

## Introduction to the Songs

Several songs accompany each *Second Step* unit. The song lyrics contain the same vocabulary and skills the children learn during the program. They have been written to common melodies that you and your children most likely already know. This makes the songs easy to learn and sing. The program includes one additional song to use during clean-up time.

### Using the Songs

Songs are a fun and effective way to remind children of and reinforce the skills learned in the program. Sing the songs frequently.

### Adding Movements

Some songs have suggested movements that match the words. The movements are listed along with the song lyrics. Movement helps children learn the songs and is very important to the learning process. It stimulates parts of the brain that help children learn and remember. Movement also makes the songs more fun! So move to the songs whenever you can.

### Teaching the Songs

- Listen to the *Join In and Sing* CD as you read the song lyrics.
- Sing the song through to yourself until you feel comfortable singing it.
- Play the song through twice during group time and have the children listen to it.
- The next day, play it again and encourage children to try to join in.
- Over the next few days, play it again and invite the children to sing along.
- Find other times during the day to sing the song. Any kind of transition, especially involving waiting (for example, waiting to go outside), is a good time to sing songs.

### Finding the Correct Track on the CD

The track numbers follow the sequence in which the songs are introduced to the children. The track number

for each song is listed on the Weekly Theme Card and with the lyrics on the pages that follow.

### Introducing Songs Verse-by-Verse

Each of the first four units has a main song about the core skills. Its verses are taught week-by-week over the course of the unit.

- Unit 1: The How to Learn Song
- Unit 2: If You're Happy and You Know It
- Unit 3: When My Feeling's Very Strong
- Unit 4: When You Have a Problem

One or two verses of these songs are taught each week. The verse or verses that are taught in separate weeks have separate track numbers.

To listen to and learn the verse for the week, just play the track number listed on the Weekly Theme Card and stop the CD at the end of the track. When you want to play the whole song, play the first track listed for the song. The song will play through all the verses without interruption unless you manually stop it.

### Special Features of the Recorded Songs

Each song is played in a different musical style, such as cowboy music, hip hop, jazz, rock and roll, and reggae. When there are songs that use the same tune, each version has new instruments and a different feel. Encourage your children to notice what is the same and what is different.

Many of the instruments used in the recordings are typically found in an early learning classroom, such as xylophones, shakers, and drums. Have your children try to identify the instruments and find ones that sound the same in your classroom. Encourage them to play along.

### Watch the Songs in Action

Go online to [SecondStep.org](http://SecondStep.org) to watch one or more of the songs videos. While watching, notice how the teachers model the movements for the children.

## Unit 1 Song Lyrics

### The Welcome Song

*Tune: "Skip to My Lou" chorus*  
Join In and Sing CD Track 1

This song names and recognizes every child in the class.  
Put a different child's name in each blank.

\_\_\_\_\_ is here clap your hands,  
\_\_\_\_\_ is here clap your hands,  
\_\_\_\_\_ is here clap your hands,  
**Clap your hands together.**

Repeat the song until all names are said. Two or three short names can be said at once to make it quicker ( \_\_\_\_\_ and \_\_\_\_\_ are here.) Actions can be changed each time the chorus is sung. Additional action ideas:

- Pat your legs
- Flap your wings
- Touch your nose
- Pat your head
- Raise your hands

### The Clean-Up Song

*Tune: "Are You Sleeping?"*  
Join In and Sing CD Track 2

**Time for clean up,**  
**Time for clean up,**  
**Done with play,**  
**Done with play,**  
**Everybody helping,**  
**Everybody helping,**  
**Toys away,**  
**Toys away.**

### The Listening Rules Song

*Tune: "Are You Sleeping?"*  
Join In and Sing CD Track 3

**Eyes are watching,**  
**Ears are listening,**  
**Voices quiet,**  
**Bodies calm,**  
**This is how we listen,**  
**This is how we listen,**

**At group time,**  
**At group time.**

Do the actions for the Listening Rules as you sing the song.

### The How to Learn Song

*Tune: "The Farmer in the Dell"*  
Join In and Sing CD Tracks 4–7

Starting with Week 3, teach new verses each week to match the Weekly Theme. Continue singing previous verses. The last verse is a review verse following Week 6.

*Verse 1 (Teach this in Week 3)*  
**We use the Listening Rules,**  
**We use the Listening Rules,**  
**This is how we all can learn,**  
**We use the Listening Rules.**

*Verse 2 (Teach this in Week 3)*  
**We focus our attention,**  
**We focus our attention,**  
**This is how we all can learn,**  
**We focus our attention.**

*Verse 3 (Teach this in Week 4)*  
**We use our self-talk too,**  
**We use our self-talk too,**  
**This is how we all can learn,**  
**We use our self-talk too.**

*Verse 4 (Teach this in Week 5)*  
**We say directions again,**  
**We say directions again,**  
**This is how we all can learn,**  
**We say directions again.**

*Verse 5 (Teach this in Week 6)*  
**We say what we need and want,**  
**We say what we need and want,**  
**This is how we all can learn,**  
**We say what we need and want.**

## Unit 2 Song Lyrics

### If You're Happy and You Know It

*Tune: "If You're Happy and You Know It"*  
Join In and Sing CD Tracks 8–12

*Happy Verses (Teach these in Week 7)*

**If you're happy and you know it, make a smile,  
If you're happy and you know it, make a smile,  
If you're happy and you know it, then your face will  
surely show it,  
If you're happy and you know it, make a smile.**

**If you're happy and you know it, say, "Hurray!"**  
Continue the song's pattern to complete this verse.

*Sad Verses (Teach these in Week 7)*

**If you're sad and you know it, make a frown**  
Continue the song's pattern to complete this verse.

**If you're sad and you know it, cry "Boo-hoo"**  
Continue the song's pattern to complete this verse.

*Surprised Verses (Teach these in Week 8)*

**If you're surprised and you know it, make big eyes**  
(make surprised face)  
Continue the song's pattern to complete this verse.

**If you're surprised and you know it, shout out "Wow!"**  
Continue the song's pattern to complete this verse.

*Afraid/Scared Verses (Teach these in Week 8)*

**If you're scared and you know it, hands  
to face** (put palms to sides of face; make afraid face)  
Continue the song's pattern to complete this verse.

**If you're scared and you know it, shout out "Eeek!"**  
Continue the song's pattern to complete this verse.

*Mad/Angry Verses (Teach these in Week 9)*

**If you're mad and you know it, stomp your feet**  
Continue the song's pattern to complete this verse.

**If you're angry and you know it, say, "I'm mad"**  
Continue the song's pattern to complete this verse.

### I Have Feelings

*Tune: "Twinkle, Twinkle Little Star"*  
Join In and Sing CD Track 13

**I have feelings,  
You do, too.  
Let's all sing about a few.  
I am happy,  
I am sad,  
I am scared, and  
I am mad,  
I have feelings,  
You do, too.  
We just sang about a few.**

### Everyone Has Accidents

*Tune: "Itsy Bitsy Spider" or "I'm a Little Teapot"*  
(depending on CD edition)  
Join In and Sing CD Track 14

**Everyone has accidents,  
Yes they do!  
Things they did not  
Mean to do.  
When you have an accident  
Then you say,  
"I didn't mean to,  
Are you okay?"**

### The Caring and Helping Song

*Tune: "Three Blind Mice"*  
Join In and Sing CD Track 15

**Show everyone you care,  
About how they feel,  
Show everyone you care,  
About how they feel.  
Listen to them, help them,  
Listen to them, help them,  
Show everyone you care.**

## Unit 3 Song Lyrics

### Feelings in My Body

Tune: "London Bridge"  
Join In and Sing CD Track 16

**I have feelings yes I do,  
Yes I do, yes I do,  
My body tells me how I feel,  
Feelings in my body.**

**My legs, my tummy, face and heart** (have children touch these body parts),  
**Face and heart, face and heart,**  
**My legs, my tummy, face and heart** (have children touch these body parts),  
**Tell me how I'm feeling.**

### How Have You Been Feeling?

Tune: "Are You Sleeping?"  
Join In and Sing CD Track 17

Teacher: **Where is Alex? Where is Alex?**

Alex: **Here I am, Here I am.**

Teacher: **How have you been feeling?**

Alex: **I've been feeling happy.**

Teacher: **Hop over here, hop over here.**

(Have Alex hop to the group)

Teacher: **Where is \_\_\_\_\_? Where is \_\_\_\_\_?**

\_\_\_\_\_ : **Here I am, Here I am.**

Teacher: **How have you been feeling?**

\_\_\_\_\_ : **I've been feeling \_\_\_\_\_.**

Teacher: **Walk over here, walk over here.**

(Have \_\_\_\_\_ walk to the group.)

Repeat using other children's names. You can substitute another action for "hop" and "walk," such as skip, tip-toe, or jump.

### When My Feeling's Very Strong

Tune: "Mary Had a Little Lamb"  
Join In and Sing CD Tracks 18–20

Verse 1 (Teach this in Week 14)  
**When my feeling's very strong,  
Very strong, very strong,  
On my tummy go my hands,  
And I say "Stop" out loud.**

Verse 2 (Teach this in Week 15)  
**My feeling, yes it has a name,  
Has a name, has a name,  
I say I'm feeling frustrated** (hold up Weekly Theme Card 14),  
**I say the name out loud.**

Verse 3 (Teach this in Week 16)  
**Then I take some belly breaths,  
Belly breaths, belly breaths,  
Then I take some belly breaths,  
'Cause breathing calms me down.**

### The Calm-Down Chant

Call and response  
Join In and Sing CD Track 21

**Let's do our Calm-Down Chant!**

**Hands on my tummy** (Response: Hands on my tummy)

**Then say "Stop"** (Response: Say "Stop")

**Name my feeling** (Response: Name my feeling)

**Take a belly breath** (Children take a belly breath)

**Let's do it one more time!**

**Hands on my tummy** (Response: Hands on my tummy)

**Then say "Stop"** (Response: Say "Stop")

**Name my feeling** (Response: Name my feeling)

**Take a belly breath** (Children take a belly breath)

## The Waiting Song

*Tune: "The Farmer in the Dell"*

Join In and Sing *CD Track 22*

**Oh when we need to wait,  
Oh when we need to wait,  
We can count and we can breathe,  
And sing to help us wait.**

**We count out loud to six,  
One, two, three, four, five, six,  
Then we take a belly breath (Have children breathe)  
And sing to help us wait.**

**We're waiting to go outside,  
One, two, three, four, five,  
We can count and we can breathe,  
And sing to help us wait.**

Change the underlined activity to whatever the children are waiting for.

## Unit 4 Song Lyrics

### Playing Fairly

*Tune: "Twinkle, Twinkle Little Star"*  
Join In and Sing CD Track 23

**Play together, trade, take turns,  
These are three Fair Ways to Play.  
Play together with the toys,  
Trading toys is when we switch,  
Taking turns, you use it first,  
Then I get to use it next.  
Play together, trade, take turns,  
These are three Fair Ways to Play.**

### When We Play Together

*Tune: "The More We Get Together"*  
Join In and Sing CD Track 24

**When we play together,  
Together, together,  
When we play together,  
How happy we'll be.**

**'Cause my friends are your friends,  
And your friends are my friends,  
When we play together,  
How happy we'll be.**

**When we share together,  
Together, together,  
When we share together,  
How happy we'll be.**

**'Cause my toys are your toys,  
And your toys are my toys,  
When we play together,  
How happy we'll be.**

You can have two children hold hands and rock back and forth to the song.

### The Joining Play Song

*Tune: "London Bridge"*  
Join In and Sing CD Track 25

**If you see some friends at play,  
Friends at play, friends at play,  
And you want to join their play,  
What can you do?**

**Watch their play and give ideas,  
Give ideas, give ideas,  
Then you ask to join their play  
In a friendly way.**

### When You Have a Problem

*Tune: "Itsy Bitsy Spider" or "I'm a Little Teapot"*  
(depending on CD edition)  
Join In and Sing CD Tracks 26–27

*Verse 1 (Teach this in Week 23)*  
**When you have a problem  
And you're mad,  
First you need to  
Calm right down.**

*Verse 2 (Teach this in Week 23)*  
**Next you say the problem  
With your words,  
Then you think of  
Things to do.**

*Verse 3 (Teach this in Week 24)*  
**When you have ideas  
Then you can  
Pick the one that  
Works the best.**

*Verse 4 (Teach this in Week 24)*  
**You're a problem-solver  
Yes it's true,  
You know just what  
You can do.**

## Program Introductory Letter

Dear Family,

The preschool years are very important. We want your child to be as ready as possible for kindergarten. This is not just about knowing letters and numbers. It's also about knowing how to learn and get along with others. We will be using the *Second Step* Early Learning program in your child's classroom to teach these important skills.

The *Second Step* program teaches skills in the following four areas:

- 1. Skills for Learning:** Children gain skills to help them be better learners, including how to focus their attention, listen carefully, and ask for help.
- 2. Empathy:** Children learn to identify and understand their own and others' feelings. Children also learn how to show care for others.
- 3. Emotion Management:** Children learn how to calm down when they have strong feelings, such as worry or anger.
- 4. Friendship Skills and Problem Solving:** Children learn how to make and keep friends and to solve problems with others in a positive way.

Your child will be learning a lot this year—and he or she will need your help! Throughout the year, your child will be bringing home Home Links that go with each of the *Second Step* Weekly Themes. Home Links are simple, fun activities for you and your child to do together. They are a great way for you to understand what your child is learning and for your child to show you what he or she knows.

If you have any questions about the *Second Step* program, please contact me for more information. Thank you for supporting your child in learning the skills that will help get him or her ready for school and life.

Sincerely,

P.S. Make sure to join **SecondStep.org** with the Activation Key **SSPE FAMI LY68** to get information about what your child is learning in the *Second Step* Early Learning program!

**Go online today!**

**SecondStep.org**  
Enter this Activation Key:  
**SSPE FAMI LY68**

## Home Links Introductory Letter

Dear Family,

This week we started the *Second Step* program. Each week of the program has a different theme. The theme for this week was “Welcoming.” Children practiced greeting each other and saying their names.

Today I am sending you the Home Link for Week 1. Each Home Link has three parts:

- 1. Lesson Time:** This tells you what your child has been learning this week.
- 2. Play Time:** This has a game for you to play with your child to practice the skills of the week. I hope you will find it fun!
- 3. Story Time:** This has the photograph and the story for the week. It has a few questions for you to ask your child. Talk to your child about the photo and the story.

I am also sending you something to keep your Home Links in. Please keep each Home Link. At the end of the program, you will have a complete set of all the skills your child has learned. If your child is going to kindergarten next year, you can go back over all the Home Links during the summer to remind your child of the skills. These skills will help him or her be successful in kindergarten.

Sincerely,

P.S. Make sure to join **SecondStep.org** with the Activation Key **SSPE FAMI LY68** to get information about what your child is learning in the *Second Step* Early Learning program!

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**SecondStep.org**

Enter this Activation Key:

**SSPE FAMI LY68**

## Talking About Books Letter

Dear Family,

Reading books with your child is one of the best ways to help him or her love books. And loving books is one of the most important keys to your child's success in school. In addition to reading to your child, talking to him or her about each book will help build the love of reading. It will also build his or her knowledge and vocabulary. Asking questions teaches your child to express his or her ideas.

Here are some questions that will help your child build literacy and the skills taught in the *Second Step* program.

As you read, stop and ask these questions:

- What do you think is happening on this page?
- How is this character feeling?
- How can you tell?
- Have you ever felt that way?
- What you think is going to happen?

Help your child find names for the feelings shown in the pictures. Help your child connect the events in the book to his or her own life.

It is not even necessary to read the words in the book. Just talking about the pictures in your own words can still help build a love of literacy and your child's *Second Step* skills.

Please ask me for more information about building a love of reading.

Sincerely,

P.S. Make sure to join **SecondStep.org** with the Activation Key **SSPE FAMI LY68** to get information about what your child is learning in the *Second Step* Early Learning program!

**Go online today!**

**SecondStep.org**  
Enter this Activation Key:  
**SSPE FAMI LY68**

## Transitioning to Kindergarten Letter

Dear Family,

Next year, your child will be starting kindergarten. The *Second Step* skills your child has been learning all year will help him or her have a successful start in kindergarten.

This year your child has learned and practiced *Second Step* skills in the following four areas:

- 1. Skills for Learning:** Your child gained skills to help him or her become a better learner, including how to focus attention, listen carefully, and ask for help.
- 2. Empathy:** Your child learned to identify and understand his or her own and others' feelings. Your child also learned how to show care for others.
- 3. Emotion Management:** Your child learned how to calm down when having strong feelings, such as worry or anger.
- 4. Friendship Skills and Problem Solving:** Your child learned how to make and keep friends and to solve problems with others in a positive way.

You've also been doing Home Link activities with your child. I hope you've had fun doing them together. Now you can use the complete set of Home Links to review all the skills your child has learned. Do a few each week over the summer before your child starts kindergarten to remind your child of what he or she has learned. Help your child think about how these skills will help him or her be a better learner and get along with others in kindergarten.

Please ask me for more information about how to help your child get a successful start in kindergarten.

Sincerely,

P.S. Make sure to join **SecondStep.org** with the Activation Key **SSPE FAMI LY68** to get information about what your child is learning in the *Second Step* Early Learning program!

**Go online today!**

**SecondStep.org**

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