

Visual Review of Research



The *Second Step* Early Learning program promotes:

- Success in the Early Learning setting
- School readiness
- Social and life success

By directly teaching children the skills that strengthen their ability to:

- Learn
- Have empathy
- Manage emotions
- Make friends
- Solve problems

Skills for Learning

- Children who can self-regulate are better able to participate in and benefit from learning.^{1,2}
- The program promotes development of children’s self-regulation skills. It provides practice through Brain Builder games and instruction in skills for learning.
- Skills for learning are foundational to having empathy, managing emotions, and solving problems. They are woven into all other units.

Empathy

- Children with high levels of empathy tend to make better progress in school and be less aggressive, better liked, and more socially skilled.³⁻⁶
- The program introduces children to the skills necessary for developing empathy, such as identifying emotions in themselves and others and understanding others’ points of view.
- Children who can feel or understand what another person is feeling are prepared to manage their own strong emotions and solve problems with others.^{4,5}

Emotion Management

- Children who can recognize strong emotions and calm them down cope better and are less likely to be aggressive.⁷
- The program teaches children strategies that help them prevent strong emotions from turning into negative behaviors.
- Children who can stay calm are better able to use other skills, such as problem solving, to help them get along better with others and make good choices.⁴

Friendship Skills and Problem Solving

- Children who can solve conflicts with peers are less likely to be impulsive or aggressive.² Impulsive or aggressive behavior can affect their success in school and life.⁸
- The program teaches children two steps for solving interpersonal problems with peers and skills for making and keeping friends.
- Children who can solve problems and interact positively with peers will have a more successful transition to school.²

The *Second Step* Early Learning program prevents:

- Problem behaviors
- Peer rejection
- Impulsivity
- Antisocial behavior
- Aggression

By developing children’s:

- Self-regulation skills
- Social-emotional competencies

References

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