

Second Step® Elementary is a research-based social-emotional learning (SEL) program designed to improve students' social-emotional skills, including growth mindset, goal-setting, emotion management, kindness and empathy, and problem-solving.

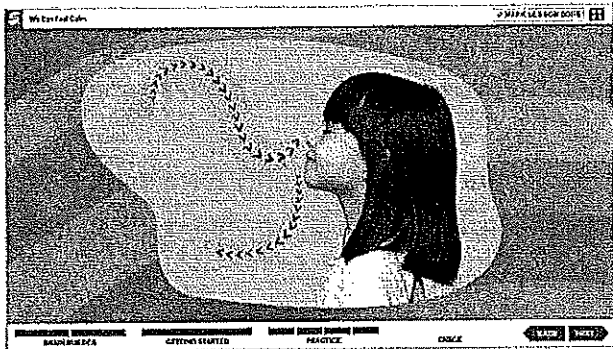
Studies show that these skills can support students' school performance, increase positive social behaviors, and reduce conduct problems such as bullying.^{1,2} SEL programs can also create positive classroom and school climates.³

Second Step Elementary is taught in the classroom, to all students, and helps students develop a common set of skills and strategies that can be practiced, used, and reinforced throughout the school community, including at home.

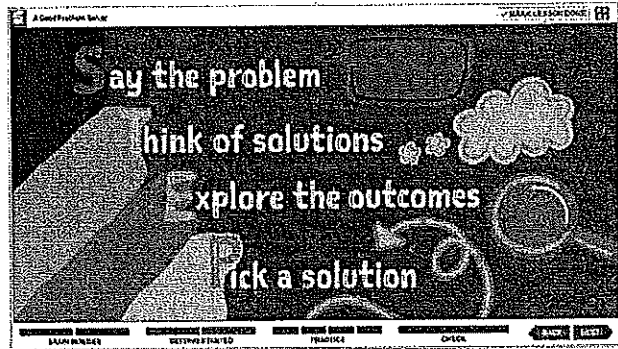
- Unit 1: Growth Mindset & Goal-Setting**
- Unit 2: Emotion Management**
- Unit 3: Empathy & Kindness**
- Unit 4: Problem-Solving**

Kindergarten-Grade 5

- 1 lesson per week
- 5 lessons per unit
- Total: 20 lessons per grade



Kindergarten, Unit 2, Lesson 9, We Can Feel Calm



Grade 4, Unit 4, Lesson 16, A Good Problem-Solver

How do students and schools benefit from SEL?

| PROMOTE | PREVENT |
|--|--|
| <ul style="list-style-type: none"> • Academic success • School connectedness • A safe and respectful school climate | <ul style="list-style-type: none"> • Problem behaviors • Antisocial behaviors • Peer rejection • Impulsivity • Low academic achievement |

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- Snyder, F. J., Vuchinich, S., Acock, A., Washburn, I. J., & Flay, B. R. (2011). Improving elementary school quality through the use of a social-emotional and character development program: A matched-pair, cluster-randomized, controlled trial in Hawaii. *Journal of School Health, 82*(1), 11–20.



Dear Family,

We want your child to be successful in school and that means supporting and encouraging their whole development. While excelling in academic classes is important, children also need skills to take on learning challenges, make good decisions, manage strong emotions, and get along with others.

This week, we'll begin Second Step® Elementary, a research-based social-emotional learning program designed to improve children's social-emotional skills. Second Step skills and concepts are designed to help children both in and out of school. Four units will cover the following:

Growth Mindset & Goal-Setting: Children learn how to pay attention and manage distractions, develop a growth mindset, and apply goal-setting strategies to their social and academic lives.

Emotion Management: Children learn how to identify and label emotions and use emotion-management strategies—including stress management for older students—to calm strong feelings.

Empathy & Kindness: Children learn how to recognize kindness and act kindly, have empathy for others and take others' perspectives, and recognize kind acts and empathy as important elements of building and maintaining relationships.

Problem-Solving: Children learn how to identify and state a problem, recognize if a problem is an accident, and use the STEP problem-solving process:

S: Say the problem

T: Think of solutions

E: Explore the outcomes

P: Pick a solution

You'll receive weekly communications from your child's teacher to help you reinforce Second Step language, skills, and goals at home. If you have any questions about Second Step Elementary, please don't hesitate to contact me or your child's teacher for more information. Thank you for your support as we work to build a safe and supportive school community.

Sincerely,

Jessica Parkell
Alloway School Counselor