



**FULL SCOPE AND SEQUENCE**

# Second Step® Elementary Digital Program

## Kindergarten

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### Unit 1: Growth Mindset & Goal-Setting

**CASEL Core Competencies:** Self-Awareness, Self-Management, Relationship Skills

Lesson Title	Objectives Students will be able to:
<b>Lesson 1</b> We Watch. We Listen. We Think.	Demonstrate they know ways to pay attention
<b>Lesson 2</b> Why We Pay Attention	Identify reasons to pay attention
<b>Lesson 3</b> Mistakes Are Okay!	Recognize mistakes are a part of learning by encouraging themselves and others when they make mistakes
<b>Lesson 4</b> Practice Makes Better	Name two ways they can get better at a skill
<b>Lesson 5</b> Let's Practice and Learn!	Demonstrate paying attention and using kind words to encourage themselves and others while learning something new together

Kindergarten

## Unit 2: Emotion Management

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
<b>Lesson 6</b> Sometimes We Feel Happy	Give at least one reason why they think someone is feeling happy
<b>Lesson 7</b> Sometimes We Feel Sad	Give at least one reason why they think someone is feeling sad
<b>Lesson 8</b> Sometimes We Feel Mad	Give at least one reason why they think someone is feeling mad
<b>Lesson 9</b> We Can Feel Calm	Practice asking for help and slow breathing as ways to feel calm
<b>Lesson 10</b> What Are They Feeling?	Label feelings using behavioral and contextual clues and demonstrate a way to feel calm

## Unit 3: Empathy & Kindness

**CASEL Core Competencies:** Self-Awareness, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
<b>Lesson 11</b> We Can Be Kind	Give an example of a kind act
<b>Lesson 12</b> Why Kindness?	Give a reason why they think kind acts are important
<b>Lesson 13</b> Showing Kindness	Demonstrate two kind acts: asking "Would you like to share?" and "Would you like a hug?"
<b>Lesson 14</b> Kindness at School	Give at least one example of a kind act they could do in a given situation
<b>Lesson 15</b> Demonstrating Kindness	Give at least one example of a kind act they have done or someone has done for them

Kindergarten

## Unit 4: Problem-Solving

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 16</b> We Can Say the Problem	Repeat a clearly stated problem
<b>Lesson 17</b> Ready to Solve Problems	Name “feeling calm” as a helpful first step for problem-solving
<b>Lesson 18</b> Apologizing Can Help	Demonstrate apologizing as a problem-solving strategy
<b>Lesson 19</b> Taking Turns and Sharing	Demonstrate offering to share or taking turns as problem-solving strategies
<b>Lesson 20</b> We Can Solve Problems	Demonstrate a problem-solving process

## Grade 1

### Unit 1: Growth Mindset & Goal-Setting

**CASEL Core Competencies:** Self-Awareness, Self-Management

Lesson Title	Objectives Students will be able to:
<b>Lesson 1</b> Time to Pay Attention	Demonstrate how they pay attention
<b>Lesson 2</b> Everyone Gets Distracted	Name behaviors that would help them pay attention when distracted
<b>Lesson 3</b> You Did It!	Describe how they have gotten better at one skill they've learned
<b>Lesson 4</b> Helpful Thoughts	Suggest helpful thoughts to encourage themselves to keep trying
<b>Lesson 5</b> We Can Do It!	Demonstrate practicing and paying attention—despite mistakes and distractions—to learn something new

Grade 1

## Unit 2: Emotion Management

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness

Lesson Title	Objectives Students will be able to:
<b>Lesson 6</b> Noticing Feelings	Name one way they can guess how someone feels
<b>Lesson 7</b> Sometimes We Feel Worried	Name a reason for why they think someone feels worried
<b>Lesson 8</b> Feeling Calm	Name a reason for why they think someone feels calm
<b>Lesson 9</b> Feeling Frustrated	Name a reason for why they think someone feels frustrated
<b>Lesson 10</b> Noticing Clues	Label feelings using behavioral and contextual clues and demonstrate a way to feel calm

## Unit 3: Empathy & Kindness

**CASEL Core Competencies:** Self-Awareness, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
<b>Lesson 11</b> The Power of Kind Acts	Describe how kind acts can help people feel good
<b>Lesson 12</b> Ways to Be Kind	Demonstrate two kind acts: asking "Are you okay?" and offering their company
<b>Lesson 13</b> Offering Kind Acts	Demonstrate two kind acts: offering to help and inviting to join
<b>Lesson 14</b> Practicing Kind Acts	With adult support, demonstrate at least one kind act they could do for others
<b>Lesson 15</b> Demonstrating Kind Acts	Demonstrate at least one kind act they could do for others

Grade 1

## Unit 4: Problem-Solving

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 16</b> How to Say the Problem	State a problem respectfully
<b>Lesson 17</b> Was It an Accident?	Identify problems caused by accidents and demonstrate an appropriate response
<b>Lesson 18</b> Ask for What You Need	Describe what they would want and need to solve a problem
<b>Lesson 19</b> We Can Make It Better	Identify ways to make amends to solve a problem
<b>Lesson 20</b> Solving Problems	Suggest one way to solve a problem

## Grade 2

### Unit 1: Growth Mindset & Goal-Setting

**CASEL Core Competencies:** Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 1</b> How to Get Good at Something	Identify things they've done to get good at something
<b>Lesson 2</b> What Mistakes Tell Us	Give at least one example of things they can do to keep going when they get stuck or make mistakes
<b>Lesson 3</b> Helpful and Unhelpful Thoughts	Identify the likely outcomes of a character's helpful or unhelpful thoughts
<b>Lesson 4</b> We Can Change Our Thoughts	Replace unhelpful thoughts with helpful thoughts
<b>Lesson 5</b> Learn and Get Better	Apply what they've learned to give advice to someone having a hard time acquiring a new skill

Grade 2

## Unit 2: Emotion Management

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
<b>Lesson 6</b> Feeling Proud	Identify reasons for feeling proud
<b>Lesson 7</b> Feeling Disappointed	Identify reasons for feeling disappointed
<b>Lesson 8</b> Help Yourself Feel Better	Generate helpful thoughts as a strategy to regulate strong feelings
<b>Lesson 9</b> Different Feelings	Recognize that people can have different feelings about the same situation because of their experiences
<b>Lesson 10</b> How Do You Feel?	Explain why different people can have different feelings in the same situation

## Unit 3: Empathy & Kindness

**CASEL Core Competencies:** Self-Awareness, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
<b>Lesson 11</b> What's Empathy?	Describe how empathy leads to an act of kindness
<b>Lesson 12</b> Empathy in Action	Describe how empathy has led them to show kindness to others
<b>Lesson 13</b> Having Empathy	Identify a kind act they could do for someone
<b>Lesson 14</b> Empathy at School	Use empathy to identify a kind act they could do for a person in their school community
<b>Lesson 15</b> Empathy and Kindness	Use empathy to identify a kind act they could do for a person of their choosing

Grade 2

## Unit 4: Problem-Solving

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 16</b> The Way to Say a Problem	State the problem without blame
<b>Lesson 17</b> Thinking of Solutions	Generate multiple solutions to a problem
<b>Lesson 18</b> Which Solution?	Explain why one solution is better than another for solving a given problem
<b>Lesson 19</b> What Would I Want?	Generate ways to make amends to solve a problem
<b>Lesson 20</b> Be a Problem-Solver	Generate possible solutions and select the solution that makes sense

## Grade 3

### Unit 1: Growth Mindset & Goal-Setting

**CASEL Core Competencies:** Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 1</b> Changing Your Brain	State what happens in their brain when they learn a new skill
<b>Lesson 2</b> Getting Better with Practice	Describe the connection between their own practice and effort and the changes that happened in their brain
<b>Lesson 3</b> More Than Practice	Name two additional actions they can take to improve a skill
<b>Lesson 4</b> Planning for Practice	Make a practice plan with a partner
<b>Lesson 5</b> Make a Practice Plan	Use a handout to make a practice plan for a skill they want to get better at

Grade 3

## Unit 2: Emotion Management

**CASEL Core Competencies:** Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 6</b> Why Emotions?	Suggest an example of information that emotions give them
<b>Lesson 7</b> How Angry?	Differentiate feeling annoyed, angry, and furious through contextual and behavioral clues
<b>Lesson 8</b> Take a Break	Recognize when and how to take a break to regulate a strong emotion
<b>Lesson 9</b> How Happy?	Differentiate feeling content, happy, and excited through contextual and behavioral clues
<b>Lesson 10</b> Strength of Feelings	Recognize differences between levels of intensity of similar emotions

## Unit 3: Empathy & Kindness

**CASEL Core Competencies:** Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 11</b> Kindness and Friendship	Identify kind acts that can build a new friendship
<b>Lesson 12</b> Building a Friendship	Identify kind acts that can make existing friendships stronger
<b>Lesson 13</b> My Kind of Kindness	Describe different ways people prefer to be shown kindness
<b>Lesson 14</b> Asking Questions	Ask questions to determine how someone else feels and identify a kind act they might want
<b>Lesson 15</b> Do Something Kind	Generate kind acts they can do to build a friendship



Grade 3

## Unit 4: Problem-Solving

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 16</b> STEP by Step	Recall a process they can use to solve problems (STEP)
<b>Lesson 17</b> S: Say the Problem	Restate the wants and needs of each person involved in a given problem
<b>Lesson 18</b> T: Think and E: Explore	Identify whose wants and needs are met by possible solutions
<b>Lesson 19</b> P: Pick a Solution	Pick a solution for a given problem and explain why they chose it
<b>Lesson 20</b> Solving a Problem	Solve a given problem using the STEP process

## Grade 4

### Unit 1: Growth Mindset & Goal-Setting

**CASEL Core Competencies:** Self-Awareness, Self-Management, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 1</b> Setting a Good Goal	Use criteria to identify a class goal
<b>Lesson 2</b> Making a Plan	Make an effective plan to reach a class goal
<b>Lesson 3</b> Checking Our Progress	Evaluate progress toward a class goal so they can make adjustments if needed
<b>Lesson 4</b> Reflecting On Our Journey	Reflect on the goal-setting process
<b>Lesson 5</b> Ready, Set, Goal!	Apply the goal-setting process to a new group goal and reflect on how it went

Grade 4

## Unit 2: Emotion Management

**CASEL Core Competencies:** Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 6</b> The Balanced Brain	Explain why it is important to manage strong emotions
<b>Lesson 7</b> What Is Rethinking?	Describe the benefits of rethinking a situation
<b>Lesson 8</b> How to Rethink	Use questions to help them rethink given situations
<b>Lesson 9</b> Take Another Look	Rethink a situation they have personally experienced
<b>Lesson 10</b> Rethink It!	Rethink a variety of situations

## Unit 3: Empathy & Kindness

**CASEL Core Competencies:** Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 11</b> The Same, But Different	Explain different points of view in a given situation
<b>Lesson 12</b> Ask, Listen, Learn	Generate questions a person could ask to better understand someone's point of view
<b>Lesson 13</b> Seeing It Differently	Ask questions to better understand someone's point of view
<b>Lesson 14</b> Changing Your Mind	Explain how understanding someone's point of view could change their own thinking or actions
<b>Lesson 15</b> A New Point of View	Demonstrate taking another person's point of view

Grade 4

## Unit 4: Problem-Solving

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 16</b> A Good Problem-Solver	Explain what they can do to be a better problem-solver
<b>Lesson 17</b> Saying It Respectfully	Describe a given problem from each person's point of view
<b>Lesson 18</b> Exploring Outcomes	Evaluate possible solutions to a given problem
<b>Lesson 19</b> A Good Solution	Evaluate which solution best solves a problem
<b>Lesson 20</b> STEP into Problem-Solving	Apply the STEP process to solve a problem from each person's point of view

## Grade 5

### Unit 1: Growth Mindset & Goal-Setting

**CASEL Core Competencies:** Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 1</b> The Right Goal for Me	Identify a personal goal and explain why it is right for them
<b>Lesson 2</b> My Plan	Make an effective plan to reach a personal goal
<b>Lesson 3</b> Changing My Plan	Evaluate their progress toward a personal goal so they can adjust their plan if needed
<b>Lesson 4</b> Time to Reflect	Reflect on their experience of working toward a personal goal
<b>Lesson 5</b> My 10-Minute Goal	Apply the goal-setting process to a new personal goal and reflect on how it went

Grade 5

## Unit 2: Emotion Management

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 6</b> Strong Emotions	Give an example of a recurring situation that causes them to feel strong emotions
<b>Lesson 7</b> What Is Stress?	Identify signs and causes of stress in themselves
<b>Lesson 8</b> Planning for Change	Identify what a person can think or do differently to manage their strong emotion in a recurring situation
<b>Lesson 9</b> What Can I Change?	Identify what they can think or do differently to manage strong emotions in a recurring situation
<b>Lesson 10</b> Making a Change	Identify two things they can change in a recurring personal situation to preemptively manage strong emotions

## Unit 3: Empathy & Kindness

**CASEL Core Competencies:** Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 11</b> Empathy in the Community	Describe how people used empathy to identify and address a community problem
<b>Lesson 12</b> What's the Problem?	Identify problems in their community and the people affected
<b>Lesson 13</b> A Different Point of View	Describe different points of view to build empathy for the people affected by a community problem
<b>Lesson 14</b> Community Solutions	Evaluate possible solutions to a community problem
<b>Lesson 15</b> Your Solution	Explain how their solution meets the wants and needs of the people affected by a community problem

Grade 5

## Unit 4: Problem-Solving

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 16</b> Beginning to STEP	Explain how to begin the STEP problem-solving process
<b>Lesson 17</b> When? Where? Who?	Identify when, where, and with whom to work on different problems
<b>Lesson 18</b> Solutions Web	Predict whether a potential solution will be successful based on the points of view of everyone involved
<b>Lesson 19</b> Let's Reflect	Evaluate the outcome of a solution based on how it affected everyone involved
<b>Lesson 20</b> Putting It All Together	Apply the STEP process and consider the context in which they might best solve the problem