





ALIGNMENT CHART COMMON CORE ACADEMIC STANDARDS

Second Step® Elementary Digital Program

The charts in this document show how the Second Step Elementary digital program aligns to specific Common Core State Standards, which can be found at CoreStandards.org.

The Importance of Social-Emotional Learning

Social-emotional learning (SEL) is recognized as a key ingredient for school and life success. A 2011 meta-analysis¹ found that students participating in SEL programs showed significant gains in social-emotional skills, attitudes, and behaviors, as well as academic achievement.¹ Specific gains include:

- 11 percentile-point gain in overall academic achievement
- 23 percent improvement in social-emotional skills
- 9 percent improvement in attitudes about self, others, and school
- 9 percent improvement in school and classroom behavior
- 9 percent decrease in conduct problems, such as disruptive classroom behavior and aggression

A 2017 follow-up study found that participation in an SEL program led to lasting positive effects on students' academic and social outcomes.² Specifically, student outcomes nearly four years after exposure to SEL interventions include:

- 13 percentile-point gain in academic performance
- 5 percent improvement in positive social behavior
- 6 percent improvement in conduct problems, with lower instances of emotional distress and drug use

Educators across the nation acknowledge the benefits of SEL in schools and agree that teaching students socialemotional skills is a necessary and valuable component of their education.

About the Second Step® Elementary Digital Program

The research-based Second Step Elementary digital program is a universal, fully web-based classroom program designed to help increase students' school success and help decrease problem behaviors by promoting socialemotional competence. It helps students cope with challenges, create positive relationships, and succeed both socially and academically.

Lessons provide the tools for students to develop mindsets, knowledge, and skills to handle strong emotions, show kindness and empathy for others, and solve problems with their peers.

¹ Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. *Child Development*, 82(1), 405–432. https://doi. org/10.1111/j.1467-8624.2010.01564.x

² Taylor, R. D., Oberle, E., Durlak, J. A., & Weissberg, R. P. (2017). Promoting positive youth development through school-based social and emotional learning interventions: A metaanalysis of follow-up effects. *Child Development*, 88(4), 1156–1171. https://doi.org/10.1111/ cdev.12864

										ĺ	Key	Skill	s & C	once	pts						Inst	ructio	onal S	trateg	gies		
	Sec	OND		Brain Builders		nit 1: Grov Mindset 8 oal-Setti	k		Em	nit 2: otion gement		En	Unit 3: pathy indnes:	&	Р	Unit 4: roblem Solving	-		D	iscussi	on		Usi Stori Scena	es&		Skill Pr	actice
	Program Core Acc		entary Digital with Common dards for	Executive-function skills: attention, working memory, and inhibitory control	ltion	Recognize that attention helps them learn and stay safe Improve skills with practice and effort	up u	Identifying familiar feelings from contextual	and behavioral cues Name and annly slow breathing as an	a t c	strategy	Recognize the kind acts of others	Recognize their own kind acts	Demonstrate things they can say or do to show kindness to others	Manage strong emotions to feel calm before solving problems	Describe the problem	Apply apologizing, taking turns, and sharing their solutions to problems	Respond to questions	Listen to others	Participate in whole-class and partner discussions	Communicate ideas	Signal agreement with others' ideas	Interpret stories	Interpret audio and video media	Practice cognitive and behavioral skills	Practice skills using drawing and role-play	Work independently Work with partners
Subject	Strand	Standard	Standard Description																								
	Reading:	CCSS.ELA- LITERACY.RL.K.3	With prompting and support, identify characters, settings, and major events in a story.	~	~	~	~	~	•	·	/	~				~					~		~	~	~		
	Literature	CCSS.ELA- LITERACY.RL.K.7	With prompting and support, describe the relationship between illustrations and the story in which they appear (e.g., what moment in a story an illustration depicts).	~		~	~	v	•			~				~					~		~	~	~		
	Writing	CCSS.ELA- LITERACY.W.K.2	Use a combination of drawing, dictating, and writing to compose informative or explanatory texts in which they name what they are writing about and supply some information about the topic.	~				v	•							~					~					~	~
		CCSS.ELA- LITERACY.W.K.8	With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.	~	~	~	~	v	•		/								~		~		~	~			
ge Arts		CCSS.ELA- LITERACY.SL.K.1	Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.	~	~				(~								•	~	~	~				~		~
English Languag		CCSS.ELA- LITERACY.SL.K.1.A	Follow agreed-upon rules for discussions (e.g., listening to others and taking turns speaking about the topics and texts under discussion).	~	~					~								~	~	~	~	~			~		~
Englis		CCSS.ELA- LITERACY.SL.K.1.B	Continue a conversation through multiple exchanges.	~	~													~	~	~	~				~		~
	Speaking & Listening	CCSS.ELA- LITERACY.SL.K.2	Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood.	~	r			~			/							~	~		~	~	~	~	~		
		CCSS.ELA- LITERACY.SL.K.3	Ask and answer questions in order to seek help, get information, or clarify something that is not understood.	~	~	~	~			·	/							~	~	~	~				~		~
		CCSS.ELA- LITERACY.SL.K.5	Add drawings or other visual displays to descriptions as desired to provide additional detail.		~			~	•																	~	~
		CCSS.ELA- LITERACY.SL.K.6	Speak audibly and express thoughts, feelings, and ideas clearly.					~	•												~				~		v v
	Language	CCSS.ELA- LITERACY.L.K.6	Use words and phrases acquired through conversations, reading and being read to, and responding to texts.	~	~															~	~				~		~



Second Step® Elementary Digital Program Alignment with Common Core Academic Standards for

Grade 1

Brain Builders		Jnit 1: (Mind Goal-S	set &	١	
Executive-function skills: attention, working memory, and inhibitory control	Focus attention	Ignore distractions	Improve skills with practice and effort	Use growth mindset language	
~	~		~		
~					

		Key	/ Skill	s & C	once	pts						Inst	ructio	onal S	trate	gies			
E	Unit 2: Emotior nagem	า	Er	Unit 3: npathy (indnes	&	P	Unit 4: Problem Solving	-		Di	scussio	on		Usi Stori Scen	es &		Skill Pı	ractice	
Identify feelings from contextual and behavioral cues	Infer a likely emotion that would arise from a particular situation	Apply emotion-management strategies of slow counting and asking an adult for help	Identify how someone else might feel when shown or not shown kindness	Apply ways to be kind in response to scenarios	Recognize that some kind acts are better than others in certain situations	Manage strong emotions to feel calm before solving problems	State the problem without blame or name-calling	Apply how to recognize accidents and make amends	Respond to questions	Listen to others	Participate in whole-class and partner discussions	Communicate ideas	Signal agreement with others' ideas	Interpret stories	Interpret audio and video media	Practice cognitive and behavioral skills	Practice skills using drawing and role-play	Work independently	Work in small groups and with partners
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Subject	Strand	Standard	Standard Description						
	Reading:	CCSS.ELA- LITERACY.RL.1.3	Describe characters, settings, and major events in a story, using key details.	~	~		~	v	•
	Literature	CCSS.ELA- LITERACY.RL.1.7	Use illustrations and details in a story to describe its characters, setting, or events.	~				V	•
	Writing	CCSS.ELA- LITERACY.W.1.2	Write informative or explanatory texts in which they name a topic, supply some facts about the topic, and provide some sense of closure.	~	~		•	v	,
	whung	CCSS.ELA- LITERACY.W.1.8	With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.	~	~				
rts		CCSS.ELA- LITERACY.SL.K.1	Participate in collaborative conversations with diverse partners about Grade 1 topics and texts with peers and adults in small and larger groups.	~	~	~			
English Language Arts		CCSS.ELA- LITERACY.SL.K.1.A	Follow agreed-upon rules for discussions (e.g., listening to others with care, speaking one at a time about the topics and texts under discussion).	~	~	~	~		
jlish La		CCSS.ELA- LITERACY.SL.1.1.B	Build on others' talk in conversations by responding to the comments of others through multiple exchanges.	~	~	~	~		
Enç	Speaking &	CCSS.ELA- LITERACY.SL.1.2	Ask and answer questions about key details in a text read aloud or information presented orally or through other media.	~	~			~	,
	Listening	CCSS.ELA- LITERACY.SL.1.3	Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood.	~	~	~	~		
		CCSS.ELA- LITERACY.SL.1.4	Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly.	~	~	~	~	v	,
		CCSS.ELA- LITERACY.SL.1.5	Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.					v	,
		CCSS.ELA- LITERACY.SL.1.6	Produce complete sentences when appropriate to task and situation.						

												Key	/ Skil	lls & (Conc	epts							Insti	ructio	nal S	trate	gies			
	Sec	ond ted		Brain Builders		Min	Growt dset & Setting			Unit 2 Emotic nager	n	E	Unit 3 mpath (indne	iy &		Р	Unit 4: roblem Solving	n-			Di	iscussi	ion		Usi Stori Scen	es &	:	Skill Pr	actice	
	Second Program	Step® Eleme Alignment ademic Stan	entary Digital with Common dards for	Executive-function skills: attention, memory, and inhibitory control	Use growth mindset language	Replace unhelpful thoughts with helpful thoughts	Persevere through challenges while recognizing that mistakes are part of learning	h practice, effort, and	Identify complex feelings from contextual and behavioral cues	Recognize that people can feel differently about the same situation	Apply using helpful thoughts as an emotion- management strategy	Define empathy	Recognize how empathy helps them identify when and how to show others kindness	Apply empathy and perform kind acts for others	Manage strong emotions to feel calm before solving problems	State the problem without blame or name-calling	Generate their own solutions to a given problem	Recognize that some solutions work better than others in a given situation	Apply ways to make amends	Respond to questions	Listen to others	Participate in whole-class and partner discussions	Communicate ideas	Signal agreement with others' ideas	Interpret stories	Interpret audio and video media	Practice cognitive and behavioral skills	Practice skills using drawing and role-play	Work independently	Work with partners
Subject	Strand	Standard	Standard Description																											
	Deediaaa	CCSS.ELA- LITERACY.RL.2.3	Describe how characters in a story respond to major events and challenges.	~					~	~						~	~						~		~	~	~			
	Reading: Literature	CCSS.ELA- LITERACY.RL.2.7	Use information gained from the illustrations and words in a print or digital text to demonstrate understanding of its characters, setting, or plot.	~					~	~						~	~						~		~	~	~			
	Writing	CCSS.ELA- LITERACY.W.2.2	Write informative or explanatory texts in which they introduce a topic, use facts and definitions to develop points, and provide a concluding statement or section.	~																			~						~	
		CCSS.ELA- LITERACY.W.2.8	Recall information from experiences or gather information from provided sources to answer a question.	~					~												~		~		~	~	~			
Arts		CCSS.ELA- LITERACY.SL.2.1	Participate in collaborative conversations with diverse partners about Grade 2 topics and texts with peers and adults in small and larger groups.	~							~									~	~	~	~	~			~			~
English Language		CCSS.ELA- LITERACY.SL.2.1.A	Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).	~							~									~	~	~	~	~			~			~
Englis		CCSS.ELA- LITERACY.SL.2.1.B	Build on others' talk in conversations by linking their comments to the remarks of others.	~							~									~	~	~	~				~			~
	Speaking & Listening	CCSS.ELA- LITERACY.SL.2.2	Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.	r							~										~		~		~	~	~		~	
		CCSS.ELA- LITERACY.SL.2.3	Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.	~																~	~	~	~				~			~
		CCSS.ELA- LITERACY.SL.2.4	Tell a story or recount an experience with appropriate facts and relevant, descriptive details, speaking audibly in coherent sentences.	~							~												~				~		~	
		CCSS.ELA- LITERACY.SL.2.6	Produce complete sentences when appropriate to task and situation in order to provide a requested detail or clarification.	r																			~				~			~

											Ke	y Ski	lls & C	once	pts							Instr	uctio	nal S	trate	gies		
	Sec	ond tep		Brain Builders	M	t 1: Grov lindset al-Setti	&	M	Unit 2 Emotio lanager	on		Unit Empat Kindn	hy &		P	Unit 4: roblem Solving				Dis	cussi	on		Usi Storie Scena	es &	SI	cill Pract	ice
	Second Program	Step® Eleme n Alignment ademic Stan	entary Digital with Common dards for	Executive-function skills: attention, working memory, inhibitory control, and cognitive flexibility	Understand that the brain can grow and change	Recognize that skills improve with practice, effort, help from others, and trying a new way	Make an effective plan for how to get better at a skill	Describe the role and purpose of emotions	Identify and label similar emotions with different intensity levels	Apply taking a break as an emotion- management strategy	Identify how kindness helps make friends and strengthen relationships	Recognize that different people may prefer to be shown kindness in different ways	Demonstrate kind acts that recognize that people like to receive kindness in different wavs	Manage strong emotions to feel calm before solving problems	State the problem without blame or name-calling	Restate the wants and needs of each person in a problem situation	Generate their own solutions to a problem	Pick the best solution	Respond to questions		Participate in whole-class, small-group, and partner discussions	Communicate ideas	Signal agreement with others' ideas	Interpret stories	Interpret audio and video media	Practice cognitive and behavioral skills	Practice skills using drawing and role-play Work independently	Work in small groups with partners
Subject	Strand	Standard	Standard Description													1												
	Reading:	CCSS.ELA- LITERACY.RL.3.3	Describe characters in a story (e.g., their traits, motivations, or feelings) and explain how their actions contribute to the sequence of events.	~					~						~	~						~		~	~	~		
	Literature	CCSS.ELA- LITERACY.RL.3.7	Explain how specific aspects of a text's illustrations contribute to what is conveyed by the words in a story (e.g., create mood, emphasize aspects of a character or setting).	~					~						~	~						~		~	~			
		CCSS.ELA- LITERACY.W.3.2	Write informative or explanatory texts to examine a topic and convey ideas and information clearly.	~																		~					~	•
	Writing	CCSS.ELA- LITERACY.W.3.8	Recall information from experiences or gather information from print and digital sources; take brief notes on sources and sort evidence into provided categories.	~					~											~		~		~	~	~		
e Arts		CCSS.ELA- LITERACY.SL.3.1	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on Grade 3 topics and texts, building on others' ideas and expressing their own clearly.	~		~													~	~	~	~	~			~		
English Language		CCSS.ELA- LITERACY.SL.3.1.B	Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).	~		~													~	~	~	~	~			~		~
English		CCSS.ELA- LITERACY.SL.3.1.C	Ask questions to check understanding of information presented, stay on topic, and link their comments to the remarks of others.	~															~	~	~	~				~		r
	Speaking & Listening	CCSS.ELA- LITERACY.SL.3.1.D	Explain their own ideas and understanding in light of the discussion.	~																		~					~	· ·
		CCSS.ELA- LITERACY.SL.3.2	Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.	~																~				~	~		~	•
		CCSS.ELA- LITERACY.SL.3.3	Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.	~															~	~	~	~				•		~
		CCSS.ELA- LITERACY.SL.3.4	Report on a topic or text, tell a story, or recount an experience with appropriate facts and relevant, descriptive details, speaking clearly at an understandable pace.	~					~													~				~	•	•
		CCSS.ELA- LITERACY.SL.3.6	Speak in complete sentences when appropriate to task and situation in order to provide a requested detail or clarification.	•					~													~				•		V

										K	ey Sl	kills 8	& Con	cept	S						Ir	nstru	uctio	nal S	Strate	egies			
	Sec	ond tep		Brain Builders	M	t 1: Grov lindset al-Setti	&	Unit : Emoti Manage	on	E	Unit 3 npathy (indne	y &			Unit Proble Solvi	em-				Disc	cussio	'n		Usi Stori Scen	es &	s	ikill Pr	actice	
	Second Program	Step® Eleme Alignment ademic Stan	entary Digital with Common dards for	Executive-function skills: attention, working memory, inhibitory control, and cognitive flexibility	Identify what a goal is and what an effective plan includes	Identify a shared class goal and make a plan to reach that goal	Monitor progress and modify a plan to reach a goal	Recognize that strong emotions make it hard to think clearly Recognize that managing emotions is	Apply reappraisal as an emotion- management strateov	Recognize that empathy and perspective- taking can help them get along with everyone	g strat	Recognize that another person's point of view can change their own thoughts or actions	Manage strong emotions to feel calm before solving problems	Demonstrate speaking up for one's self while solving a problem	State the problem without blaming and from all points of view	alle	Evaluate possible outcomes of solutions based on others' points of view	Pick a solution that is safe, respectful, and could work for everyone	Respond to questions	:	Participate in whole-class, small-group, and partner discussions	Communicate ideas	Signal agreement with others' ideas	Interpret stories	Interpret audio and video media	Practice cognitive and behavioral skills	Practice skills using writing and role-play	Work independently	Work in small groups and with partners
Subject	Strand	Standard	Standard Description																										
	Reading:	CCSS.ELA- LITERACY.RL.4.3	Describe in depth a character, setting, or event in a story or drama, drawing on specific details in the text (e.g., a character's thoughts, words, or actions).	~						~	r	~			~							~		~	~	~	~		
	Literature	CCSS.ELA- LITERACY.RL.4.6	Compare and contrast the point of view from which different stories are narrated, including the difference between first- and third-person narrations.	~						r	~	~			~	~	~	~				~		~	~	~	~		
		CCSS.ELA- LITERACY.W.4.2	Write informative or explanatory texts to examine a topic and convey ideas and information clearly.	~																		~					~	~	
w	Writing	CCSS.ELA- LITERACY.W.4.8	Recall relevant information from experiences or gather relevant information from print and digital sources; take notes and categorize information, and provide a list of sources.	~																~		~		~	~	~			
anguage Art		CCSS.ELA- LITERACY.SL.4.1	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on Grade 4 topics and texts, building on others' ideas and expressing their own clearly.	~						~	~	~								~	~	~	~			~			~
English Language		CCSS.ELA- LITERACY.SL.4.1.B	Follow agreed-upon rules for discussions and carry out assigned roles.	~																~	~	~	~			~			~
-	Speaking &	CCSS.ELA- LITERACY.SL.4.1.C	Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.	~																~	~	~				~			~
	Listening	CCSS.ELA- LITERACY.SL.4.1.D	Review the key ideas expressed and explain their own ideas and understanding in light of the discussion.	~																~	~	~				~	~	~	~
		CCSS.ELA- LITERACY.SL.4.3	Identify the reasons and evidence a speaker provides to support particular points.	~						~	~	~								~	~	~				~	~	~	~
		CCSS.ELA- LITERACY.SL.4.4	Report on a topic or text, tell a story, or recount an experience in an organized manner, using appropriate facts and relevant, descriptive details to support main ideas or themes; speak clearly at an understandable pace.	~																		~				~	~	~	

												Key	Skills	& Co	ncep	ots							Instr	uctio	nal S	trate	egies		
	Sec	OND 12D°		Brain Builders		Mind	Growth Iset & Setting		E	Unit 2: motion nagem	n	Empa	it 3: athy & Iness			Uni Prob Solv	lem-				Dis	cussi	on		Usi Stori Scena	es &	ŝ	Skill Pra	ictice
	Second Program	Step® Eleme n Alignment ademic Stan	entary Digital with Common dards for	Executive-function skills: attention, working memory, inhibitory control, and cognitive flexibility	Identify a personal goal and make a plan to reach the goal	Monitor progress and identify roadblocks	Modify a plan to move or work around roadblocks Reflect on the goal-setting process to	inform future goals	Recognize the unique things that cause them to experience strong emotions	Identify emotion-management strategies they currently use that work well for them	Anticipate and plan for situations that cause strong emotions	Identify and analyze how individuals use empathy to make their community better	Use empathy and perspective-taking to identify a problem and a potential solution within their community	Manage strong emotions to feel calm before solving problems	State the problem without blaming from the points of view of all people involved	Generate solutions that take all people's points of view into consideration	Evaluate possible outcomes of solutions based on others' points of view	Pick a solution that is safe, respectful, and could work for everyone	Identify when, where, and with whom they think it would be best to work on the problem	Respond to questions	Listen to others	Participate in whole-class, small-group, and partner discussions	Communicate ideas	Signal agreement with others' ideas	Interpret stories	Interpret audio and video media	Practice cognitive and behavioral skills	Practice skills using writing and role-play	Work independently Work in small groups and with partners
Subject	Strand	Standard	Standard Description																										
	Reading:	CCSS.ELA- LITERACY.RL.5.3	Compare and contrast two or more characters, settings, or events in a story or drama, drawing on specific details in the text (e.g., how characters interact).	~									•		~	~	~	~					~		~	~	~	~	
	Literature	CCSS.ELA- LITERACY.RL.5.7	Analyze how visual and multimedia elements contribute to the meaning, tone, or beauty of a text (e.g., graphic novel, multimedia presentation of fiction, folktale, myth, poem).	~									~										~		~	~	~	~	
		CCSS.ELA- LITERACY.W.5.2	Write informative or explanatory texts to examine a topic and convey ideas and information clearly.	~																			~				~	~	~
	Writing	CCSS.ELA- LITERACY.W.5.8	Recall relevant information from experiences or gather relevant information from print and digital sources; summarize or paraphrase information in notes and finished work, and provide a list of sources.	~																	~		~		~	~			
Juage Arts		CCSS.ELA- LITERACY.SL.5.1	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on Grade 5 topics and texts, building on others' ideas and expressing their own clearly.	~						~			~							~	~	~	~	~			~		
English Language		CCSS.ELA- LITERACY.SL.5.1.B	Follow agreed-upon rules for discussions and carry out assigned roles.	~						~										~	~	~	~	~			~		r
Engli		CCSS.ELA- LITERACY.SL.5.1.C	Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.	~																~	~	~	~				~		~
	Speaking & Listening	CCSS.ELA- LITERACY.SL.5.1.D	Review the key ideas expressed and draw conclusions in light of information and knowledge gained from the discussions.	~																	~	~	~				~		~ ~
		CCSS.ELA- LITERACY.SL.5.2	Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.	~																	~		~				~	~	~ ~
		CCSS.ELA- LITERACY.SL.5.3	Summarize the points a speaker makes and explain how each claim is supported by reasons and evidence.	~																			~				~	~	~ ~
		CCSS.ELA- LITERACY.SL.5.4	Report on a topic or text or present an opinion, sequencing ideas logically and using appropriate facts and relevant, descriptive details to support main ideas or themes; speak clearly at an understandable pace.	V																			~				~	~	~