Garrett County Head Start Second Step

Dennett Road Early Learning Center

Emathy
Empathy means identifying and understanding others' feelings in order to be a more caring person. Caring about others gives us a reason to want to solve problems so that others are not hurt.

1. Identify and understand their own and others' feelings by:
   - Learning feeling words
   - Looking for clues on someone else's face and body
   - Focusing on what is happening

2. Begin to see things from perspectives other than their own by:
   - Understanding that other people can have the same or different feelings about the same thing
   - Understand that sometimes things happen by accident

3. Show care and concern for others by:
   - Listening to others to show they care
   - Saying something kind or doing something to help someone else

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Emotion Management

1. Understand strong feelings by:
   - Learning feeling words
   - Learning that it is natural to have strong feelings
   - Learning that everyone feels angry sometimes, but doing hurtful things when angry is not okay

2. Recognize how they are feeling by:
   - Learning how they feel feelings in their bodies
   - Understanding that some feelings are uncomfortable

3. Calm down strong feelings by using these steps:
   - Put your hands on your tummy, Say "Stop"
   - Name your feeling
   - Take belly breaths

Calm down from strong emotions controlling our first impulses are big parts of the Second Step program and they can be hard to do at first. That is why practicing at home is important.

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Help children understand that these skills help them in kindergarten

1. Think back to the skills and concepts they've learned in the Second Step early learning program, including:
   - Listening, focusing attention, using self-talk, and asking for what they want or need
   - Identifying feelings
   - Calming down strong feelings
   - Asking to join or inviting others to join in play
   - Using words to describe a problem
   - Using the Three Far Ways to Play techniques

2. Think ahead to how these skills will help them become better learners, handle new situations, and get along better with others in kindergarten

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How to Solve Problems

1. Calm down strong feelings before trying to solve problems by using these steps:
   - Put their hands on their tummies and say "Stop"
   - Name their feeling
   - Take belly breaths

2. Use two Problem-Solving Steps:
   - Say the problem: Children learn to use words to describe the problem
   - Think of solutions: Children learn to come up with lots of safe ideas for solving a problem

3. Make and keep friends by:
   - Learning the Three Far Ways to Play: play together, trade, and take turns
   - Choosing to have fun with friends over getting their own way
   - Learning how to invite others to play
   - Learning how to join in others' play

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