

## Using Mindfulness Practice with the *Second Step* Social-Emotional Learning Curriculum

Kindergarten–Grade 5

### Mind Yeti: Mindfulness for Kids and Their Adults

Mind Yeti is a resource from Committee for Children designed to help kids reduce stress, improve focus, and build empathy through mindfulness. Research shows that mindfulness strengthens the regions of the brain that help us regulate emotions and solve problems. Mind Yeti makes it easy for kids and adults to tap into the power of mindfulness together.

### About the *Second Step* Program

The *Second Step* Program teaches students key social-emotional skills that can help them academically and socially, such as skills for learning, empathy, emotion management, and problem solving. In older grades, children learn to make good decisions and stay engaged in school.

### Mind Yeti Helps Boost *Second Step* Skills

The *Second Step* Program directly teaches self-regulation and social-emotional skills and develops prosocial norms based on safety, respect, empathy, and compassion. Used as a frequent, experiential practice, Mind Yeti sessions help build a strong foundation of awareness, care, and attention. This foundation can help strengthen students' learning and application of *Second Step* skills.

### Using Mind Yeti with the *Second Step* Program

It's important not to replace *Second Step* lessons with Mind Yeti sessions. Students still need direct skills instruction to be able to learn and use social-emotional skills in everyday life. However, the unique approach of Mind Yeti's mindfulness sessions can support students' skill development and deepen their overall sense of calm, focus, and connection to others.

#### GUIDELINES

- Use Mind Yeti sessions as a transition:
  - Before or after *Second Step* lessons
  - At the beginning of the day
  - After lunch and recess
  - At the end of the day
  - Before a learning task that requires focus and concentration
  - Whenever students need to calm down
- Use as part of the *Second Step* Daily Practice
- Choose Mind Yeti sessions based on the *Second Step* skills students are learning, as outlined in the following chart
- Have students reflect on how particular Mind Yeti sessions support their *Second Step* skills



Second Step Unit	Second Step Skill	Mind Yeti Session
Skills for Learning	Listening	<ul style="list-style-type: none"> <li>• Powers Menu—Senses Progression (All Sessions)</li> <li>• Sound Scientist</li> <li>• Whale Talk</li> </ul>
	Focusing attention	<ul style="list-style-type: none"> <li>• Powers Menu—Body Progression (All Sessions)</li> <li>• Before You Eat</li> <li>• Tree in the City</li> <li>• I Am Here Now 1</li> <li>• I Am Here Now 2</li> <li>• Whale Talk</li> <li>• Candle Can Do</li> </ul>
	Self-talk	<ul style="list-style-type: none"> <li>• Powers Menu (All Sessions)</li> <li>• Good Morning, World</li> <li>• My Own Best Friend</li> <li>• Friend to Myself 2</li> <li>• After a Letdown</li> <li>• I'm Pretty Awesome</li> </ul>
Empathy	Identifying their own feelings	<ul style="list-style-type: none"> <li>• Powers Menu (All Sessions)</li> <li>• Anchor Your Boat</li> <li>• Cool the Volcano</li> <li>• Check In &amp; Notice</li> </ul>
	Empathy	<ul style="list-style-type: none"> <li>• Powers Menu—Kindness Progression (All Sessions)</li> <li>• The Gift of You</li> <li>• Growing Kindness</li> <li>• The New Kid</li> </ul>
	Compassion (empathy in action)	<ul style="list-style-type: none"> <li>• Powers Menu—Kindness Progression (All Sessions)</li> <li>• Growing Kindness</li> <li>• The New Kid</li> </ul>



Second Step Unit	Second Step Skill	Mind Yeti Session
Emotion Management	Identifying their own feelings	<ul style="list-style-type: none"><li>• Powers Menu—Feelings Progression (All Sessions)</li><li>• Anchor Your Boat</li><li>• Cool the Volcano</li><li>• Check In &amp; Notice</li></ul>
	Calming down using belly breathing (diaphragmatic breathing)	Powers Menu—Breath Progression (All Sessions)
	Calming down using positive self-talk	<ul style="list-style-type: none"><li>• My Own Best Friend</li><li>• Friend to Myself 2</li><li>• After a Letdown</li><li>• I'm Pretty Awesome</li></ul>
	Calming down using counting	Powers Menu—Breath: Counting Breaths
Problem Solving	Calming down before solving a problem	<ul style="list-style-type: none"><li>• Powers Menu—Breath Progression (All Sessions)</li><li>• Your Wise Friend</li><li>• Candle Can Do</li></ul>