

SECOND STEP TIP SHEET

April 2020

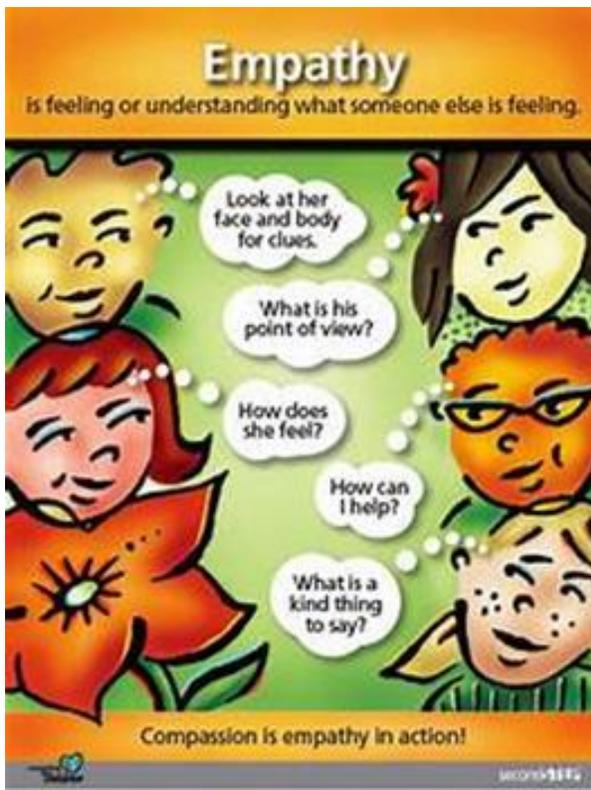
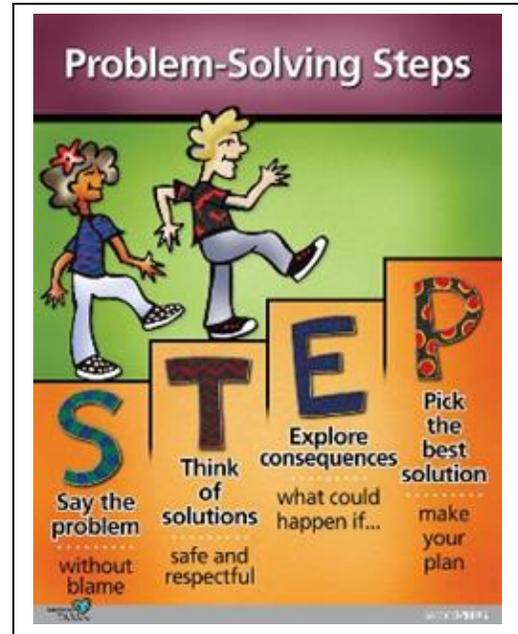
Volume 1

WHAT ARE SOME CREATIVE THINGS TO DO TOGETHER AS A FAMILY TO BUILD YOUR CHILD'S SOCIAL EMOTIONAL SKILLS?

In this season of uncertainties, Samaritan Behavior Health wants to encourage families to use this time at home together to strengthen relationships!

The Second Step team, a part of the Prevention Services at SBHI, is a group of social emotional learning instructors who have been a part of your child's classroom experience promoting empathy and respect. The prevention curriculum provides strategies for navigating tough life situations. Some of these strategies include Problem Solving Steps and emotion management techniques like using self-talk.

Listed on the following page are a few activities to do together to practice these life skills at home!



SECOND STEP

Terms:

Self-Talk - is the conversation you have in your inside your head or quietly under your breath. This skill helps to calm you down when experiencing strong emotions such as anger or fear. Self-talk is also useful in problem solving and making good decisions.

Empathy - means to see things from another person's perspective; in other words to take a walk in someone else's shoes.

Compassion- to display kindness. This is empathy in action.

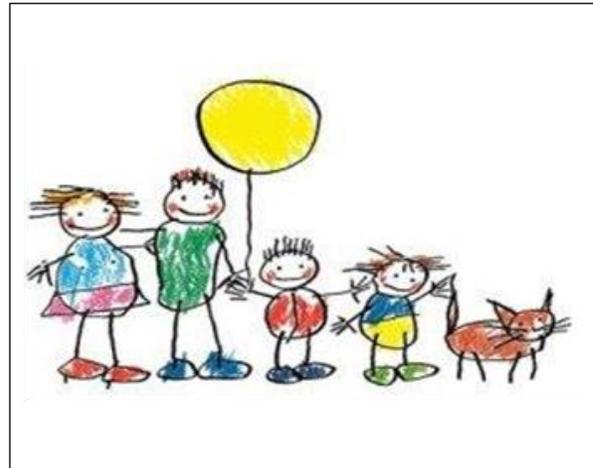
GO FLY A KITE!

Since everyone has been in the house for so long with a mandatory quarantine, get the kids out of the house and go fly a kite in the backyard or at a nearby park.

Flying a kite is an easy way to teach your child Problem Solving skills! When you fly a kite many things can go wrong and you have to compensate or figure out a solution to make it fly correctly. The S.T.E.P. model is a perfect way to solve many issues. Say the problem, Think of a solution, Explore consequences, and Pick the best solution to make that kite SOAR!

How to build your own:

<https://www.instructables.com/id/A-GarbageBag-Kite/>



PUT A PUZZLE TOGETHER!

On days when you can't go outside to play, picking an indoor activity like putting a puzzle together can be a fun and creative way to spend time with your kids.

Puzzles can be a great tool to teach the use of "self-talk". When you're putting a puzzle together, sometimes it can get frustrating if it's taking a long time and pieces aren't fitting just right. Working on using self-talk can help your child calm down and can also be a great tool to show them which piece they should use next!

Spend Time Talking!

Sometimes it's easy to forget to slow down and just have a conversation with your child amidst the hubbub of daily life. Take time to sit and listen to your kids about their perspective and what they think could be healthy activities right now. It's amazing what you'll hear when you ask your child what they're point of view is on different things. You may learn something you never knew about your kids.

An activity like just having a simple conversation can teach so much empathy and respect to your children. Taking a walk in your child's shoes and having a one-on-one conversation with them can be a powerful tool in teaching social emotional skills to your kids that builds a platform throughout life.



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