



## FCPS Preschool Social Emotional Learning Curriculum: Second Steps

PK	<b>Weeks 1-6 Unit 1: Skills For Learning</b>		<b>Week 7-12 Unit 2: Empathy</b>	<b>Week 13 - 18 Unit 3: Emotion Management</b>
	Note: Units include weekly thematic lessons.			
	<b>Starting the Year:</b> <ul style="list-style-type: none"> <li>Learn rules and procedures</li> <li>Get to know one another</li> </ul>	<ul style="list-style-type: none"> <li>Welcoming</li> <li>Listening</li> <li>Focusing Attention</li> <li>Self-Talk</li> <li>Following Directions</li> <li>Asking for what you need or want</li> </ul>	<ul style="list-style-type: none"> <li>Identifying Feelings (happy, sad)</li> <li>More Feelings (surprise, scared)</li> <li>Identifying Anger</li> <li>Same or Different Feelings</li> <li>Accidents</li> <li>Caring and Helping</li> </ul>	<ul style="list-style-type: none"> <li>We feel feelings in our bodies (worried)</li> <li>Strong Feelings (frustrated)</li> <li>Naming Feelings</li> <li>Managing Disappointment</li> <li>Managing Anger</li> <li>Managing Waiting</li> </ul>

PK	<b>Weeks 19-25 Unit 4: Friendship Skills and Problem Solving</b>		<b>Weeks 26-28 Unit 5: Transitioning to Kindergarten</b>	<b>Ending the School Year</b>
	Note: Units include weekly thematic lessons.			
	<ul style="list-style-type: none"> <li>Fair Ways to Play (play together, trade, take turns)</li> <li>Having Fun with Friends</li> <li>Inviting to Play</li> <li>Joining in with Play</li> <li>Saying the Problem</li> <li>Thinking of Solutions</li> <li>Speaking Up Assertively</li> </ul>	<ul style="list-style-type: none"> <li>Learning in Kindergarten</li> <li>Riding the Kindergarten Bus</li> <li>Making New Friends in Kindergarten</li> </ul>	<ul style="list-style-type: none"> <li>Reflect on the Classroom Community</li> <li>Meeting Kindergarten Teachers (if applicable)</li> <li>Visit Kindergarten Classroom and school tour (if applicable)</li> </ul>	