

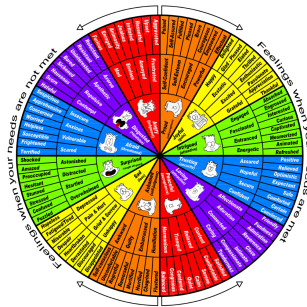


The Imagine Project, Inc.

Giving kids a voice for positive change



The lessons included with Second Step do a great job of focusing on the essential topics of setting goals, managing emotions, expressing empathy, showing kindness, and solving problems. There are ample video scenarios showing students at each grade level exploring these topics. The Imagine Project can be used to personalize each topic by inviting students to explore how they play out in their lives. Using the tools in The Imagine Project students will learn to recognize and manage emotions using The Feelings Wheel, they will connect with others who share similar stories to theirs, they will learn to set goals through the writing of their hopeful turns, and they will experience empathy through listening to the stories of others.



When using The Imagine Project in your classroom it is important that you as the lead learner also write and share your imagine stories. This will go a long way toward building relationships in your classroom. Equally important is the ability to hold space while students share their stories. This will model strong listening skills for your students. They should be encouraged, but not required to share their stories, and always ask for permission to use a story as a role play scenario. When you emphasize how brave it is to share, many will, especially after they see the safe space you have created and as the class' relationships deepen. Some stories may require a follow up conversation or further support from mental health staff and/or families. By simply asking students what they need after sharing you will be able to meet your students' needs.

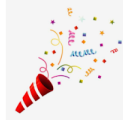


How to Hold Brave Space

- Center and Connect** - Keep the focus on the storyteller.
- Don't hijack the story with your own stories.
 - Tears are okay
 - What lines resonate with you?
 - "Tell me more about..."*



- Celebrate**- Applaud and appreciate bravery for sharing.
- *"Thank you for sharing your story."*



- Support?** - Do not fix, just listen.
- "What do you need right now?"*



- What do you need?**
- "Nothing, thank you for listening."*
 - "A hug please."*
 - "I need to talk more about this."*
 - "Who would you like to talk with?"*
 - "I don't know."*
 - "No Problem, I will check in with you later."*

For more information and training on using The Imagine Project in your classroom please visit <https://theimagineproject.org/>



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3rd Grade

<p>Unit 1 Growth Mindset and Goal Setting (5 lessons)</p>	<p>*Introduce the Feelings Wheel. *What do you feel when you are learning something new? Frustrated or embarrassed? Are you judging yourself or is someone else judging you? *Write an imagine story about something new you are learning that can be challenging or embarrassing. *Write a hopeful turn to your story that can move you from embarrassed to proud. *Turn your proud story into a goal (I can, I will, GO!).</p>
<p>Unit 2 Emotion Management (5 lessons)</p>	<p>*Use the Feelings Wheel to collect and rank specific words for angry. *Write your angry imagine story. "Imagine feeling _____ when _____." *Write the hopeful turn (peaceful) for your angry story. *Use the Feelings Wheel to collect and rank specific words for joyful. *Write an imagine story about a time when your emotions were so strong it was hard to think clearly. Write your hopeful turn. "Imagine feeling _____ when _____."</p>
<p>Unit 3 Empathy and Kindness (5 lessons)</p>	<p>*Imagine a person you would like to be friends with - write a kind act you could do to build that friendship. *Write an imagine story about a time you were sad or embarrassed. Write a hopeful turn that expresses what you hope others would do to support you.</p>
<p>Unit 4 Problem Solving (5 lessons)</p>	<p>*Write imagine stories about real problems that happen in third grade. Identify the feelings. *Write about all the possible solutions in your hopeful turn. *Use the problems and solutions to role play scenarios with the class. Always ask permission before discussing or role playing problems as a class.</p>



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4th Grade

<p>Unit 1 Growth Mindset and Goal Setting (5 lessons)</p>	<ul style="list-style-type: none">*What do we do well as a class?*What challenges or embarrasses our class?*Have each student write an imagine story about the class challenge. "Imagine feeling ____ when ____." Introduce Feelings Wheel. Share.*Have each student identify the opposite emotion and write the hopeful turn. "Imagine feeling ____ when ____."*Turn the hopeful turns into "I am, I can, I will" statements.*Share and select specific goals and actions as a class.*DO! Commit as a class to three actions to achieve your class goal.*Brainstorm supports and materials you will need to reach your goal.*Reflect on your goal progress and make adjustments.*Repeat process with individuals setting personal goals.
<p>Unit 2 Emotion Management (5 lessons)</p>	<ul style="list-style-type: none">*Write an imagine statement about acting on a strong emotion and doing something you regretted or made it difficult to learn something new.*Write a hopeful turn for your story that rethinks your response and effect it could have.*Share and role play scenarios. Always ask permission before discussing or role playing problems as a class.
<p>Unit 3 Empathy and Kindness (5 lessons)</p>	<ul style="list-style-type: none">*Brainstorm issues where students disagree with each other or with adults at school or in their lives.*Write imagine stories on both sides of the issue (the teacher may have to write the adult perspective)*Write hopeful turns that show the feelings they hope to have and why.*Share stories and hopeful turns and look for understanding point of view and commonalities where compromise can exist.*Write an imagine story from the opposite point of view and share to see how accurate it may be.*This is a great tool for resolving conflicts that arise between students.
<p>Unit 4 Problem Solving (5 lessons)</p>	<ul style="list-style-type: none">*Brainstorm problems that happen at school or home.*Write an imagine story about one fo the problems. Share to hear different points of view and ask questions.*Write a hopeful turn that focuses on solutions. Share and select the best solution for the problem.



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5th Grade

<p>Unit 1 Growth Mindset and Goal Setting (5 lessons)</p>	<ul style="list-style-type: none">*What do you do well?*What challenges you?*Have each student write an imagine story about their personal challenge. "Imagine feeling ____ when ____." Introduce Feelings Wheel. Share.*Have each student identify the opposite emotion and write their hopeful turn. "Imagine feeling ____ when ____."*Change the hopeful turns into "I am, I can, I will" statements.*Share and select specific goals and actions.*DO! Commit to three actions to achieve your goal.*Brainstorm supports and materials you will need to reach your goal.*Reflect on your goal progress and make adjustments.
<p>Unit 2 Emotion Management (5 lessons)</p>	<ul style="list-style-type: none">*Have individuals select feeling words from the wheel that they have felt strongly.*Write an imagine story about a situation that happens more than once from your life that causes you to feel a strong emotion.*Use the Feelings Wheel to identify the opposite emotion and write your hopeful turn. Share.*Write an imagine story about a situation in your life that causes you to feel stress. Share and brainstorm strategies for dealing with stress.*Write your hopeful turn and turn it into "I can, I will" statements to focus on a specific action. Share.
<p>Unit 3 Empathy and Kindness (5 lessons)</p>	<ul style="list-style-type: none">*Brainstorm problems in your community.*Choose problems that you are motivated to solve and write an imagine story from the point of view of the people most affected to persuade others to join your cause.*Research people affected to understand their needs and point of view.*Select a problem as a class or small group.*Write hopeful turns exploring possible solutions and actions you can take.
<p>Unit 4 Problem Solving (5 lessons)</p>	<ul style="list-style-type: none">*Brainstorm a list of interpersonal problems that students have.*Write an imagine story for one of the problems that impacts you the most. Share and listen to different points of view.*Can also write imagine stories based on video scenarios to practice perspective taking.*Write a hopeful turn that focuses on feelings and solution options. Share and select the solutions that work best for everyone involved.*Use role playing to act out the possible solutions. Always ask permission before discussing or role playing problems as a class.