



ALIGNMENT CHART

CASEL Core Social-Emotional Learning Competencies

■ **Second Step® Elementary Digital Program**

This diagram illustrates how elements in the Second Step Elementary digital program align with the Collaborative for Academic, Social, and Emotional Learning (CASEL) core social-emotional learning (SEL) competencies.

Self-Management

- Brain Builders
- Unit 1: Growth Mindset & Goal-Setting
- Unit 2: Emotion Management
- Unit 4: Problem-Solving

Social Awareness

- Unit 3: Empathy & Kindness
- Unit 4: Problem-Solving

Relationship Skills

- Unit 3: Empathy & Kindness
- Unit 4: Problem-Solving



Self-Awareness

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

Responsible Decision-Making

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

What Is CASEL?

CASEL is the nation's leading organization advancing the development of academic, social, and emotional competence for all students. Its mission is to help make evidence-based social-emotional learning an integral part of education from preschool through high school. To that end, CASEL has identified five interrelated SEL core competencies: self-management, self-awareness, social awareness, relationship skills, and responsible decision-making.

What Is the Second Step® Elementary Digital Program?

The research-based Second Step Elementary digital program is a universal, classroom-based program designed to increase students' school success and decrease problem behaviors by promoting social-emotional competence. It helps elementary school students focus on learning, cope with challenges, and develop prosocial behaviors (behaviors intended to help others). Lessons equip students with the mindset, knowledge, and skills to handle strong emotions, set goals, solve problems, and create strong friendships.

What Is the Second Step® Elementary Digital Program? (continued)

Committee for Children, the maker of Second Step® programs, believes that SEL can help us navigate differences, appreciate one another's perspectives, and act with empathy and compassion in our day-to-day lives. Committee for Children also believes SEL can be leveraged to speak to children's cultural assets, help educators examine their policies and practices through an equity lens, and bring in the voices of those who have historically not been heard. Accordingly, the Second Step Elementary digital program specifically addresses core tenets of CASEL's equity lens on SEL work.

Student voice is elevated throughout the Second Step Elementary digital program lessons in the following ways:

- Soliciting student ideas and opinions
- Providing choices
- Connecting content to students' real-life experiences
- Providing opportunities for students to share their knowledge and diverse experiences

To prepare students for identity development in adolescence, the Second Step Elementary digital program provides opportunities:

- To discuss personal strengths
- For students to honor and understand others' differences based on their varied personal experiences
- For students to share aspects of their personal, familial, and cultural experiences

The Second Step Elementary digital program supports teachers in creating a positive classroom climate and supports students' sense of **school connectedness and belonging** by making students feel accepted, known, and valued through community-building classroom interactions. These interactions help teachers capitalize on students' varied strengths, learn more about their students' lives, demonstrate caring and respect, validate students' experiences, support peer collaboration, and honor students' identities outside the classroom. These efforts to **increase a sense of community** are reinforced by content throughout the program that requires students to:

- Consider the collective as well as the individual
- Set community goals
- Identify and analyze how individuals use empathy to make their community better
- Identify community-level problems and whether solutions meet all members' varied needs



Kindergarten

CASEL Core Social-Emotional Learning Competencies

Second Step® Elementary Digital Program

	Unit 1: Growth Mindset & Goal-Setting					Unit 2: Emotion Management					Unit 3: Empathy & Kindness					Unit 4: Problem-Solving				
	Lesson 1: We Watch. We Listen. We Think.	Lesson 2: Why We Pay Attention	Lesson 3: Mistakes Are Okay!	Lesson 4: Practice Makes Better	Lesson 5: Performance Task: Let's Practice and Learn!	Lesson 6: Sometimes We Feel Happy	Lesson 7: Sometimes We Feel Sad	Lesson 8: Sometimes We Feel Mad	Lesson 9: We Can Feel Calm	Lesson 10: Performance Task: What Are They Feeling?	Lesson 11: We Can Be Kind	Lesson 12: Why Kindness?	Lesson 13: Showing Kindness	Lesson 14: Kindness at School	Lesson 15: Performance Task: Demonstrating Kindness	Lesson 16: We Can Say the Problem	Lesson 17: Ready to Solve Problems	Lesson 18: Apologizing Can Help	Lesson 19: Taking Turns and Sharing	Lesson 20: Performance Task: We Can Solve Problems
CASEL Competencies																				
Self-Awareness		✓		✓	✓	✓	✓	✓		✓							✓	✓	✓	✓
Self-Management	✓	✓	✓	✓	✓				✓	✓							✓		✓	✓
Social Awareness									✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relationship Skills		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Responsible Decision-Making															✓	✓	✓	✓	✓	✓



Grade 1

CASEL Core Social-Emotional Learning Competencies

Second Step® Elementary Digital Program

	Unit 1: Growth Mindset & Goal-Setting					Unit 2: Emotion Management					Unit 3: Empathy & Kindness					Unit 4: Problem-Solving				
	Lesson 1: Time to Pay Attention	Lesson 2: Everyone Gets Distracted	Lesson 3: You Did It!	Lesson 4: Helpful Thoughts	Lesson 5: Performance Task: We Can Do It!	Lesson 6: Noticing Feelings	Lesson 7: Sometimes We Feel Worried	Lesson 8: Feeling Calm	Lesson 9: Feeling Frustrated	Lesson 10: Performance Task: Noticing Clues	Lesson 11: The Power of Kind Acts	Lesson 12: Ways to Be Kind	Lesson 13: Offering Kind Acts	Lesson 14: Practicing Kind Acts	Lesson 15: Performance Task: Demonstrating Kind Acts	Lesson 16: How to Say the Problem	Lesson 17: Was It an Accident?	Lesson 18: Ask for What You Need	Lesson 19: We Can Make It Better	Lesson 20: Performance Task: Solving Problems
CASEL Competencies																				
Self-Awareness			✓	✓	✓		✓	✓			✓		✓	✓	✓			✓	✓	✓
Self-Management	✓	✓	✓	✓	✓		✓	✓	✓	✓						✓	✓	✓	✓	✓
Social Awareness						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relationship Skills											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Responsible Decision-Making																✓	✓	✓	✓	✓



Grade 2

CASEL Core Social-Emotional Learning Competencies

Second Step® Elementary Digital Program

	Unit 1: Growth Mindset & Goal-Setting					Unit 2: Emotion Management					Unit 3: Empathy & Kindness					Unit 4: Problem-Solving					
	Lesson 1: How to Get Good at Something	Lesson 2: What Mistakes Tell Us	Lesson 3: Helpful and Unhelpful Thoughts	Lesson 4: We Can Change Our Thoughts	Lesson 5: Performance Task: Learn and Get Better	Lesson 6: Feeling Proud	Lesson 7: Feeling Disappointed	Lesson 8: Help Yourself Feel Better	Lesson 9: Different Feelings	Lesson 10: Performance Task: How Do You Feel?	Lesson 11: What's Empathy?	Lesson 12: Empathy in Action	Lesson 13: Having Empathy	Lesson 14: Empathy at School	Lesson 15: Performance Task: Empathy and Kindness	Lesson 16: The Way to Say a Problem	Lesson 17: Thinking of Solutions	Lesson 18: Which Solution?	Lesson 19: What Would I Want?	Lesson 20: Performance Task: Be a Problem-Solver	
CASEL Competencies																					
Self-Awareness	✓	✓	✓			✓	✓		✓	✓		✓	✓		✓	✓				✓	✓
Self-Management	✓	✓	✓	✓	✓		✓	✓		✓						✓					✓
Social Awareness						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relationship Skills						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Responsible Decision-Making	✓	✓		✓	✓											✓	✓	✓	✓	✓	✓



Grade 3

CASEL Core Social-Emotional Learning Competencies

Second Step® Elementary Digital Program

	Unit 1: Growth Mindset & Goal-Setting					Unit 2: Emotion Management					Unit 3: Empathy & Kindness					Unit 4: Problem-Solving				
	Lesson 1: Changing Your Brain	Lesson 2: Getting Better with Practice	Lesson 3: More Than Practice	Lesson 4: Planning for Practice	Lesson 5: Performance Task: Make a Practice Plan	Lesson 6: Why Emotions?	Lesson 7: How Angry?	Lesson 8: Take a Break	Lesson 9: How Happy?	Lesson 10: Performance Task: Strength of Feelings	Lesson 11: Kindness and Friendship	Lesson 12: Building a Friendship	Lesson 13: My Kind of Kindness	Lesson 14: Asking Questions	Lesson 15: Performance Task: Do Something Kind	Lesson 16: STEP by Step	Lesson 17: S: Say the Problem	Lesson 18: T: Think and E: Explore	Lesson 19: P: Pick a Solution	Lesson 20: Performance Task: Solving a Problem
CASEL Competencies																				
Self-Awareness	✓	✓	✓	✓	✓	✓			✓	✓			✓							✓
Self-Management	✓	✓	✓	✓	✓		✓	✓	✓	✓						✓	✓			✓
Social Awareness											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relationship Skills											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Responsible Decision-Making		✓	✓	✓	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓



Grade 4

CASEL Core Social-Emotional Learning Competencies

Second Step® Elementary Digital Program

CASEL Competencies	Unit 1: Growth Mindset & Goal-Setting					Unit 2: Emotion Management					Unit 3: Empathy & Kindness					Unit 4: Problem-Solving				
	Lesson 1: Setting a Good Goal	Lesson 2: Making a Plan	Lesson 3: Checking Our Progress	Lesson 4: Reflecting On Our Journey	Lesson 5: Performance Task: Ready, Set, Goal!	Lesson 6: The Balanced Brain	Lesson 7: What Is Rethinking?	Lesson 8: How to Rethink	Lesson 9: Take Another Look	Lesson 10: Performance Task: Rethink It!	Lesson 11: The Same, But Different	Lesson 12: Ask, Listen, Learn	Lesson 13: Seeing It Differently	Lesson 14: Changing Your Mind	Lesson 15: Performance Task: A New Point of View	Lesson 16: A Good Problem-Solver	Lesson 17: Saying It Respectfully	Lesson 18: Exploring Outcomes	Lesson 19: A Good Solution	Lesson 20: Performance Task: STEP into Problem-Solving
Self-Awareness	✓	✓	✓	✓	✓	✓								✓	✓		✓			✓
Self-Management	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						✓	✓			✓
Social Awareness											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relationship Skills	✓	✓	✓	✓	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Responsible Decision-Making	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓



Grade 5

CASEL Core Social-Emotional Learning Competencies

Second Step® Elementary Digital Program

	Unit 1: Growth Mindset & Goal-Setting					Unit 2: Emotion Management					Unit 3: Empathy & Kindness					Unit 4: Problem-Solving				
	Lesson 1: The Right Goal for Me	Lesson 2: My Plan	Lesson 3: Changing My Plan	Lesson 4: Time to Reflect	Lesson 5: Performance Task: My 10-Minute Goal	Lesson 6: Strong Emotions	Lesson 7: What Is Stress?	Lesson 8: Planning for Change	Lesson 9: What Can I Change?	Lesson 10: Performance Task: Making a Change	Lesson 11: Empathy in the Community	Lesson 12: What's the Problem?	Lesson 13: A Different Point of View	Lesson 14: Community Solutions	Lesson 15: Performance Task: Your Solution	Lesson 16: Beginning to STEP	Lesson 17: When? Where? Who?	Lesson 18: Solutions Web	Lesson 19: Let's Reflect	Lesson 20: Performance Task: Putting It All Together
CASEL Competencies																				
Self-Awareness	✓	✓	✓	✓	✓	✓	✓		✓	✓				✓						✓
Self-Management	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				✓	✓	✓	✓			✓
Social Awareness						✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relationship Skills						✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Responsible Decision-Making	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓