



daily GOOD

The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom. --James Allen

Stop! Calm Down! Think!

"OK, everyone! I need you to sit quietly! Let's all sit crisscross applesauce!" says their guidance counselor, Jennifer Hegerty. Gradually the children settle down and begin to focus on Hergerty's lesson for the day -- the second lesson in the Second Step Violence Prevention curriculum. For the next 20 weeks, these children learn to use relaxation exercises, effective communication techniques, and listening skills to handle their emotions and make good choices. Developed by the Committee for Children -- a nonprofit in Seattle -- Second Step is now in its 21st year and has been taught to more than nine million children in North America. "It's great when teachers can practice things with the kids," she says. "There's a big impact when kids see a teacher grappling with anger and using a calming down strategy."

Be The Change:

Model the "Stop! Calm Down! Think" technique in the next heated situation you experience.