



FULL SCOPE AND SEQUENCE

Second Step® Elementary Digital Program

Kindergarten

Unit 1: Growth Mindset & Goal-Setting

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

Lesson Title	Objectives Students will be able to:
Lesson 1 We Watch. We Listen. We Think.	Demonstrate they know ways to pay attention
Lesson 2 Why We Pay Attention	Identify reasons to pay attention
Lesson 3 Mistakes Are Okay!	Recognize mistakes are a part of learning by encouraging themselves and others when they make mistakes
Lesson 4 Practice Makes Better	Name two ways they can get better at a skill
Lesson 5 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:
Lesson 6 Sometimes We Feel Happy	Give at least one reason why they think someone is feeling happy
Lesson 7 Sometimes We Feel Sad	Give at least one reason why they think someone is feeling sad
Lesson 8 Sometimes We Feel Mad	Give at least one reason why they think someone is feeling mad
Lesson 9 We Can Feel Calm	Practice asking for help and slow breathing as ways to feel calm
Lesson 10 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:
Lesson 11 We Can Be Kind	Give an example of a kind act
Lesson 12 Why Kindness?	Give a reason why they think kind acts are important
Lesson 13 Showing Kindness	Demonstrate two kind acts: asking "Would you like to share?" and "Would you like a hug?"
Lesson 14 Kindness at School	Give at least one example of a kind act they could do in a given situation
Lesson 15 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:
Lesson 16 We Can Say the Problem	Repeat a clearly stated problem
Lesson 17 Ready to Solve Problems	Name “feeling calm” as a helpful first step for problem-solving
Lesson 18 Apologizing Can Help	Demonstrate apologizing as a problem-solving strategy
Lesson 19 Taking Turns and Sharing	Demonstrate offering to share or taking turns as problem-solving strategies
Lesson 20 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:
Lesson 1 Time to Pay Attention	Demonstrate how they pay attention
Lesson 2 Everyone Gets Distracted	Name behaviors that would help them pay attention when distracted
Lesson 3 You Did It!	Describe how they have gotten better at one skill they've learned
Lesson 4 Helpful Thoughts	Suggest helpful thoughts to encourage themselves to keep trying
Lesson 5 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:
Lesson 6 Noticing Feelings	Name one way they can guess how someone feels
Lesson 7 Sometimes We Feel Worried	Name a reason for why they think someone feels worried
Lesson 8 Feeling Calm	Name a reason for why they think someone feels calm
Lesson 9 Feeling Frustrated	Name a reason for why they think someone feels frustrated
Lesson 10 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:
Lesson 11 The Power of Kind Acts	Describe how kind acts can help people feel good
Lesson 12 Ways to Be Kind	Demonstrate two kind acts: asking "Are you okay?" and offering their company
Lesson 13 Offering Kind Acts	Demonstrate two kind acts: offering to help and inviting to join
Lesson 14 Practicing Kind Acts	With adult support, demonstrate at least one kind act they could do for others
Lesson 15 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:
Lesson 16 How to Say the Problem	State a problem respectfully
Lesson 17 Was It an Accident?	Identify problems caused by accidents and demonstrate an appropriate response
Lesson 18 Ask for What You Need	Describe what they would want and need to solve a problem
Lesson 19 We Can Make It Better	Identify ways to make amends to solve a problem
Lesson 20 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:
Lesson 1 How to Get Good at Something	Identify things they've done to get good at something
Lesson 2 What Mistakes Tell Us	Give at least one example of things they can do to keep going when they get stuck or make mistakes
Lesson 3 Helpful and Unhelpful Thoughts	Identify the likely outcomes of a character's helpful or unhelpful thoughts
Lesson 4 We Can Change Our Thoughts	Replace unhelpful thoughts with helpful thoughts
Lesson 5 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:
Lesson 6 Feeling Proud	Identify reasons for feeling proud
Lesson 7 Feeling Disappointed	Identify reasons for feeling disappointed
Lesson 8 Help Yourself Feel Better	Generate helpful thoughts as a strategy to regulate strong feelings
Lesson 9 Different Feelings	Recognize that people can have different feelings about the same situation because of their experiences
Lesson 10 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:
Lesson 11 What's Empathy?	Describe how empathy leads to an act of kindness
Lesson 12 Empathy in Action	Describe how empathy has led them to show kindness to others
Lesson 13 Having Empathy	Identify a kind act they could do for someone
Lesson 14 Empathy at School	Use empathy to identify a kind act they could do for a person in their school community
Lesson 15 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:
Lesson 16 The Way to Say a Problem	State the problem without blame
Lesson 17 Thinking of Solutions	Generate multiple solutions to a problem
Lesson 18 Which Solution?	Explain why one solution is better than another for solving a given problem
Lesson 19 What Would I Want?	Generate ways to make amends to solve a problem
Lesson 20 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:
Lesson 1 Changing Your Brain	State what happens in their brain when they learn a new skill
Lesson 2 Getting Better with Practice	Describe the connection between their own practice and effort and the changes that happened in their brain
Lesson 3 More Than Practice	Name two additional actions they can take to improve a skill
Lesson 4 Planning for Practice	Make a practice plan with a partner
Lesson 5 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:
Lesson 6 Why Emotions?	Suggest an example of information that emotions give them
Lesson 7 How Angry?	Differentiate feeling annoyed, angry, and furious through contextual and behavioral clues
Lesson 8 Take a Break	Recognize when and how to take a break to regulate a strong emotion
Lesson 9 How Happy?	Differentiate feeling content, happy, and excited through contextual and behavioral clues
Lesson 10 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:
Lesson 11 Kindness and Friendship	Identify kind acts that can build a new friendship
Lesson 12 Building a Friendship	Identify kind acts that can make existing friendships stronger
Lesson 13 My Kind of Kindness	Describe different ways people prefer to be shown kindness
Lesson 14 Asking Questions	Ask questions to determine how someone else feels and identify a kind act they might want
Lesson 15 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:
Lesson 16 STEP by Step	Recall a process they can use to solve problems (STEP)
Lesson 17 S: Say the Problem	Restate the wants and needs of each person involved in a given problem
Lesson 18 T: Think and E: Explore	Identify whose wants and needs are met by possible solutions
Lesson 19 P: Pick a Solution	Pick a solution for a given problem and explain why they chose it
Lesson 20 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:
Lesson 1 Setting a Good Goal	Use criteria to identify a class goal
Lesson 2 Making a Plan	Make an effective plan to reach a class goal
Lesson 3 Checking Our Progress	Evaluate progress toward a class goal so they can make adjustments if needed
Lesson 4 Reflecting On Our Journey	Reflect on the goal-setting process
Lesson 5 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:
Lesson 6 The Balanced Brain	Explain why it is important to manage strong emotions
Lesson 7 What Is Rethinking?	Describe the benefits of rethinking a situation
Lesson 8 How to Rethink	Use questions to help them rethink given situations
Lesson 9 Take Another Look	Rethink a situation they have personally experienced
Lesson 10 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:
Lesson 11 The Same, But Different	Explain different points of view in a given situation
Lesson 12 Ask, Listen, Learn	Generate questions a person could ask to better understand someone's point of view
Lesson 13 Seeing It Differently	Ask questions to better understand someone's point of view
Lesson 14 Changing Your Mind	Explain how understanding someone's point of view could change their own thinking or actions
Lesson 15 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:
Lesson 16 A Good Problem-Solver	Explain what they can do to be a better problem-solver
Lesson 17 Saying It Respectfully	Describe a given problem from each person's point of view
Lesson 18 Exploring Outcomes	Evaluate possible solutions to a given problem
Lesson 19 A Good Solution	Evaluate which solution best solves a problem
Lesson 20 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:
Lesson 1 The Right Goal for Me	Identify a personal goal and explain why it is right for them
Lesson 2 My Plan	Make an effective plan to reach a personal goal
Lesson 3 Changing My Plan	Evaluate their progress toward a personal goal so they can adjust their plan if needed
Lesson 4 Time to Reflect	Reflect on their experience of working toward a personal goal
Lesson 5 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:
Lesson 6 Strong Emotions	Give an example of a recurring situation that causes them to feel strong emotions
Lesson 7 What Is Stress?	Identify signs and causes of stress in themselves
Lesson 8 Planning for Change	Identify what a person can think or do differently to manage their strong emotion in a recurring situation
Lesson 9 What Can I Change?	Identify what they can think or do differently to manage strong emotions in a recurring situation
Lesson 10 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:
Lesson 11 Empathy in the Community	Describe how people used empathy to identify and address a community problem
Lesson 12 What's the Problem?	Identify problems in their community and the people affected
Lesson 13 A Different Point of View	Describe different points of view to build empathy for the people affected by a community problem
Lesson 14 Community Solutions	Evaluate possible solutions to a community problem
Lesson 15 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:
Lesson 16 Beginning to STEP	Explain how to begin the STEP problem-solving process
Lesson 17 When? Where? Who?	Identify when, where, and with whom to work on different problems
Lesson 18 Solutions Web	Predict whether a potential solution will be successful based on the points of view of everyone involved
Lesson 19 Let's Reflect	Evaluate the outcome of a solution based on how it affected everyone involved
Lesson 20 Putting It All Together	Apply the STEP process and consider the context in which they might best solve the problem