



A Vignette by Get Ready!

Teacher Comments about Second Step:

“The Second Step Program really made a difference in my classroom. I would often hear one child tell another child to stop, breathe and count to 5 when having a problem. There is one child that enjoys singing, ‘If you’ve got a problem, you can work it out’.”

The teacher observed a child being called a ‘name’ and the child reported it to the teacher. The teacher encouraged her to tell the other child how it made her feel. A third child observed the whole situation and told the child to go to the other child and tell her how it made her feel. They talked about their feelings to each other.

We had a lesson on “Calm Down”, etc. At outside time I happened to see one of my students say to another child “calm down, count to 5!”. “Why did you do that to me?” The other child looked at the offended party and said, “I’m sorry!”. All with no prompting from an adult. I shared this incident with his mother and she told me: “He’s been using those skills at home, telling his Dad and I to ‘calm down, count to five’ when we have a little disagreement.”

A teacher found it effective to put the “Problem Solving” poster next to the “Remembering Chair” (also known as Time Out Chair).

“I have observed the Second Step Program working in the preschool when a parent was telling me that one day her daughter and a friend were playing together when a boy interfered and was doing something her friend didn’t like. The girl, who is usually quiet, told the boy, “Please stop! You’re making my friend upset. She doesn’t like what you’re doing!” She was able to verbalize to the boy and show compassion for how her friend was feeling.”

This is a quote from a five-year-old girl who went through the Second Step Program: “My sister was very angry, so I told her to calm down by taking a deep breath and counting to five. She didn’t listen to me, so it took her a longer time to calm down.”