



MIDDLE SCHOOL PROGRAM CROSSWALK

Second Step: Student Success Through Prevention Program and Chill & Spill



Supporting Students

The goals of the *Second Step* middle school program are to decrease aggression, bullying and substance abuse and increase students' social skills and school success. It has three distinct, developmentally appropriate levels, one for each middle school grade. The following five main themes are interwoven throughout the lessons at each level:

- Empathy and communication (all grades)
- Emotion management (all grades) and coping with stress (grades 7 and 8)
- Problem solving (grade 6), decision making (grade 7), and goal setting (grade 8)
- Bullying prevention (all grades)
- Substance abuse prevention (all grades)

Chill & Spill, an interactive journal that guides students in an open exploration of identity, goals, loss, transitions, and self-awareness, can complement the skills and concepts students learn in the *Second Step* middle school program. The activities found in *Chill & Spill* are designed to foster emotional intelligence and teach coping skills that can be sustained into adulthood. The engaging, creative activities offer the opportunity for students to deepen their self-awareness and build on their empathy, communication, emotion-management, and problem-solving skills.

Use this Program Crosswalk to help you identify key *Chill & Spill* activities that complement and support the skills and concepts taught in the program. More information: artwithheart.org/books/chillandspill

Empathy & Communication

Page	Title	Page	Title
4	Writing and Drawing Can Help You....	18	Inside of Me
5	The Best Three Words...	19	Personal Lifeline
8	Fly Away	20	Powerful / Powerless
10	Exclusive Interview	22	Action / Reaction
12	Me, Myself & I	24	Dream Diary
13	How Others See Me...	26	Shoulda Woulda Coulda
14	...How I Really, Really Feel	28	The Last Word
16	Circle Journey (Mandala)	30	Bridges

Emotion Management

Page	Title	Page	Title
5	The Best Three Words...	26	Shoulda Woulda Coulda
6	Your Place	28	The Last Word
22	Action / Reaction		

Problem Solving, Decision-Making, Goal Setting

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5	The Best Three Words...	22	Action / Reaction
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20	Powerful / Powerless		