

**ASHLAND PRESCHOOL PROGRAM
Ashland Public Schools
William Pittaway School**

Second Step

A Take-Home Letter for Families

Dear Family,

Preschool is a busy time for children where they share many adventures and learn many new skills.

Among those skills is the ability to understand and manage their feelings.

In preschool, children learn how to make a friend and be a friend. They also learn how to solve problems with other children. They learn these things throughout the day in the classroom, on the playground, and at home.

In school, we will be using a program called *Second Step* to help us learn and practice these social-emotional skills. Children who learn and use these skills are more likely to get along with other people and to do better in school.

The curriculum contains the following units:

- **Unit 1: Empathy Training.** It provides children with skills to increase their ability to identify their own and others' feelings.
- **Unit 2: Emotion Management.** This unit focuses on teaching children to recognize when they are having strong feelings and to learn some calming strategies.
- **Unit 3: Problem Solving.** This unit introduces a simple three-step problem-solving process that children can use with themselves or in situations with others.

Our families are an important part of the *Second Step* program. You will receive letters with information about the social-emotional skills your child is learning in school and ideas you can use at home to help your child learn and practice these skills.

We are excited to get started. If you have any questions, please don't hesitate to ask!

Sincerely,
Patricia White

**Patricia White
Principal**