

# secondSTEP Program Alignment

Committee for Children’s *Second Step* middle school program aims to decrease aggression, bullying, and substance abuse and increase students’ social skills and school success. It has three distinct, developmentally appropriate levels, one for each middle school grade. The following three main themes correlate with the *Chill & Spill* lessons at each level:

- Empathy and communication (all grades)
- Emotion management (all grades) and coping with stress (grades 7 and 8)
- Problem-solving (grade 6), decision-making (grade 7), and goal-setting (grade 8)

Use this Program Alignment Chart to help you identify key *Chill & Spill* activities that complement and support the empathy skills and concepts taught in the *Second Step* middle school program.

SECOND STEP MIDDLE SCHOOL PROGRAM ALIGNMENT	<i>Chill &amp; Spill</i> Lesson	Page	Empathy & Communication	Emotion Management	Problem-Solving/ Decision-Making/ Goal-Setting
	WRITING AND DRAWING...	4	•		
	THE BEST THREE WORDS TO DESCRIBE ME	5	•	•	•
	YOUR PLACE	6		•	
	FLY AWAY	8	•		
	EXCLUSIVE INTERVIEW	10	•		•
	ME, MYSELF, AND I	12	•		
	HOW OTHERS SEE ME...	13	•		
	AND I REALLY, REALLY FEEL	14	•		
	CIRCLE JOURNEY	16	•		•
	INSIDE OF ME	18	•		•
	PERSONAL LIFELINE	19	•		•
	POWERFUL/POWERLESS	20	•		•
	ACTION/REACTION	22		•	•
	DREAM DIARY	24	•		
	SHOULDA, WOULD, COULDA	26	•	•	•
	THE LAST WORD	28	•	•	
BRIDGES	30	•		•	