



ALIGNMENT CHART

Omaha Public Schools' Portrait of a Graduate

- Second Step® Elementary Digital Program**
- Second Step® Middle School Digital Program**

About Second Step® Programs

The research-based Second Step Elementary and Second Step Middle School digital programs are universal, web-based classroom programs designed to promote social-emotional competence, which can help increase students' school success and decrease problem behaviors.^{1,2} The programs help students learn how to cope with challenges, create positive relationships, and succeed both socially and academically. Skills are reviewed and expanded each year, gradually becoming more complex as students get older. Lessons provide tools for students to develop the mindsets, knowledge, and skills to handle strong emotions, show kindness and empathy, build and strengthen friendships, make and follow through on good decisions, and solve problems with their peers.

How the Programs Meet the Omaha Public Schools' Portrait of a Graduate

The following tables indicate which specific Second Step® grade-band lessons and related materials can help students develop the knowledge, skills, and attitudes needed to meet the Omaha Public Schools' Portrait of a Graduate standards. Boxes are checked to indicate that the Second Step digital programs meet a given standard within the identified grade or grade-band (for instance, Grades K–5) when:

1. Students have clear opportunities to actively process the knowledge or practice the skills described in the standard through discussion, writing, drawing, or other related activities.
2. There are opportunities for teachers to gather evidence of student learning in relation to the standards.

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 meta-analysis of follow-up effects. *Child Development, 88*(4), 1156–1171. <https://doi.org/10.1111/cdev.12864>



Kindergarten-Grade 2

Omaha Public Schools' Portrait of a Graduate

Second Step® Elementary Digital Program

		Key Skills and Concepts																			
		Brain Builders (Executive-Function Skills)			Unit 1: Growth Mindset & Goal-Setting				Unit 2: Emotion Management				Unit 3: Empathy & Kindness				Unit 4: Problem-Solving				
		Attention	Working memory	Inhibitory control	Focus attention and ignore distractions	Persevere through challenges while recognizing mistakes are part of learning	Recognize unhelpful thoughts and replace with helpful thoughts	Recognize that skills improve with practice and effort	Identify and name one's own emotions	Recognize and identify emotions in others	Recognize strong emotions	Manage strong emotions by using strategies to feel calm	Recognize kindness and act kindly toward others	Take others' perspectives	Develop empathy for others	Recognize that empathy can lead to kind acts	Manage strong emotions to feel calm before solving problems	Apply strategies to solve problems	Recognize accidents and make amends	State the problem without blame or name-calling	Think of many solutions to a problem
	Standard																				
Collaborator	Demonstrates the ability to work interdependently with diverse perspectives to promote learning and achieve common goals.													✓	✓			✓			✓
Communicator	Communicates with purpose and intent in a variety of modes and formats through effective reading, writing, listening, and speaking skills.								✓											✓	
Critical Thinker	Exhibits the ability to reason through and weigh evidence to make complex decisions.																	✓			✓
Innovator	Generates, invests in, and shares ideas and solutions.							✓								✓		✓	✓	✓	✓
Civic and Global Contributor	Understands, embraces, and participates in open dialogue regarding diverse issues that impact their community and an inclusive world.																				
Resilient Achiever	Overcomes obstacles and recognizes the need to continue growth through perseverance.					✓		✓													



Grades 6-8

Omaha Public Schools' Portrait of a Graduate

Second Step® Middle School Digital Program

		Key Skills and Concepts																			
		Unit 1: Mindsets & Goals					Unit 2: Recognizing Bullying & Harassment					Unit 3: Thoughts, Emotions & Decisions				Unit 4: Managing Relationships & Social Conflict					
		Recognize that social challenges are common and get better in time	Understand that the brain can grow and change	Set personal goals and create plans to achieve them	Determine how to adjust and persist after making a mistake	Apply personal strengths to develop an interest or get better at something new	Recognize common types of bullying and harassment	Understand the negative impacts of bullying and harassment	Determine the best upstander strategy for a situation	Understand students' responsibility to create a positive school climate	Recognize how social and environmental factors contribute to bullying and harassment in their school	Prepare to take action to disrupt factors that contribute to bullying and harassment at school	Understand how emotions influence decision-making in positive and negative ways	Recognize and reframe unhelpful thoughts	Recognize the signs of stress and anxiety	Apply stress- and emotion-management strategies	Recognize how conflicts escalate	Describe the different perspectives of the people involved in a conflict	Apply the four-step conflict resolution process	Identify ways to make amends	Recognize the signs of healthy and unhealthy relationships
		Standard																			
Collaborator	Demonstrates the ability to work interdependently with diverse perspectives to promote learning and achieve common goals.																				✓
Communicator	Communicates with purpose and intent in a variety of modes and formats through effective reading, writing, listening, and speaking skills.								✓			✓									✓
Critical Thinker	Exhibits the ability to reason through and weigh evidence to make complex decisions.																				✓
Innovator	Generates, invests in, and shares ideas and solutions.			✓	✓	✓															✓
Civic and Global Contributor	Understands, embraces, and participates in open dialogue regarding diverse issues that impact their community and an inclusive world.																				✓
Resilient Achiever	Overcomes obstacles and recognizes the need to continue growth through perseverance.				✓																