

## Daily Practice



Day 1

Teach the lesson.



Day 2

At the beginning of the day, have everyone sit in their chairs and practice deep breathing. Play the “Calm Down” music video. Have students sing or say the chorus along with the music.



Day 3

Before recess, have students write two things they can do if they or someone else experience a put-down on the playground.



Day 4

Have students write a short paragraph about how they might feel if someone made fun of the way they looked.



Day 5

*Reflective writing:* Why are put-downs not okay? Pretend someone put you down about the way you look. What is a positive thing you could say to yourself?

### Using Skills Every Day

Have students ANTICIPATE how they might handle a put-down.

Notice when students successfully handle a put-down, and REINFORCE the behavior with specific feedback:

**Thank you, Javier, for staying calm and ignoring that disrespectful remark.**

- Model respectful communication.
- Remind students to respond assertively, ignore, or talk to an adult about put-downs.

Have students REFLECT on when and how they were able to respond assertively to a put-down without escalating the situation.

### Home Link

Copy and distribute the Home Link activity on the next page. Completing the Home Link extends and reinforces students’ exposure to the lesson concepts and skills. It also allows family members to learn about *Second Step* concepts and skills and reinforce them at home.