

The **Second Step** curriculum is used by K-5 School Counselors at Lake Shore for teaching such social emotional topics as feelings management, empathy, anger management, and bullying prevention. In response to the challenges faced by schools and families while remote learning replaces classroom instruction, Second Step is currently offering free access to family resources.

Here is a guide for accessing the site for free and an overview of resources:

Instructions for families:

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSPE FAMI LY68

FREE SECOND STEP AND COMMITTEE FOR CHILDREN RESOURCES FOR EDUCATORS & FAMILIES TO USE DURING SCHOOL CLOSURES:

[The Imagine Neighborhood](#)

The Imagine Neighborhood -This new podcast for families is designed to help children and grown-ups build their social-emotional skills. Each episode tells a story that's amazing, fantastical, and maybe a little bananas, while it tackles the big feelings that come with growing up

Some of their current topics:

- Talking to Kids about Corona Virus Fears
- Count Vacula Feels Afraid
- Episode Zero: The Imagine Neighborhood- Anger

Mind Yeti : 15 mindfulness program sessions available for anyone to use. Designed for educators and families to do alongside children, and for older children to do on their own. Mind Yeti provides a great way for everyone to practice mindfulness during this difficult time.

[Mind Yeti on Vimeo](#)

[Mind Yeti on You Tube](#)

[Little Children, Big Challenges](#) - Committee for Children and Sesame Street have partnered to create a collection of resources for young children facing significant challenges. These materials, aimed at building children's resilience may be useful for educators and families.

[ParenTeenConnect](#) - For families with older children, this resource provides an online experience they can share together. It's loaded with videos, resources, and useful advice to help teens and the adults in their lives address hot-button topics.