Second Steps Common Language for Classroom and Common Area Norms

**Skills for Learning**

* Listening with attention
  + (attent-o-scopes)
  + Eyes watching, ears listening, voices quiet, bodies still
  + Focus
  + Ignore distractions

**Emotion Management**

* Triggers
* Signals
* Deep breathing (belly breaths)
* Stop, Name Your Feeling, Calm Down
* Calming strategies
* Positive self-talk
* Handling put-downs
* Assertive, passive, aggressive

**Problem-Solving**

* Say the problem without blame
* Safe and respectful solutions
* Identify possible consequences
* Making a plan
* Taking responsibility for your behavior/actions
* Making apologies, making amends
* Dealing with peer pressure
  + Skills for being assertive

**Empathy**

* Recognize how someone feels and then do something about it
* Respecting Differences
* Understanding different perspectives
* Conversation skills
* Joining a group
* Showing compassion