

## Second Step Early Learning Program-at-a-Glance



### Brain Builder Games: Executive Function Skills

Executive function skills are the foundation for self-regulation and social-emotional competence. Brain Builder games played daily throughout the program focus on developing these skills by teaching children to pay attention, use memory, and control behavior.

#### Skills Taught in Unit

#### Weekly Themes

<b>UNIT 1</b> <b>Skills for Learning</b>	Listening Focusing attention Using self-talk Being assertive	Week 1: Welcoming Week 2: Listening Week 3: Focusing Attention Week 4: Self-Talk Week 5: Following Directions Week 6: Asking for What you Need or Want
<b>UNIT 2</b> <b>Empathy</b>	Identifying one’s own and others’ feelings Taking others’ perspectives Showing care and concern for others	Week 7: Identifying Feelings (Happy, Sad) Week 8: More Feelings (Surprised, Scared) Week 9: Identifying Anger Week 10: Same or Different Feelings Week 11: Accidents Week 12: Caring and Helping
<b>UNIT 3</b> <b>Emotion Management</b>	Understanding strong feelings Identifying one’s own strong feelings Calming down strong feelings	Week 13: We Feel Feelings in Our Bodies (Worried) Week 14: Strong Feelings (Frustrated) Week 15: Naming Feelings Week 16: Managing Disappointment Week 17: Managing Anger Week 18: Managing Waiting
<b>UNIT 4</b> <b>Friendship Skills and Problem Solving</b>	Making and keeping friends Calming down and using problem-solving steps	Week 19: Fair Ways to Play Week 20: Having Fun with Friends Week 21: Inviting to Play Week 22: Joining In with Play Week 23: Saying the Problem Week 24: Thinking of Solutions Week 25: Speaking Assertively
<b>UNIT 5</b> <b>Transitioning to Kindergarten</b>	Reviewing program skills and concepts Thinking about how program skills will help in kindergarten	Week 26: Learning in Kindergarten Week 27: Riding the Kindergarten Bus Week 28: Making New Friends in Kindergarten