

Fall 2019 Catalog

EARLY LEARNING THROUGH GRADE 8 ♥ SECONDSTEP.ORG

second step®

**Committee
for Children**
CELEBRATES

40 YEARS

p. 14



BROUGHT TO YOU BY

 **Committee
for Children®**

40 YEARS OF IMPACT

This year, Committee for Children is celebrating four decades of unwavering pursuit of our vision: safe children thriving in a peaceful world. Second Step, our flagship social-emotional learning (SEL) program, isn't far behind, now in its 34th year of supporting children in developing into both better students and better people. In the spirit of continuous evolution of our products, three years ago we entered new territory by launching our first all-digital program for middle school, and we've refreshed our online staff trainings for our Second Step Elementary SEL program, Child Protection Unit, and Bullying Prevention Unit for the 2019–20 school year.

From our start in 1979 as a grassroots effort to the global nonprofit we are today, the connections we've built with you—fellow educators, advocates, and partners to advance best practices in SEL and child protection are remarkable. We're committed to achieving impact throughout the ecosystem that supports the whole child, whether it be through our existing Second Step programs, our mindfulness app Mind Yeti, or the development of our out-of-school-time program.

"We hope you'll join our efforts to promote social-emotional learning as one of the most powerful, sustainable, and practical approaches to building a kinder world."

Committee for Children continues to provide innovative, effective programs for children in the United States and beyond, all supporting one admittedly audacious but achievable goal: to positively transform the social-emotional well-being of 100 million children annually by 2028. We're well on our way, with our Second Step Suite helping create safe and supportive school cultures for more than 15 million children in 70 countries annually.

As a former teacher, I know how it feels to have that "aha" moment when you've made an impact on a child's life. Our products help educators achieve

those moments through SEL. Thank you for your interest in the work we do, and we hope you'll join our efforts to promote social-emotional learning as one of the most powerful, sustainable, and practical approaches to building a kinder world.

Best regards,

Polly Stansell

Polly Stansell

Vice President of Product
Committee for Children



Fall 2019



Not Just Better Students,
Better People

Social-Emotional Learning

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40 Years of the Empathy Effect

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We're Here to Support You

- ☎ 800-634-4449, ext. 1
- 🕒 Mon–Fri, 6:00 a.m.–4:30 p.m. Pacific
- ✉ support@secondstep.org

Learn more at [SecondStep.org](https://www.secondstep.org)

“With preschoolers, you have to be very concrete. The concepts are all laid out for them, week by week, theme by theme, one skill built upon the other to prepare them for kindergarten.”

Megan Wilson | Disabilities Coordinator | Pomona USD | Pomona, CA



ALSO AVAILABLE

Child Protection Unit

SEE PAGES 16-17

EARLY LEARNING

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EL

Improved Behavior, Improved Learning

Research shows that Second Step Social-Emotional Learning (SEL) is an effective tool for developing and improving preschoolers' executive-function skills.* Along with its support for other social-emotional skills, Second Step creates a strong foundation for Kindergarten. Engaging songs, activities, games, and puppets ensure children have fun while building the skills they need to get ahead and stay ahead.

* Wenz-Gross, M., Yoo, Y., Upshur, C. C., & Gambino, A. J. (2018, October). Pathways to kindergarten readiness: The roles of Second Step Early Learning curriculum and social emotional, executive functioning, preschool academic and task behavior skills. *Frontiers in Psychology*, 9. <https://doi.org/10.3389/fpsyg.2018.01886>



Weekly Themes

🕒 5-7 minutes daily

UNIT 1	Skills for Learning
1	Welcoming
	Listening
	Focusing Attention
	Self-Talk
	Following Directions
	Asking for What You Need or Want

UNIT 2	Empathy
2	Identifying Feelings
	More Feelings
	Identifying Anger
	Same or Different Feelings
	Accidents
	Caring and Helping

Each Classroom Kit Includes

- Hands-on resources**
- 28 durable 11" x 17" color photo Weekly Theme Cards
 - Teaching Materials Notebook
 - *Join In and Sing* CD
 - 3 colorful classroom posters
 - 2 high-quality puppets: Boy and Girl
 - 4 Listening Rules Cards
 - 1 set of Feelings Cards
 - Take-Home Activities and Family Letters
- Online resources**
- Teaching and family materials in Spanish
 - Planning, teaching, and assessment tools
 - Staff-Training Toolkit
 - Streaming lesson media, including photos and songs in English and Spanish



EL kit

100869 Early Learning SEL classroom kit.....\$459

UNIT 3	Emotion Management
3	We Feel Feelings in Our Bodies
	Strong Feelings
	Naming Feelings
	Managing Disappointment
	Managing Anger
	Managing Waiting

UNIT 4	Friendship Skills & Problem Solving
4	Fair Ways to Play
	Having Fun with Friends
	Inviting to Play
	Joining In with Play
	Saying the Problem
	Thinking of Solutions
	Speaking Up Assertively

UNIT 5	Transitioning to Kindergarten
5	Learning in Kindergarten
	Riding the Kindergarten Bus
	Making New Friends in Kindergarten



“Second Step puts into words the feelings and emotions that kids sometimes don’t know how to express. It gives them tools for dealing with everyday situations.”

Andrea Jennings | Teacher | Bridge Project | Denver, CO

ALSO AVAILABLE

Bullying Prevention Unit and Child Protection Unit

SEE PAGES 16-19

GRADES

K
.....
1

Developing Curious and Cooperative Learners

In their first years of school, children can become overwhelmed by new experiences. Evidence-based Second Step Social-Emotional Learning (SEL) helps teach kids skills for listening, focusing, and following directions. Colorful lesson cards, interactive songs, fun games, and entertaining puppets promote self-regulation and social-emotional skills, brightening children’s learning environment and guiding children’s future success.

Each Classroom Kit Includes

- Hands-on resources**
- Durable 11" x 17" color photo-lessons (25 in K, 22 in Grade 1)
 - Teaching Materials Notebook
 - Lesson DVD (Grade 1 only)
 - *Sing Out Loud* CD
 - 5 colorful classroom posters
 - 4 Listening Rules Cards
 - Take-Home Activities and Family Letters
 - 2 high-quality puppets: Puppy and Snail
 - Plush Be-Calm® Bunny (K only)
- Online resources**
- Training and teaching materials
 - Summative assessments
 - Lessons and family materials in Spanish
 - Streaming lesson media including photos, songs, and videos in English and Spanish



Grade 1 kit

- 100870 Kindergarten SEL classroom kit.....\$459
- 100871 Grade 1 SEL classroom kit.....\$459

Lesson Topics

20-30 minutes each week
+ 5- to 10-minute daily activities

UNIT 1 Skills for Learning K	UNIT 2 Empathy K	UNIT 3 Emotion Management K	UNIT 4 Problem Solving K	UNIT 1 Skills for Learning 1	UNIT 2 Empathy 1	UNIT 3 Emotion Management 1	UNIT 4 Problem Solving 1
Learning to Listen	Feelings	We Feel Feelings in Our Bodies	Solving Problems	Listening to Learn	Identifying Feelings	Identifying Our Own Feelings	Solving Problems, Part 1
Focusing Attention	More Feelings	Managing Frustration	Inviting to Play	Focusing Attention	Looking for More Clues	Strong Feelings	Solving Problems, Part 2
Following Directions	Identifying Anger	Calming Down Strong Feelings	Fair Ways to Play	Following Directions	Similarities and Differences	Calming Down Anger	Fair Ways to Play
Self-Talk for Staying on Task	Same or Different?	Handling Waiting	Having Fun with Our Friends	Self-Talk for Learning	Feelings Change	Self-Talk for Calming Down	Inviting to Join In
Being Assertive	Accidents	Managing Anger	Handling Having Things Taken Away	Being Assertive	Accidents	Managing Worry	Handling Name-Calling
	Caring and Helping	Managing Disappointment	Handling Name-Calling		Showing Care and Concern		Reviewing Second Step Skills
		Handling Being Knocked Down	Reviewing Second Step Skills				

“The tenets of social-emotional learning in Second Step have really had a positive impact, enhancing relationships and collaboration among staff, students, and families.”

Jane Kronke | Principal | Bryker Woods Elementary | Austin, TX



GRADES

2
.....
3

Inspiring Student Engagement with SEL

Social-emotional competence develops by learning skills that help students form positive relationships, manage disappointment, and take responsibility. By Grades 2 and 3, students are used to the rhythm of school and more immersed in their environment. Evidence-based Second Step Social-Emotional Learning (SEL) draws their attention and engages their imagination with fun games, videos, and lessons.

Each Classroom Kit Includes

Hands-on resources

- 22 durable 11" x 17" color photo-lesson cards
- Teaching Materials Notebook
- Grade 2 or 3 lesson DVD
- *Sing and Step* CD
- 4 colorful classroom posters
- 4 Skills for Learning Cards
- Take-Home Activities and Family Letters

Online resources

- Training and teaching materials
- Summative assessments
- Lessons and family materials in Spanish
- Streaming lesson media including photos, songs, and videos online in English and Spanish



Grade 3 kit

100872 Grade 2 SEL classroom kit.....\$409

100873 Grade 3 SEL classroom kit.....\$409

Lesson Topics

🕒 30-35 minutes each week
+ 5- to 10-minute daily activities

UNIT 1	Skills for Learning 2
Being Respectful	
Focusing Attention and Listening	
Using Self-Talk	
Being Assertive	

UNIT 2	Empathy 2
Identifying Feelings	
Learning More About Feelings	
Feeling Confident	
Respecting Different Preferences	
Showing Compassion	
Predicting Feelings	

UNIT 3	Emotion Management 2
Introducing Emotion Management	
Managing Embarrassment	
Handling Making Mistakes	
Managing Anxious Feelings	
Managing Anger	
Finishing Tasks	

UNIT 4	Problem Solving 2
Solving Problems, Part 1	
Solving Problems, Part 2	
Taking Responsibility	
Responding to Playground Exclusion	
Playing Fairly on the Playground	
Reviewing Second Step Skills	

UNIT 1	Skills for Learning 3
Being Respectful Learners	
Using Self-Talk	
Being Assertive	
Planning to Learn	

UNIT 2	Empathy 3
Identifying Others' Feelings	
Understanding Perspectives	
Conflicting Feelings	
Accepting Differences	
Showing Compassion	
Making Friends	

UNIT 3	Emotion Management 3
Introducing Emotion Management	
Managing Test Anxiety	
Handling Accusations	
Managing Disappointment	
Managing Anger	
Managing Hurt Feelings	

UNIT 4	Problem Solving 3
Solving Problems, Part 1	
Solving Problems, Part 2	
Solving Classroom Problems	
Solving Peer-Exclusion Problems	
Dealing with Negative Peer Pressure	
Reviewing Second Step Skills	



“I’ve seen a lot of different programs come and go, but Second Step has stayed. The teachers are all on board, and it’s brought us closer.”

Ann Donaghy | Counselor | Lakewood School | Carpentersville, IL

ALSO AVAILABLE
Bullying Prevention Unit
and
Child Protection Unit

SEE PAGES
16–19

GRADES
4
.....
5

Breakthroughs in the Classroom and Beyond

Social-emotional competence becomes more important as students are introduced to situations like group activities and after-school projects that require putting social-emotional skills into practice. With evidence-based Second Step Social-Emotional Learning (SEL), fourth- and fifth-grade students develop skills they can use beyond the classroom, from dealing with peer pressure to managing anxiety.

Each Classroom Kit Includes

- Hands-on resources**
 - 22 lessons
 - Teaching Materials Notebook
 - Grade 4 or 5 lesson DVD
 - 3 colorful classroom posters
 - Take-Home Activities and Family Letters
- Online resources**
 - Training and teaching materials
 - Summative assessments
 - Lessons and family materials in Spanish
 - Streaming lesson media including photos, songs, and videos in English and Spanish

- 100874 Grade 4 SEL classroom kit.....**\$439**
100875 Grade 5 SEL classroom kit**\$439**



Lesson Topics | **35–40 minutes each week**
+ 5- to 10-minute daily activities

UNIT 1	Empathy & Skills for Learning	4
	Empathy and Respect	
	Listening with Attention	
	Being Assertive	
	Respecting Similarities and Differences	
	Understanding Complex Feelings	
	Understanding Different Perspectives	
	Conversation and Compliments	
	Joining In	
	Showing Compassion	

UNIT 2	Emotion Management	4
	Introducing Emotion Management	
	Managing Strong Feelings	
	Calming Down Anger	
	Managing Anxiety	
	Avoiding Jumping to Conclusions	
	Handling Put-Downs	

UNIT 3	Emotion Management	4
	Solving Problems, Part 1	
	Solving Problems, Part 2	
	Making a Plan	
	Solving Playground Problems	
	Taking Responsibility for Your Actions	
	Dealing with Peer Pressure	
	Reviewing Second Step Skills	

UNIT 1	Empathy & Skills for Learning	5
	Empathy and Respect	
	Listening with Attention	
	Being Assertive	
	Predicting Feelings	
	Taking Others' Perspectives	
	Accepting Differences	
	Disagreeing Respectfully	
	Responding with Compassion	

UNIT 2	Emotion Management	5
	Introducing Emotion Management	
	Calming Down	
	Managing Anxiety	
	Managing Frustration	
	Resisting Revenge	
	Handling Put-Downs	
	Avoiding Assumptions	

UNIT 3	Problem Solving	5
	Solving Problems, Part 1	
	Solving Problems, Part 2	
	Making a Plan	
	Seeking Help	
	Dealing with Gossip	
	Dealing with Peer Pressure	
	Reviewing Second Step Skills	



Everything You Need, All in One Place

What's Inside Our Web-Based Program

Teach Dynamic, discussion-based lessons are easy to teach and engaging for students and educators alike.

Extend Create a complete advisory program from nearly 200 activities, including scripted Class Meetings, Class Challenges, and Service-Learning Projects. Activities can be taught alongside lessons or as standalone experiences.

Professional Development Program Training and Professional Learning sessions help teachers facilitate meaningful classroom discussions and further develop their own social-emotional skills.

Principal Toolkit Administrators can support the program's success with real-time implementation tracking and reporting tools as well as resources for communicating with staff and families, monitoring progress, and evaluating outcomes. Available with purchase of a schoolwide license.

Family Engagement Educators can involve families with weekly communications and a Family Letter.

Plus Academic resources, sample advisory program schedules, behavioral and academic framework alignments, tutorials, and more



Schoolwide License

**Includes all-staff access for Grades 6–8
and the Principal Toolkit**

900690	1 year	\$2749
900630	3 year (save \$1648)	\$6599
900650	5 year (save \$4946)	\$8799

Single-classroom licenses are also available.
See the full product and price list on pages 24–26.

MIDDLE SCHOOL

6–8

Create a Culture of Connectedness

The Second Step Middle School Program helps students navigate social situations and develop deeper connections to their peers, teachers, and school community. Flexible, web-based lessons and activities help middle schoolers develop social-emotional skills they'll take beyond the classroom.

Unit Topics 25-minute lessons

UNIT 1 Mindsets & Goals	UNIT 2 Values & Friendships	UNIT 3 Thoughts, Emotions & Decisions	UNIT 4 Serious Peer Conflicts
7 lessons per grade	5 lessons per grade	5 lessons per grade	9 lessons per grade
Students develop a growth mindset and learn research-based strategies for achieving social and academic goals.	Students learn to make decisions based on their personal values, and to build strong, positive relationships.	Students explore the relationship between thoughts, feelings, and decisions and learn strategies for staying in control when experiencing strong emotions.	Students learn to identify, avoid, and resolve serious conflicts and develop strategies to handle bullying and harassment.

Take a Closer Look

Hear what educators and kids have to say, take a product tour, register for a webinar, and sign up for a one-month free trial.

SecondStep.org/middle-school-program



40 YEARS OF THE Empathy Effect

At Committee for Children (CFC), we believe that if you make a positive impact on enough children through social-emotional learning, then the ripples will help a family, a school, a community, and ultimately, the world. We call it the Empathy Effect, and it's what we've worked toward since 1979.

1979

Cultural anthropologists Dr. Jennifer James and Dr. Debra Boyer found Committee for Children and create Talking About Touching, a program designed to empower children to recognize, resist, and report sexual abuse.



1980s

Still a grassroots organization, CFC is launched into the national spotlight with an appearance on the *Today Show*. Soon after, we release our flagship social-emotional learning program, Second Step.



As interest in and awareness of SEL grows, so does our reach. By the end of the decade our programs are in schools in all 50 states, as well as in Canada, Norway, and Germany.

1990s



Our mission continues to thrive as our program evolves to improve the educator experience. Second Step continues to receive widespread recognition from leaders in the field like CASEL and the US Department of Education.

2000s



We renew our focus on policy and advocacy efforts, innovation, and exploring opportunities for out-of-school time. With the foundation of social-emotional learning in place, we add units on bullying prevention and child protection.

2010s



TODAY

We launch our first-of-its-kind SEL podcast *Grow Kinder*.



POSITIVELY TRANSFORM THE SOCIAL-EMOTIONAL WELL-BEING OF 100 MILLION CHILDREN ANNUALLY BY 2028

This goal, announced to celebrate our 40th anniversary, is admittedly audacious, but achievable. We'll reach it through existing programs, innovative products, the development of our out-of-school-time program, and more.

We'll continue to be a force in advocacy, helping pass policies and legislation that improve the emotional well-being of children, and we'll continue to integrate the latest research and the right technology into our programs and products to keep kids engaged and improve the experience for educators.

Today, Second Step helps create a more positive school culture for more than 15 million children in 70 countries annually. We're on our way to making our goal a reality, and our legacy will be a generation equipped with the social-emotional skills to build a kinder world.

40 Committee for Children

Learn more at [GrowKinder.org](https://www.growkinder.org)

CHILD
PROTECTION
UNIT

Early Learning-
Grade 5

Keeping Kids Safe
from Abuse

Providing extensive online training, age-appropriate lessons, and family education materials, the Second Step Child Protection Unit addresses all aspects of school-based child protection so educators, families, and children have the tools they need to recognize and effectively respond to abuse.

Staff Training

Take an integrated approach to child safety by providing training for every staff member and all other adults in your building.

Module 1 Helps administrators create or revise their child protection strategy, then create customized policies and procedures to help reduce risk of staff misconduct.

Module 2 Teaches staff to recognize indicators of abuse and neglect through realistic scenarios, respond supportively to children who experience abuse, and report abuse.

Module 3 Instructs teachers and counselors about how to teach the lessons, engage families, and overcome discomfort in talking to students about touching safety.

Each module takes 45–90 minutes.

Student Lessons

Easy-to-follow, scripted lessons teach children personal safety skills using straightforward, rules-based instruction, giving kids clear guidance about how to disclose abuse.

Lesson Topics
General Safety Rules
Ways to Stay Safe
Always Ask First
Touching Safety
Never Keep Secrets
Reviewing Safety Skills

- Early Learning daily activities each take 5–7 minutes.
- K–3 weekly lessons each take 20–35 minutes.
- Grades 4–5 weekly lessons each take 35–40 minutes.

The Child Protection Unit Includes

- Unlimited online staff training
- Lessons, posters, and DVD for each grade
- Family materials (letters, videos, and activities)
- Additional online resources (teaching and implementation tools)
- Lessons and family materials in Spanish

Family Materials

It's important that families understand what's being taught in schools, especially with sensitive subjects. Family Letters help explain the program and adults' role in child protection, and Take-Home Activities and online videos reinforce skills and encourage family discussions.

Help families start the conversation about child sexual abuse prevention with the **Hot Chocolate Talk**.

Preview family materials:
EarlyOpenOften.org
abiertoyamenudo.org (Spanish version)

Save When You Bundle!

- 300097 Child Protection Unit: EL–Grade 5 bundle(save \$144) **\$1319**
- 300099 Child Protection Unit: K–Grade 5 bundle.....(save \$125) **\$1129**

Early Learning–Grade 5 Notebooks

- 300009 Early Learning Child Protection Unit**\$209**
- 300000 Kindergarten Child Protection Unit.....**\$209**
- 300001 Grade 1 Child Protection Unit**\$209**
- 300002 Grade 2 Child Protection Unit.....**\$209**
- 300003 Grade 3 Child Protection Unit.....**\$209**
- 300004 Grade 4 Child Protection Unit**\$209**
- 300005 Grade 5 Child Protection Unit.....**\$209**



Each notebook includes

- Lessons and DVD for one classroom
- *Safety Songs* CD (EL)
- 2 classroom posters
- Rule cards (10 in EL, 3 in K–3)
- Family materials

Online resources

- Staff training
- Teaching materials
- Lessons and family materials in Spanish
- Streaming lesson media, including photos and videos (also in Spanish through Grade 3)

Preview staff training and student lessons:
SecondStep.org/child-protection

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“Let’s take the opportunity as adults to learn a code of conduct:
how to respond, who to tell. Because otherwise we leave children so vulnerable.”

Suzin Bartley | Executive Director | Children’s Trust | Boston, MA

.....



HOT CHOCOLATE TALK

CHILD SEXUAL ABUSE PREVENTION

One conversation can make all the difference. That’s why we’ve created the Hot Chocolate Talk, a resource to help families start this difficult yet critically important conversation.

Visit **HotChocolateTalk.org** to find research-based tools and information for educators and parents that you can share in your next family communications.



BULLYING
PREVENTION
UNIT

Kindergarten–
Grade 5

The Power to
Create a Positive
School Climate

The research-based Second Step Bullying Prevention Unit gives educators and school staff the training and tools they need to effectively address school bullying while teaching students to recognize, report, and refuse bullying themselves.

Staff Training

Module 1 Principals and program coordinators understand the adult-student relationship, refine and communicate their bullying policies and procedures, and communicate with families.

Module 2 All school staff learn how to recognize, respond to, and report bullying and then make a plan for how to handle incidents.

Module 3 Teachers and counselors gain valuable instruction about teaching the lessons, following through, and involving families.

Each module takes 45–90 minutes.

Student Lessons

Students learn to recognize, report, and refuse bullying through age-appropriate lessons that have been put to the test in real classrooms.

Lesson Topics	
Class Rules	• K–3 weekly lessons each take approximately 30 minutes.
Recognizing Bullying	
Reporting Bullying	• Grades 4–5 weekly lessons each take 30–45 minutes.
Refusing Bullying	
Role of Bystanders	

Preview staff training and student lessons:
SecondStep.org/bullying-prevention

The Bullying Prevention Unit Includes

- Unlimited online staff training
- Lessons, posters, and DVD for each grade
- Family materials (letters and activities)
- Additional online resources (teaching, implementation, and evaluation tools)
- Lesson and family materials in Spanish

Family Materials

Engaged families have more confidence and trust in you and your school—a critical factor when addressing bullying. Family Letters help explain the program and adults’ role in bullying prevention, and Take-Home Activities give students a change to practice skills and help families support the lessons at home.

Get the whole family involved in bullying prevention with **Captain Compassion**.

Save When You Bundle!

200099 Bullying Prevention Unit:
 K–Grade 5 bundle.....(save \$125) **\$1129**

Kindergarten–Grade 5 Notebooks

200000 Kindergarten Bullying Prevention Unit..**\$209**
 200001 Grade 1 Bullying Prevention Unit.....**\$209**
 200002 Grade 2 Bullying Prevention Unit**\$209**
 200003 Grade 3 Bullying Prevention Unit**\$209**
 200004 Grade 4 Bullying Prevention Unit**\$209**
 200005 Grade 5 Bullying Prevention Unit**\$209**

Each notebook includes

- Lessons and DVD for one classroom
- Classroom posters (1 in K–3, 2 in Grades 4–5)
- Family materials



Online resources

- Staff training
- Teaching materials
- Streaming lesson media, including photos and videos (also in Spanish through Grade 3)

“We want every student to feel safe and celebrated in their classrooms and in their environments. The Second Step Bullying Prevention Unit has been crucial in helping us achieve that.”

Dr. Laurie Dent | Superintendent | Sumner-Bonney Lake School District | Sumner, WA



Everyone has the power to help stop bullying, and it's important for families to have this conversation at home. That's why we've teamed up with bullying prevention superhero Captain Compassion to help parents teach kids how to use their bystander power to recognize, report, and refuse bullying.

For research-based tips and resources to help inspire kids activate their bystander power, have families visit:

CaptainCompassion.org





Take a Purposeful Pause

Bring Mindfulness to Your School Community

Mind Yeti offers short, guided audio sessions to help kids calm their minds, improve focus, and practice gratitude and kindness toward themselves and others.

Research shows that mindfulness strengthens the regions of the brain that help regulate emotions and solve problems.* Regular mindfulness practice can support increases in well-being and mental health outcomes for youth.**

Our app can also provide a great foundation for boosting Second Step skills.

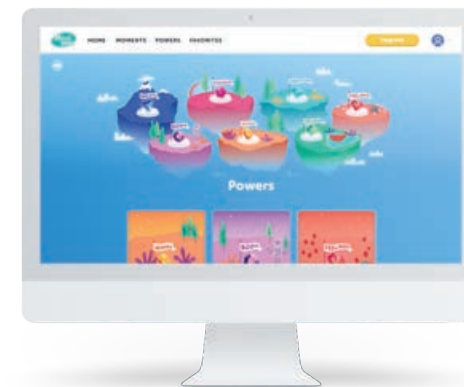


* Felver, J. C., Celis-de Hoyos, C. E., Tezanos, K., & Singh, N. N. (2016). A systematic review of mindfulness-based interventions for youth in school settings. *Mindfulness*, 6, 734–735. doi: 10.1007/s-12671-015-0389-4

** Zoogman, S., Goldberg, S. B., Hoyt, W. B., & Miller, L. (2014). Mindfulness interventions with youth: A meta-analysis. *Mindfulness*, 6, 290–302. doi: 10.1007/s12671-013-0260-4

“Mind Yeti is something everyone should try.
It has truly changed the culture of our school.”

Jill Banks | Restorative Practices School Counselor
Birney Elementary School | Fresno, CA



Help Students Calm Their Minds, Focus, and Connect

A growing library of guided audio sessions features diverse voices and immersive soundscapes to help both kids and their adults settle the Hubbub.

Schoolwide

\$499 per year

Access to 90+ guided audio sessions (3–6 minutes)

Unlimited staff accounts

Use Mind Yeti Anytime, Anywhere



Start the day

Focus in class

Ease anxiety

Practice kindness

Connect with family



Sign up at MindYeti.com to get started with free sessions.

MindYeti.com

K–5 Products

SEL Program Kits & Bundles



Kindergarten classroom kit
100870**\$459**



Grade 1 classroom kit
100871.....**\$459**



Grade 2 classroom kit
100872**\$409**



Grade 3 classroom kit
100873**\$409**



Grade 4 classroom kit
100874**\$439**



Grade 5 classroom kit
100875**\$439**



Each Classroom Kit Includes

Hands-on resources

- Durable 11" x 17" color photo-lesson cards (25 in K, 22 in Grade 1)
- Teaching Materials Notebook
- Lesson DVD (Grade 1 only)
- *Sing Out Loud* CD
- 5 colorful classroom posters
- 2 high-quality puppets: Puppy and Snail
- Plush Be-Calm Bunny (K only)
- 4 Listening Rules Cards
- Take-Home Activities and Family Letters

Online resources

- Training and teaching materials
- Summative assessments
- Lessons and family materials in Spanish
- Streaming lesson media, including photos, songs, and videos (also in Spanish)

Each Classroom Kit Includes

Hands-on resources

- 22 durable 11" x 17" color photo-lesson cards
- Teaching Materials Notebook
- Grade 2 or 3 lesson DVD
- *Sing and Step* CD
- 4 colorful classroom posters
- 4 Skills for Learning Cards
- Take-Home Activities and Family Letters

Online resources

- Training and teaching materials
- Summative assessments
- Lessons and family materials in Spanish
- Streaming lesson media, including photos, songs, and videos (also in Spanish)

Each Classroom Kit Includes

Hands-on resources

- 22 lessons
- Teaching Materials Notebook
- Grade 4 or 5 lesson DVD
- 3 colorful classroom posters
- Take-Home Activities and Family Letters

Online resources

- Training and teaching materials
- Summative assessments
- Lessons and family materials in Spanish
- Streaming lesson media, including photos, songs, and videos (also in Spanish)

Save When You Bundle!

100877	Early Learning–Grade 5 bundle	(save \$304)	\$2769
100876	Kindergarten–Grade 5 bundle*	(save \$255)	\$2359
100879	Kindergarten–Grade 5 bundle with Principal Toolkit	(save \$284)	\$2529

*See page 26 to purchase with the Second Step Bullying Prevention and Child Protection Units for an additional discount.

Bullying Prevention Unit



Child Protection Unit



Note

Early Learning, Kindergarten, and Grade 1 lessons use the Second Step puppets, which aren't included in the Child Protection Unit. You can purchase puppets separately (see page 24) or substitute your own.

Mind Yeti



Kindergarten–Grade 5 Bundle

200099..... (save \$125) **\$1129**

Lesson Notebook and Staff Training

200000 (K), 200001 (G1), 200002 (G2), 200003 (G3), 200004 (G4), or 200005 (G5).....per grade: **\$209**

Learn more on page 18. See page 26 to purchase with Second Step SEL for an additional discount.

Each notebook includes

- Lessons and DVD for one classroom
- Classroom posters (1 in K–3, 2 in Grades 4–5)
- Family materials

Online resources

- Staff training
- Streaming lesson media, including photos and videos (also in Spanish through Grade 3)

Kindergarten–Grade 5 Bundle

300099..... (save \$125) **\$1129**

Early Learning–Grade 5 Bundle

300097..... (save \$144) **\$1319**

Lesson Notebook and Staff Training

300009 (EL), 300000 (K), 300001 (G1), 300002 (G2), 300003 (G3), 300004 (G4), or 300005 (G5).....per grade: **\$209**

Learn more on page 16. See page 26 to purchase with Second Step SEL for an additional discount.

Each notebook includes

- Lessons and DVD for one classroom
- *Safety Songs* CD (EL)
- 2 classroom posters
- Rule cards (10 in EL, 3 in K–3)
- Family materials

Online resources

- Staff training
- Streaming lesson media, including photos, songs, and videos (also in Spanish through Grade 3)

Practice Mindfulness with Your School

900400.....per year: **\$499**

Features

- Unlimited staff accounts
- 90+ short, guided audio sessions
- New sessions added monthly
- Diverse voices and immersive soundscapes
- Listen to favorite sessions offline on the app

Learn more at **MindYeti.com**



Product & Price List

K-5 Suite

100900	Grades K–5 Second Step Suite bundle: SEL Program + BPU + CPU (save \$593)	\$4529
100901	Grades K–5 Second Step SEL Program + BPU..... (save \$449)	\$3419
100902	Grades K–5 Second Step SEL Program + CPU..... (save \$449)	\$3419

Early Learning–Grade 5 SEL Program

100877	Early Learning, Grades K, 1, 2, 3, 4, and 5 classroom kits (save \$304)	\$2769
100879	Grades K, 1, 2, 3, 4, and 5 classroom kits with Principal Toolkit (save \$284)	\$2529
100876	Grades K, 1, 2, 3, 4, and 5 classroom kits (save \$255)	\$2359
100903	Early Learning Second Step SEL Program + CPU..... (save \$19)	\$649
100869	Early Learning classroom kit.....	\$459
100870	Kindergarten classroom kit.....	\$459
100871	Grade 1 classroom kit.....	\$459
100872	Grade 2 classroom kit.....	\$409
100873	Grade 3 classroom kit.....	\$409
100874	Grade 4 classroom kit.....	\$439
100875	Grade 5 classroom kit.....	\$439

Middle School SEL Program

Schoolwide Licenses: All-Staff Access and Principal Toolkit		
900690	1-year license for Grades 6–8	\$2749
900630	3-year license for Grades 6–8(save \$1648)	\$6599
900650	5-year license for Grades 6–8(save \$4946)	\$8799

Individual Licenses: Single Classroom		
900686	1-year license for Grade 6.....	\$219
900687	1-year license for Grade 7.....	\$219
900688	1-year license for Grade 8.....	\$219
900636	3-year license for Grade 6.....(save \$108)	\$549
900637	3-year license for Grade 7.....(save \$108)	\$549
900638	3-year license for Grade 8.....(save \$108)	\$549
900656	5-year license for Grade 6.....(save \$376)	\$719
900657	5-year license for Grade 7.....(save \$376)	\$719
900658	5-year license for Grade 8.....(save \$376)	\$719

Bullying Prevention Unit (BPU)

200099	Grades K, 1, 2, 3, 4, and 5 BPU lesson notebooks and staff training bundle (save \$125)	\$1129
200000	Kindergarten BPU lesson notebook and staff training.....	\$209
200001	Grade 1 BPU lesson notebook and staff training.....	\$209
200002	Grade 2 BPU lesson notebook and staff training.....	\$209

200003	Grade 3 BPU lesson notebook and staff training	\$209
200004	Grade 4 BPU lesson notebook and staff training	\$209
200005	Grade 5 BPU lesson notebook and staff training	\$209

Child Protection Unit (CPU)

300097	Early Learning, Grades K, 1, 2, 3, 4, and 5 CPU lesson notebooks and staff training bundle (save \$144)	\$1319
300099	Grades K, 1, 2, 3, 4, and 5 CPU lesson notebooks and staff training bundle (save \$125)	\$1129
300009	Early Learning CPU lesson notebook and staff training.....	\$209
300000	Kindergarten CPU lesson notebook and staff training.....	\$209
300001	Grade 1 CPU lesson notebook and staff training.....	\$209
300002	Grade 2 CPU lesson notebook and staff training.....	\$209
300003	Grade 3 CPU lesson notebook and staff training.....	\$209
300004	Grade 4 CPU lesson notebook and staff training.....	\$209
300005	Grade 5 CPU lesson notebook and staff training.....	\$209

Mind Yeti

900400	Mind Yeti for Schools	\$499 per year*
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Additional Resources

Replacement		
105100	Early Learning Boy and Girl puppet set.....	\$35
103069	Early Learning <i>Join In and Sing</i> CD.....	\$22
106069	Early Learning poster and card pack (3 posters and 4 Listening Rules Cards).....	\$36
113069	Early Learning Feelings Cards (set of 20)	\$17
100008	Kindergarten and Grade 1 Puppy and Snail puppet set.....	\$62
100062	Be-Calm Bunny (guidelines included).....	\$17
103070	Kindergarten or Grade 1 <i>Sing Out Loud</i> CD.....	\$22
106070	Kindergarten or Grade 1 poster pack (5 posters and 4 Listening Rules Cards).....	\$44
103072	Grade 2 or 3 <i>Sing and Step</i> CD	\$22
106072	Grade 2 or 3 poster and card pack (4 posters and 4 Skills for Learning Cards)	\$36
102200	Grade 4 or 5 Music Video DVD	\$17
106074	Grade 4 or 5 poster set (3 posters).....	\$28
206000	Grade K–5 BPU poster set (2 posters).....	\$17
306000	Early Learning CPU poster and card pack (2 posters and 10 Safety Rules Cards).....	\$36
306001	Kindergarten CPU poster and card pack (2 posters and 3 rule cards).....	\$28
306002	Grade 1, 2, or 3 CPU poster and card pack (2 posters and 3 rule cards).....	\$28
306003	Grade 4 or 5 CPU poster set (2 posters).....	\$28

Reinforcement

SEL Program Schoolwide Reinforcement		
100868	K–5 Principal Toolkit.....	\$199
106111	Extra Principal Toolkit Talk-It-Over Tool.....	\$49
106110	K–5 large hallway poster set (3 posters, 32" x 42").....	\$65
100099	"I'm a Second Step problem solver" pencils (set of 30).....	\$17
113017	Early Learning staff lanyards with skills reinforcement (set of 10).....	\$29
113018	Grades K–5 staff lanyards with skills reinforcement (set of 10).....	\$29
113015	Bookmarks (set of 30)	\$21
113080	Pocket folders (set of 30).....	\$32

Materials in Spanish

113070	Spanish Early Learning Feelings Cards.....	\$17
106080	Spanish Early Learning poster and card pack (3 posters and 4 Listening Rules Cards).....	\$36
103080	Spanish Early Learning <i>Join In and Sing</i> CD	\$22
106081	Spanish K–5 poster and card pack (5 posters, 4 Listening Rules Cards, 4 Skills for Learning Cards)	\$50
103081	Spanish Kindergarten or Grade 1 <i>Sing Out Loud</i> CD.....	\$22
103082	Spanish Grade 2 or 3 <i>Sing and Step</i> CD	\$22
102176	Spanish Grade 1 lesson DVD.....	\$44
102177	Spanish Grade 2 lesson DVD.....	\$44
102178	Spanish Grade 3 lesson DVD.....	\$44
202010	Spanish Kindergarten BPU lesson DVD.....	\$28
202011	Spanish Grade 1 BPU lesson DVD	\$28
202012	Spanish Grade 2 BPU lesson DVD	\$28
202013	Spanish Grade 3 BPU lesson DVD	\$28

Supplement

Art Therapy Resources from Art with Heart*		
Leader's companions come ready to insert into a 3-ring binder, including cover page, dividers, and hole-punched pages.		
100023	<i>Chill & Spill</i> activity book.....	\$25
100042	<i>Chill & Spill Leader's Companion</i>	\$55
100039	<i>Ink About It</i> activity book	\$17
100044	<i>Ink About It Leader's Companion</i>	\$55
100040	<i>Draw It Out</i> activity book	\$17


*Available while supplies last


Middle School SEL Program (2008 Edition)*


100690	Grades 6, 7, and 8 classroom kits.....	\$597
100686	Grade 6 classroom kit	\$199
100687	Grade 7 classroom kit	\$199
100688	Grade 8 classroom kit.....	\$199
106018	Grade 6 poster set (3 posters).....	\$28
106019	Grades 7 and 8 poster set (4 posters)	\$36

*Available while supplies last

Ways to Order

 **Online**
Shop with a Visa or MasterCard:
SecondStep.org/purchase

 **Phone**
Call us: 800-634-4449, ext. 1

 **Email or Fax**
Send a purchase order: orders@cfchildren.org
Fax: 206-343-1445

Pricing

All prices in US dollars. Prices effective through December 31, 2019, except where noted.

Volume Discount
Receive 10% off your order of \$10,000 or more
(must ship to one location).

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Shipping & Handling
Continental US:
Standard (5–10 business days): **FREE!**
Rush shipping: Call for costs

Hawaii, Alaska, US territories, and military addresses (7–15 business days):
10% of physical product total (\$20 minimum)

Canada (7–15 business days):
15% of physical product total (\$20 minimum)

International addresses: Call for costs

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Guarantee & Returns
Committee for Children guarantees all materials.
If you're not completely satisfied, we accept
returns or exchanges of items in resale condition
or cancellations of subscriptions up to ninety
(90) days from the invoice date for a refund
of the purchase price (not including shipping
and handling).

Find the Best Fit for Your School

School isn't just a place to grow academically; it's a place to grow as a person. When children feel safe, supported, and connected to their school, they're better equipped to succeed. The Second Step K–5 Suite integrates social-emotional learning, bullying prevention, and child protection to provide a unified foundation for keeping students safe and supporting their social, emotional, and academic success.



Second Step SEL Program

Skills for Social and Academic Success



Bullying Prevention Unit

The Power to Create a Positive School Climate



Child Protection Unit

Working Together to Keep Kids Safe from Abuse



We're Here to Help

Our client support team is here to support you in making an informed decision for your school or district, from talking through options for economizing and scaling to completing the order process itself.

Contact us: support@secondstep.org

K–5 Suite Bundles

One SEL kit and one BPU or CPU notebook (or both) for each grade, Kindergarten–Grade 5.

- **SEL Program**
 - **Bullying Prevention Unit**
 - **Child Protection Unit**
- 100900..... (save \$593) **\$4529**
- **SEL Program**
 - **Bullying Prevention Unit**
- 100901..... (save \$449) **\$3419**
- **SEL Program**
 - **Child Protection Unit**
- 100902..... (save \$449) **\$3419**

Second Step Assessment

Assessment of social-emotional learning (SEL) can be as formal as a multi-site, randomized control trial (RCT) or as casual as asking teachers and students for feedback. Most commonly, schools and districts choose to do something in between.

Second Step SEL for EL–Grade 8 includes formative and summative assessments that allow educators to benchmark student skills and track students' knowledge of the social-emotional skills taught in the program. If your aim is to delve deeper and thoroughly evaluate students' individual SEL competencies, then investing in an assessment-specific tool might be worthwhile.

The Devereux Student Strengths Assessment (DESSA): Second Step Edition

Kindergarten–Grade 5

Track changes in social-emotional competencies at the individual, class, and school level. This 36-item online standardized behavior rating scale was designed specifically for Second Step K–5 SEL.



Panorama for Social-Emotional Learning

EL–Grade 8

Collect, analyze, and act on data about social-emotional learning, school climate, and more. Educators can analyze their data by subgroups such as race or ethnicity, gender, and Title I status, and explore data at the individual, class, grade, school, and district levels.



Learn more about your Second Step assessment at SecondStep.org/student-assessment



Second Step Beyond the School Day

We have some exciting news to share—Committee for Children is developing a social-emotional learning (SEL) program for after-school settings and other out-of-school-time contexts. With funding support from the Wallace Foundation, researchers and instructional designers at Committee for Children are collaborating with experts while field testing and piloting the new program with partner sites and schools across the country.

What Is It?

This new program offers engaging resources and age-appropriate activities that support children's social-emotional development through self-regulation, social skills, and community building for Kindergarten through Grade 5, as well as professional learning resources for staff.

Get Involved

Visit SecondStep.org/OST to sign up for the latest updates and the opportunity to give user feedback.

We plan to have the Second Step Out-of-School Time program available for purchase for the **2020–2021 school year**.



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THE growkinder™ PODCAST

This year, we're celebrating our 40th anniversary by launching *Grow Kinder*, a podcast centered around social-emotional learning. This first-of-its-kind podcast features conversations with thought leaders in education, business, tech, and the arts who all have one thing in common: a dedication to growing kinder and helping others do the same.

**Download *Grow Kinder* on cfchildren.org/podcasts
or wherever you listen to podcasts**