

3rd Grade Second Step Units

Unit 1

Weekly family communications for Lessons 1–5

Lesson 1: Changing Your Brain

Summary

In this week's lesson, your child will learn that when they learn something new, the brain changes as different parts of the brain begin to send messages to each other.

Try This at Home

Ask your child to explain what happens in their brain when they learn something for the first time.

Lesson 2: Getting Better with Practice

Summary

In this week's lesson, your child will learn that every time they practice a new a skill, the brain gets better at sending the messages for that skill.

Try This at Home

Ask your child to explain what happens in their brain when they practice.

Lesson 3: More Than Practice

Summary

In this week's lesson, your child will learn that if they're practicing a skill but not getting better, they can try a new way of practicing or find someone to learn from.

Try This at Home

Ask your child to tell you something new they've been practicing at school. Ask if they can think of other ways to practice or someone they could learn from.

Lesson 4: Planning for Practice

Summary

In this week's lesson, your child will work with a partner to make a practice plan that includes what they want to learn, how they will practice, and what they can do if they aren't improving.

Try This at Home

Ask your child to tell you what a practice plan includes.

Lesson 5: Make a Practice Plan

Summary

In this week's lesson, your child will make their own practice plan.

Try This at Home

Ask your child share their practice plan with you. If they brought it home, find a place to display it where they'll see it every day. Check in to see how their plan is going, and support them if they need help adjusting their plans.

Unit 2

Weekly family communications for Lessons 6–10

Lesson 6: Why Emotions?

Summary

In this week's lesson, your child will learn that emotions give us information about what we want or need.

Try This at Home

Ask your child what information the emotions fear, sadness, and happiness give us.

Lesson 7: How Angry?

Summary

In this week's lesson, your child will learn words for three degrees of anger: annoyed, angry, and furious.

Try This at Home

Ask your child to explain the differences between feeling annoyed, angry, and furious.

Lesson 8: Take a Break

Summary

In this week's lesson, your child will learn how, when, and where to take a break in different situations as a way to manage a strong emotion.

Try This at Home

Discuss where and how your child can take a break at home. Then ask your child how they could take a break in place, for example, in the car or at the grocery store.

Lesson 9: How Happy?

Summary

In this week's lesson, your child will learn words for three degrees of happiness: content, happy, and excited.

Try This at Home

Ask your child to explain the differences between feeling content, happy, and excited.

Lesson 10: Strength of Feelings

Summary

In this week's lesson, your child will practice identifying different intensities of the same feeling by giving personal examples.

Try This at Home

Ask your child if they can give examples of times they felt strong emotions like furious or excited.

Unit 3

Weekly family communications for Lessons 11–15

Lesson 11: Kindness and Friendship

Summary

In this week's lesson, your child will learn how empathy—the ability to understand and feel how someone else is feeling—and kindness can help build new friendships.

Try This at Home

Ask your child what kind things they could they do to build a friendship with someone.

Lesson 12: Building a Friendship

Summary

In this week's lesson, your child will learn how acting on empathy can make friendships stronger.

Try This at Home

Ask your child to name one of their friends and explain what makes them a good friend.

Lesson 13: My Kind of Kindness

Summary

In this week's lesson, your child will learn that people like to be shown kindness in different ways.

Try This at Home

Ask your child what helps them feel better when they feel sad. What helps when they feel embarrassed or angry? Tell them what helps you feel better when you feel those same emotions.

Lesson 14: Asking Questions

Summary

In this week's lesson, your child will practice asking questions to help them understand how someone else is feeling and what they can do to help.

Try This at Home

Ask your child what questions they can ask to find out how someone feels and what they may want or need. Discuss how checking in on someone's feelings is a great way to show you care about them.

Lesson 15: Do Something Kind

Summary

In this week's lesson, your child will show what they know about empathy and kindness by planning kind acts to do for someone they care about.

Try This at Home

Ask your child about the kindness coupons they made in class. Ask how they chose the kind acts for each person.

Unit 4

Weekly family communications for Lessons 16–20

Lesson 16: STEP by Step

Summary

In this week's lesson, your child will learn a new process for solving problems called STEP.

Try This at Home

Ask your child if they can recall what each letter in STEP stands for. (S: Say the problem, T: Think of solutions, E: Explore the outcomes, P: Pick a solution.)

Lesson 17: S: Say the Problem

Summary

In this week's lesson your child will learn how to say a problem by thinking about what each person wants or needs.

Try This at Home

Ask your child how they would say a problem respectfully, without blaming anyone.

Lesson 18: T: Think and E: Explore

Summary

In this week's lesson, your child will learn to analyze possible solutions to a problem by considering whether each solution gives each person what they want.

Try This at Home

Ask your child to explain how they would decide whether a solution works for each person involved in a problem.

Lesson 19: P: Pick a Solution

Summary

In this week's lesson your child will learn to pick a solution to a problem by either finding a compromise or by showing kindness.

Try This at Home

Ask your child to explain what a compromise is.

Lesson 20: Solving a Problem

Summary

In this week's lesson, your child will apply the STEP process to show what they know about problem-solving.

Try This at Home

Ask your child to tell you how they and their partner solved the problem that Jase and Lila had while playing tag.