelings, happy, sad • Emotions • Smile, frown, cheeks, teeth, eyes • Surprised, afraid/scared • Mad/angry/anger • Same, alike, different feelings about the same thing • Mean to, accident, on purpose • I didn't mean to. It was an accident. Are you okay? • Kind, caring, care, helpful, help, helping, show someone you care, friend
Unit 3 Emotion Management	• Uncomfortable, comfortable, worried, clues in your body, grown-up • Frustrated, strong feeling, hands on your tummy and say "stop", calm down • Name/naming feelings, strong feelings • Disappointed, belly breathing, belly, breathe • Angry, tight/tense, relaxing/relax/relaxed • Excited, wait/waiting, counting quietly to help wait
Unit 4 Friendship Skills and Problem Solving	• Fair, taking turns, trading, playing together is more fun • Having fun, fun with friends, play, friend/friends/friendship, fun together, fun for everyone • Invite/inviting, including others in play, smile • Join in with play, playing, fun ideas, respect • Problem, safe, words, saying the problem, problem solve, solutions, problem • Solutions, ideas, solving the problem, safe ideas, think • Respectful, assertive, speaking up, disrespectful, unsafe, talk about feelings, upset, hurt, hurting others feelings, mean, talk, adult
Unit 5 Transitioning to Kindergarten	• Kindergarten, transition • Feelings, calm, same, different • Play together, take turns, trade, fair, join in, invite