

Lakeshore Elementary School Counselor - Virtual Learning

We hope the following resources will meet the needs of your family during our time off.

Second Step - These lessons support our classroom social emotional learning. Each week we spend 30 minutes per classroom working through this curriculum, one lesson at a time.

- Please go to www.secondstep.org. Enter the following code (per grade level) to gain access to the Social Emotional Learning Resources from the Second Step Curriculum. You will need to create an account, if you haven't already, to access the following materials. You will be asked a few questions (ie: email address, school your child attends) in order to create an account.

Grade Level	Activation Keys
Young 5 & Kindergarten, Mrs. Dewey's K-2 class & Mrs. Anderson's 3-5 class	SSPK FAMI LY70
First Grade & Mrs. Anderson's 3-5 class	SSP1 FAMI LY71
Second Grade	SSP2 FAMI LY72
Third Grade	SSP3 FAMI LY73
4th Grade	SSP4 FAMI LY74
5th Grade	SSP5 FAMI LY75

- Once an account is created:
 - Enter the Activation Key, appropriate for your child's grade (you can enter more than one). Look for the "Add activation key" to enter more than one.
 - Click on "My Dashboard"
 - Select "Resources" located under "SEL Program"
 - You will be brought to a menu of options. From there you can browse the following:
 - Overview
 - Benefits
 - Homelinks
 - Song Lyrics & Sheet Music
 - Book Lists & More

- All Problem Solving Unit materials are within the following lesson ranges. This will guide you when determining the Homelinks and materials to access:
 - Young 5 & Kindergarten - Lessons 19-25
 - First Grade- Lessons 17-22
 - Second Grade- Lessons 17-22
 - Third Grade- Lessons 17-22
 - Fourth Grade- Lessons 16-22
 - Fifth Grade- Lessons 16-22

Self Regulation Activities - The following videos include strategies to support children (and adults) in managing strong emotions.

[Square Breathing](#)

[4, 7, 8 Breathing](#)

[Body Scan](#)

[Stop, Breathe, Think Channel](#) - All videos are great! This is also a free app!

[Rocket Kids](#) - Character development lessons and regulation strategies.

[Why do we lose control of our emotions](#) - A great explanation of the brain and its role in emotional awareness, self control, and behavior.

Supplemental SEL Lessons (K-2)- Howard B. Wigglebottom

1. Go to this website: <https://wedolisten.org/>
2. On the right hand side there are options listed. Click on the “Books/Songs/Animations” to have access to all of the books, songs, and lessons. There are many different topics to choose from!

Elementary SEL Packets:

SEL lesson materials will be available as well. These packets will be found in your teachers folders when you pick up the additional lesson materials from them school. The *Homelinks* and the other worksheets align with the *Second Step* curriculum. You can have your children do the worksheets, and if possible explore some of the resources linked above..

Kindergarten, Mrs. Dewey, & Mrs Anderson- You will find the following materias

What Does Their Face Say?, Lesson 19 Homelink Solving Problems, Pick the Best Solution, I Can Invite My Friends

First Grade, & Mrs Anderson- You will find the following materials

Lesson 16 Homelink Managing Worry, Counting Calms Me, Say the Problem and Think of Solutions, Lesson 18 Homelink, What Might Happen

2nd & 3rd Grade- You will find the following materials

Don't Jump to Conclusions, Lesson 17 Solving Problems Part 1, Blaming Never Helps, Choices Have Consequences, Lesson 19 Homelink Taking Responsibility, Pick the Best Solution

4th & 5th grade- You will find the following materials

Lesson 16 Solving Problems Handout, Lesson 16 Solving Problems Homelink, Lesson 17 Solving Problems Handout Part 2, Lesson 17 Solving Problems Part 2.

Please contact us if you are needing support with the lessons!

Stewart School Counselor- Dayna Galloway- dgalloway@lpslancer.net

Roosevelt School Counselor- Megan Hines- mhines@lpslancer.net

Hollywood School Counselor-Paula Hazzard-Reed- phazzardreed@lpslancer.net

Grades 3 - 5: refer to Mrs. Hazzard-Reed's google classroom site for additional SEL and specialist resources