

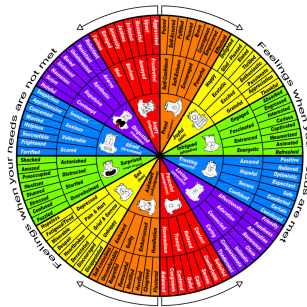


The Imagine Project, Inc.

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.



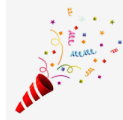
## How to Hold Brave Space

### 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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Kindergarten

<p>Unit 1 Growth Mindset and Goal Setting (5 lessons)</p>	<ul style="list-style-type: none"><li>*Draw/speak a time when you made a mistake.</li><li>*Practice using the word “imagine” to tell stories as a group. It may be a difficult skill to think/speak in second person.</li><li>*Draw/speak a plan for practicing/getting better and saying kind words.</li></ul>
<p>Unit 2 Emotion Management (5 lessons) (happy/sad and calm/mad are opposites on the Feelings Wheel)</p>	<ul style="list-style-type: none"><li>*Introduce the Feelings Wheel (just the inner circle). Take photos of your students showing the feelings to replace the cartoon drawings.</li><li>*Draw/speak something that makes you happy.</li><li>*Draw/speak your sad story. “Imagine feeling sad when _____.”</li><li>*Draw/speak your mad story. “Imagine feeling mad when _____.”</li><li>*Add onto your mad story to include a picture of getting calm.</li></ul>
<p>Unit 3 Empathy and Kindness (5 lessons)</p>	<ul style="list-style-type: none"><li>*Draw/speak a kind act you have done.</li><li>*Draw/speak a kind act you would like to do.</li><li>*Give a location or time of day (snack, recess, lunch, centers) and draw/speak a story about a kind act that could happen there.</li></ul>
<p>Unit 4 Problem Solving (5 lessons)</p>	<ul style="list-style-type: none"><li>*Draw/speak a problem story. Connect with a feeling from the wheel. “Imagine feeling ____ when _____.”</li><li>*Draw/speak a solution story using the opposite emotion on the wheel.</li><li>*Use the students’ problems as examples for the class to discuss and solve together. Always ask permission before discussing problems as a class.</li></ul>



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1st Grade

<p>Unit 1 Growth Mindset and Goal Setting (5 lessons)</p>	<ul style="list-style-type: none"><li>*Imagine a time when you got distracted. Draw your story.</li><li>*Imagine something that is hard to do. Draw and share the story.</li><li>*Imagine what it will take to succeed at your difficult task.</li><li>*Share distraction/challenge stories.</li></ul>
<p>Unit 2 Emotion Management (5 lessons) (worried/trusting and frustration/peaceful are opposites on the Feelings Wheel)</p>	<ul style="list-style-type: none"><li>*Introduce Feelings Wheel and opposite emotions.</li><li>*Draw/write your worried story.</li><li>*Draw/write your trusting story.</li><li>*Draw/write your frustration story.</li><li>*Draw/write your peaceful story.</li><li>*Imagine feeling _____ when _____.”</li><li>*Share feeling stories.</li></ul>
<p>Unit 3 Empathy and Kindness (5 lessons)</p>	<ul style="list-style-type: none"><li>*Draw/write a story about a kind act that you did at home or at school.</li><li>*Imagine you are new to our classroom. How would you feel? How can you be kind to a new student?</li><li>*Draw/write scenarios where kindness is needed. Share “Imagine feeling _____ when _____.”</li><li>*Share kind act stories.</li></ul>
<p>Unit 4 Problem Solving (5 lessons)</p>	<ul style="list-style-type: none"><li>*Draw/write a story about a time when you were upset.</li><li>*Draw/write a story about a time when something happened by accident.</li><li>*Draw/write a solution story for your upset or accident story. “Imagine feeling _____ when _____.”</li><li>*Share individual problem and solution stories. Always ask permission before discussing or role playing problems as a class.</li></ul>



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2nd Grade

<p>Unit 1 Growth Mindset and Goal Setting (5 lessons)</p>	<p>*Introduce Feelings Wheel. *Write/Draw your mistake story. "Imagine feeling ___ when ____." *Write/Draw your "keep trying" story. Imagine feeling ___ when ____."</p>
<p>Unit 2 Emotion Management (5 lessons)</p>	<p>*Write/Draw your proud story. Imagine feeling ___ when ____." *Write/Draw your disappointed story. Imagine feeling ___ when ____." *Write/Draw your joyful story (hopeful turn). *Use the Feelings Wheel and ask students to identify different feelings for scenarios. *Write/Draw an imagine story using the feeling of your choice.</p>
<p>Unit 3 Empathy and Kindness (5 lessons)</p>	<p>*Write/Draw your empathy story. "Imagine feeling empathy when ____." *Write/Draw a kind act story for a person you have empathy for. *Think about a person you would like to do a kind act for. Write/draw an imagine story about how it might make them feel.</p>
<p>Unit 4 Problem Solving (5 lessons)</p>	<p>*Write a blame story that made you upset and caused a problem. *Write different possible solutions for your problem. *Use the Feelings Wheel to identify emotions that occur during problems and what new feelings you want to move to. *Role play problems and solutions together to identify the best solutions. Always ask permission before discussing or role playing problems as a class.</p>