

PEDALS TIP SHEET:

Second Step & three year olds

The Second Step Curriculum is designed for preschool children ages 3-5 years. Previous PEDALS experiences identify some challenges for very young children (2 ½ - 3 years old). This Tip Sheet provides some modification strategies identified through the PEDALS project that may help to meet the developmental needs of young preschool children. (Most of these tips are appropriate for use with older children as well, but might be particularly important for younger children).

Utilize Second Step Posters as Visual Aids

- For role playing or modeling different emotions
- When children have a hard time naming how they feel
- For practicing the calm down technique
- For practicing ways to play together, how to trade toys, and how to take turns with friends

Curriculum Reinforcement Techniques

- Modify puppet scripts to meet the needs of the children
- Repeat lesson themes as needed for younger children to be able to grasp the lesson objectives and skills (it's okay to repeat the same lesson for more than 1 week if needed)
- Use smaller groups to reinforce lesson themes and practice skills and pair older children with younger children for practice opportunities
- Repeat Second Step songs and listening rules throughout the day
- Role-play case scenarios the children can relate to and times when they can use their social emotional skills. For example, situations that may occur with their friends in the gym, block center, and dramatic play area. This will enhance the children's awareness and understanding of their own feelings their peers' feelings
- Utilize Brain Builders consistently throughout the day. Brain Builders can be played during circle time, gym time, transitions times, and outside. Start with one or two steps at first and then add the rest of the steps as the children get more familiar with the rules of the game

Reinforce Social Emotional Language

- Utilize the Second Step Feelings Cards to help children name their feelings
- Enhance the children's language skills by asking questions that prompt conversations that are linked to feelings and emotions, such as: How are you feeling? What makes you happy? What makes you angry? What can you do if your friend is sad? Who can you talk to when you are feeling frustrated? Is it okay to feel angry or sad?

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