

**Word of the Month-STEP:** “The word STEP, is an acronym in a Second Step where each letter stands for a word. STEP helps us remember the problem solving steps. S stands for “say the problem without blame.” T stands for “think of solutions that are safe and respectful.” E stands for “exploring consequences.” And P stands for “pick the best solution.” Remembering this acronym will help us remember how to solve our problems.

- **Week 25 Morning Announcement- Saying the Problem Without Blame:** “We all have problems that need to be solved. Before you can come up with solutions, you have to say the problem respectfully-without a blame. Saying the problem in a way that blames the other person can cause hurt feelings which makes the problem harder to solve. To say a problem without blame, focus on what you want or need and avoid words like ‘always’ and ‘forever’. “
- **Week 26 Morning Announcement-Picking the Best Solution:** “When you have a problem, it’s important to come up with lots of different solutions to solve the problem. After you have thought of many solutions, look at each one and think: is this safe? Is this fair? These questions will help you pick the best solution to your problem. Think about a problem you’ve been having and come up with at least three solutions you could try that are safe and respectful. “
- **Week 27 Morning Announcement-Making a plan:** “Some solutions to problems are complicated and you will need to make a plan in order to make the solution more manageable. A good plan will have three main characteristics. 1. The order makes sense. 2. There’s enough time to make it happen. 3. It is simple and realistic. What is a problem you are having that might require you to make a plan to solve it? “
- **Week 28 Morning Announcement- Taking Responsibility:** “Everyone makes mistakes sometimes. When we do something that hurts someone else whether it is on purpose or by accident, it’s important to take responsibility. Accepting responsibility means saying that you did wrong, apologizing and offering to make it better. For example, “I bumped into you and hurt you. I’m sorry! Can I help you up?”

**Word of the Month-Taking Responsibility:** “Taking responsibility means admitting when you do something wrong and trying to make amends.”

- **Week 29 Morning Announcement-Inviting Someone to Play:** “We all have times when we don’t get invited to play. When you see someone being left out, it’s a great opportunity to invite them to play. When we play with others we get to know them better and might make a new friend.
- **Week 30 Morning Announcement-Fair Ways to Play:** “When two people want to play with the same thing there are three easy ways to play fairly. 1. You can share the toy and play with it together. 2. You can take turns playing with the toy by yourselves. 3. Or you can trade one toy for another toy. Think about a time today when you can share, take turns, or trade a toy.”
- **Week 31 Morning Announcement-Seeking Help:** “Even though you are all wonderful problem solvers, there are times when even the best problem solver needs help from an adult. If a problem is serious enough or you’ve tried to solve it on your own without success, it might be time to assertively ask an adult for help. When you assertively ask an adult for help you: use a calm, firm voice; you use respectful words; and you face the person you are talking to.”
- **Week 32 Morning Announcement- Dealing with Negative Peer Pressure:** “What happens when a friend tries to talk you into doing something that is not safe or respectful? This is called negative peer pressure. It can be hard to say no to friends and it is a good idea to practice before hand. Try using assertiveness skills to say no: Face the person; keep your head up and shoulder back; use a calm, firm voice; and use respectful words.”