



New Jersey SEL Competencies & Sub-Competencies  
Alignment with Second Step SEL for Grades K-3



| NJ SEL Competencies & Sub-Competencies  | Second Step Key Concepts |                       |               |              |                     |              |                     |   |                                      |                                    |                  |              |                    |                            |                           |                           |                           |                                     |                                   |                      |  |  |                           |                        |                    |                        |   |
|---|--------------------------|-----------------------|---------------|--------------|---------------------|--------------|---------------------|---|--------------------------------------|------------------------------------|------------------|--------------|--------------------|----------------------------|---------------------------|---------------------------|---------------------------|-------------------------------------|-----------------------------------|----------------------|--|--|---------------------------|------------------------|--------------------|------------------------|---|
|   | SKILLS FOR LEARNING      |                       |               |              |                     |              |                     | EMPATHY                                       |                                      |                                    |                  |              | EMOTION MANAGEMENT |                            |                           |                           |                           | PROBLEM SOLVING                     |                                   |                      |  |  | EXECUTIVE-FUNCTION SKILLS |                        |                    |                        |   |
|   | Focus Attention          | Listen with Attention | Use Self-Talk | Be Assertive | Remember Directions | Stay on Task | Ignore Distractions | Identify and Understand Their Own and Others' | Build a Vocabulary of Feelings Words | Begin to Take Others' Perspectives | Listen to Others | Have Empathy | Express Compassion | Understand Strong Feelings | Recognize Strong Feelings | Calm Down Strong Feelings | Use the Ways to Calm Down | Use Communication / Language Skills | Calm Down Before Solving Problems | Describe the Problem | Think of Multiple Solutions to a Problem | Explore Consequences of Solutions to Pick the Best Solution to a Problem | Develop Friendship Skills | Use Flexible Attention | Use Working Memory | Use Inhibitory Control |   |
| <b>Grades K-3</b>   |                          |                       |               |              |                     |              |                     |   |                                      |                                    |                  |              |                    |                            |                           |                           |                           |                                     |                                   |                      |  |  |                           |                        |                    |                        |   |
| 1.1. - Recognize one's feelings and thoughts  |                          |                       |               |              |                     |              | X                   | X   |                                      |                                    |                  | X            | X                  | X                          | X                         | X                         |                           | X                                   |                                   |                      |  |  |                           |                        |                    |                        |   |
| 1.2. - Recognize the impact of one's feelings and thoughts on one's own behavior                                    | X                        | X                     | X             |              |                     | X            | X                   | X   |                                      | X                                  |                  | X            | X                  | X                          | X                         | X                         | X                         | X                                   | X                                 |                      |  |  |                           |                        |                    |                        |   |
| 1.3. - Recognize one's personal traits, strengths, and limitations  |                          |                       |               |              |                     |              | X                   |   |                                      |                                    |                  |              |                    | X                          |                           |                           | X                         |                                     |                                   |                      |  |  | X                         |                        |                    |                        |   |
| 1.4. - Recognize the importance of self-confidence in handling daily tasks and challenges                           |                          |                       |               | X            |                     |              | X                   |   |                                      |                                    |                  |              |                    |                            |                           |                           | X                         |                                     |                                   |                      |  |  | X                         |                        |                    |                        |   |
| 2.1. - Understand and practice strategies for managing one's own emotions, thoughts and behaviors                   | X                        | X                     | X             | X            | X                   | X            | X                   | X   |                                      |                                    |                  |              | X                  | X                          | X                         | X                         | X                         | X                                   | X                                 | X                    | X  | X  | X                         | X                      | X                  | X                      | X |
| 2.2. - Recognize the skills needed to establish and achieve personal and educational goals                          | X                        | X                     | X             | X            | X                   | X            | X                   | X   | X                                    | X                                  | X                | X            | X                  | X                          | X                         | X                         | X                         | X                                   | X                                 | X                    | X  | X  | X                         | X                      | X                  | X                      | X |
| 2.3. - Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals |                          |                       |               |              |                     |              |                     |   |                                      |                                    |                  |              |                    |                            |                           |                           |                           | X                                   | X                                 | X                    | X  | X  | X                         |                        |                    |                        |   |
| 3.1. - Recognize and identify the thoughts, feelings, and perspectives of others                                    |                          |                       |               |              |                     |              | X                   | X   | X                                    | X                                  | X                | X            | X                  |                            |                           |                           |                           |                                     |                                   |                      | X  |  | X                         |                        |                    |                        |   |
| 3.2. - Demonstrate an awareness of the differences among individuals, groups, and others' cultural backgrounds      |                          |                       |               |              |                     |              |                     |   | X                                    | X                                  | X                | X            |                    |                            |                           |                           |                           |                                     |                                   |                      |  |  | X                         |                        |                    |                        |   |
| 3.3. - Demonstrate an understanding of the need for mutual respect when viewpoints differ                           |                          |                       |               |              |                     |              | X                   | X   | X                                    | X                                  | X                | X            |                    |                            |                           |                           |                           | X                                   |                                   | X                    |  | X  |                           |                        |                    |                        |   |
| 3.4. - Demonstrate an awareness of the expectations for social interactions in a variety of settings                |                          |                       |               | X            |                     |              |                     |   | X                                    |                                    |                  |              |                    |                            |                           |                           |                           |                                     |                                   |                      |  |  | X                         |                        |                    |                        |   |
| 4.1. - Develop, implement, and model effective problem-solving and critical-thinking skills                         |                          |                       |               | X            |                     |              |                     |   | X                                    | X                                  | X                |              | X                  | X                          | X                         | X                         | X                         | X                                   | X                                 | X                    | X  | X  | X                         | X                      | X                  | X                      |   |
| 4.2. - Identify the consequences associated with one's actions in order to make constructive choices                |                          |                       |               |              |                     |              |                     |   | X                                    |                                    | X                |              |                    |                            |                           |                           |                           |                                     |                                   | X                    | X  | X  |                           |                        |                    |                        |   |
| 4.3. - Evaluate personal, ethical, safety, and civic impact of decisions  |                          |                       |               |              |                     |              |                     |   | X                                    |                                    | X                | X            |                    |                            |                           |                           |                           |                                     |                                   | X                    | X  | X  |                           |                        |                    |                        |   |
| 5.1. - Establish and maintain healthy relationships   |                          |                       |               | X            |                     |              | X                   |   | X                                    | X                                  | X                | X            | X                  | X                          | X                         | X                         | X                         |                                     |                                   |                      |  |  | X                         |                        |                    |                        |   |
| 5.2. - Use positive communication and social skills to interact effectively with others                             | X                        | X                     |               | X            | X                   |              | X                   |   | X                                    | X                                  | X                | X            | X                  | X                          | X                         | X                         | X                         | X                                   |                                   |                      |  |  | X                         |                        |                    |                        |   |
| 5.3. - Identify ways to resist inappropriate social pressure  |                          |                       |               | X            |                     |              |                     |   |                                      |                                    |                  |              |                    |                            |                           |                           |                           |                                     |                                   |                      |  | X  | X                         |                        |                    |                        |   |
| 5.4. - Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways                  |                          | X                     | X             | X            |                     |              | X                   | X   | X                                    | X                                  | X                | X            | X                  | X                          | X                         | X                         | X                         | X                                   | X                                 | X                    | X  | X  | X                         | X                      | X                  | X                      |   |
| 5.5. - Identify who, when, where, or how to seek help for oneself or others when needed                             |                          |                       |               | X            |                     |              |                     |   |                                      |                                    |                  |              |                    |                            |                           |                           | X                         |                                     |                                   | X                    | X  | X  |                           |                        |                    |                        |   |

# New Jersey SEL Competencies & Sub-Competencies Alignment with Second Step SEL for Grades 4–5



| NJ SEL Competencies & Sub-Competencies   | Second Step Key Concepts                                   |                           |                       |                          |                           |                    |                    |  |                                       |                             |                        |                                |                        |                                   |  |  |  |             |  |
|--|--|---------------------------|-----------------------|--------------------------|---------------------------|--------------------|--------------------|--|---------------------------------------|-----------------------------|------------------------|--------------------------------|------------------------|-----------------------------------|--|--|--|-------------|--|
|  | EMPATHY AND SKILLS FOR LEARNING                            |                           |                       |                          |                           |                    |                    | EMOTION MANAGEMENT   |                                       |                             |                        |                                |                        |                                   | PROBLEM SOLVING                            |  |  |             |  |
|  | Identify and Understand Their Own and Others' Perspectives | Take Others' Perspectives | Listen with Attention | Use Assertiveness Skills | Develop Friendship Skills | Use Empathy Skills | Express Compassion | Recognize How Strong Feelings Affect Brain and Focus Attention | Calm Down Strong Feelings Using Steps | Use Calming-Down Strategies | Manage Strong Feelings | Assertive Communication Skills | Use Positive Self-Talk | Calm Down Before Solving Problems | State a Problem Using Non-Blaming Language | Think of Multiple Solutions to a Problem | Explore Consequences of Solutions to Pick the Best Solution to a Problem | Make a Plan | Apply Problem-Solving Steps to Age-Typical |
| <b>Grades 4-5</b>  |  |                           |                       |                          |                           |                    |                    |  |                                       |                             |                        |                                |                        |                                   |  |  |  |             |  |
| 1.1 - Recognize one's feelings and thoughts  | X  |                           |                       |                          |                           |                    | X                  | X  |                                       | X                           | X                      | X                              |                        |                                   |  |  |  |             | X  |
| 1.2 - Recognize the impact of one's feelings and thoughts on one's own behavior                                    | X  |                           | X                     |                          |                           |                    | X                  | X  | X                                     | X                           | X                      |                                |                        |                                   |  |  |  |             | X  |
| 1.3 - Recognize one's personal traits, strengths, and limitations  | X  |                           |                       |                          | X                         |                    |                    |  |                                       |                             |                        |                                |                        |                                   |  |  |  |             |  |
| 1.4 - Recognize the importance of self-confidence in handling daily tasks and challenges                           | X  |                           |                       | X                        | X                         |                    |                    |  |                                       |                             |                        |                                |                        |                                   |  |  |  |             |  |
| 2.1 - Understand and practice strategies for managing one's own emotions, thoughts, and behaviors                  | X  | X                         | X                     | X                        | X                         |                    |                    | X  | X                                     | X                           | X                      | X                              | X                      | X                                 | X  | X  | X  | X           | X  |
| 2.2 - Recognize the skills needed to establish and achieve personal and educational goals                          | X  | X                         | X                     | X                        | X                         | X                  | X                  | X  | X                                     | X                           | X                      | X                              |                        | X                                 | X  | X  | X  | X           | X  |
| 2.3 - Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals |  |                           |                       |                          | X                         |                    |                    |  |                                       |                             |                        |                                |                        | X                                 | X  | X  | X  | X           | X  |
| 3.1 - Recognize and identify the thoughts, feelings, and perspectives of others                                    | X  | X                         |                       |                          | X                         | X                  | X                  | X  |                                       |                             |                        |                                |                        |                                   |  |  |  |             | X  |
| 3.2 - Demonstrate an awareness of the differences among individuals, groups, and others' cultural backgrounds      |  | X                         |                       |                          | X                         | X                  | X                  |  |                                       |                             |                        | X                              |                        |                                   |  |  |  |             |  |
| 3.3 - Demonstrate an understanding of the need for mutual respect when viewpoints differ                           | X  | X                         |                       |                          | X                         | X                  | X                  |  |                                       |                             |                        |                                | X                      |                                   | X  |  |  |             |  |
| 3.4 - Demonstrate an awareness of the expectations for social interactions in a variety of settings                |  | X                         |                       |                          | X                         |                    |                    |  |                                       |                             |                        |                                |                        |                                   |  |  |  |             | X  |
| 4.1 - Develop, implement, and model effective problem-solving and critical-thinking skills                         |  | X                         |                       | X                        | X                         | X                  |                    | X  |                                       | X                           | X                      | X                              | X                      | X                                 | X  | X  | X  | X           | X  |
| 4.2 - Identify the consequences associated with one's actions in order to make constructive choices                |  | X                         |                       |                          |                           | X                  |                    |  |                                       |                             |                        |                                |                        |                                   |  | X  | X  | X           | X  |
| 4.3 - Evaluate personal, ethical, safety, and civic impact of decisions  |  | X                         |                       |                          |                           |                    | X                  | X  |                                       |                             |                        |                                |                        |                                   |  | X  | X  | X           | X  |
| 5.1 - Establish and maintain healthy relationships   | X  | X                         |                       | X                        | X                         | X                  | X                  | X  |                                       | X                           | X                      | X                              |                        |                                   |  |  |  |             |  |
| 5.2 - Use positive communication and social skills to interact effectively with others                             | X  | X                         | X                     | X                        | X                         | X                  | X                  | X  | X                                     | X                           | X                      | X                              |                        | X                                 |  |  |  |             |  |
| 5.3 - Identify ways to resist inappropriate social pressure  |  |                           |                       | X                        |                           |                    |                    |  |                                       |                             |                        |                                |                        |                                   |  |  | X  | X           | X  |
| 5.4 - Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways                  | X  | X                         | X                     | X                        | X                         | X                  | X                  | X  |                                       | X                           | X                      | X                              |                        | X                                 | X  | X  | X  | X           | X  |
| 5.5 - Identify who, when, where, or how to seek help for oneself or others when needed                             |  |                           |                       | X                        |                           |                    |                    |  |                                       |                             |                        |                                |                        |                                   |  | X  | X  | X           | X  |

# New Jersey SEL Competencies & Sub-Competencies Alignment with Second Step SEL for Grades 6–8



| NJ SEL Competencies & Sub-Competencies  | Second Step Key Concepts                       |                             |   |                             |  |  |                                    |                      |   |                                    |  |                             |                         |   |
|---|--|-----------------------------|---|-----------------------------|--|--|------------------------------------|----------------------|---|------------------------------------|--|-----------------------------|-------------------------|---|
|   | Growth Mindset: Your Brain Can Grow and Change | Setting and Achieving Goals | Planning Ahead for Difficult Situations | Identifying Personal Values | Using Personal Values to Make Good Decisions | Making Friends and Strengthening Friendships | Recognizing Negative Relationships | The Role of Emotions | Handling Unhelpful Thoughts and Calming-Down Strategies | Recognizing Different Perspectives | Recognizing and Avoiding Serious Conflicts | Resolving Serious Conflicts | Repairing Relationships | Helping Prevent Bullying and Harassment |
| <b>Grades 6–8</b>   |  |                             |   |                             |  |  |                                    |                      |   |                                    |  |                             |                         |   |
| 1.1. - Recognize one's feelings and thoughts  |  |                             |   |                             |  |  | X                                  | X                    | X   | X                                  |  | X                           | X                       | X                                       |
| 1.2. - Recognize the impact of one's feelings and thoughts on one's own behavior                                    |  |                             |   |                             |  |  |                                    | X                    | X   | X                                  |  | X                           | X                       | X                                       |
| 1.3. - Recognize one's personal traits, strengths, and limitations  | X  | X                           |   | X                           | X  | X  |                                    |                      |   |                                    |  |                             |                         |   |
| 1.4. - Recognize the importance of self-confidence in handling daily tasks and challenges                           | X  | X                           |   | X                           | X  |  |                                    |                      |   |                                    |  |                             |                         |   |
| 2.1. - Understand and practice strategies for managing one's own emotions, thoughts, and behaviors                  |  |                             | X                                       |                             | X  |  |                                    | X                    | X   | X                                  |  | X                           | X                       | X                                       |
| 2.2. - Recognize the skills needed to establish and achieve personal and educational goals                          | X  | X                           | X                                       | X                           | X  | X  |                                    | X                    | X   | X                                  | X  | X                           | X                       | X                                       |
| 2.3. - Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals | X  | X                           | X                                       |                             |  |  |                                    |                      |   |                                    |  | X                           | X                       |   |
| 3.1. - Recognize and identify the thoughts, feelings, and perspectives of others                                    |  |                             |   |                             |  | X  | X                                  |                      |   |                                    | X  | X                           | X                       | X                                       |
| 3.2. - Demonstrate an awareness of the differences among individuals, groups, and others' cultural backgrounds      |  |                             |   |                             |  | X  |                                    |                      |   |                                    | X  |                             |                         | X                                       |
| 3.3. - Demonstrate an understanding of the need for mutual respect when viewpoints differ                           |  |                             | X                                       |                             | X  | X  |                                    |                      |   |                                    | X  | X                           | X                       | X                                       |
| 3.4. - Demonstrate an awareness of the expectations for social interactions in a variety of settings                |  |                             | X                                       |                             |  | X  |                                    |                      |   |                                    | X  | X                           | X                       | X                                       |
| 4.1. - Develop, implement, and model effective problem-solving and critical-thinking skills                         | X  | X                           | X                                       |                             |  |  |                                    |                      |   |                                    |  | X                           | X                       | X                                       |
| 4.2. - Identify the consequences associated with one's actions in order to make constructive choices                | X  | X                           | X                                       |                             | X  |  | X                                  | X                    | X   | X                                  | X  | X                           | X                       | X                                       |
| 4.3. - Evaluate personal, ethical, safety, and civic impact of decisions  |  | X                           | X                                       | X                           | X  |  | X                                  | X                    | X   |                                    |  | X                           | X                       | X                                       |
| 5.1. - Establish and maintain healthy relationships   |  |                             |   |                             |  | X  | X                                  |                      |   |                                    |  |                             | X                       | X                                       |
| 5.2. - Utilize positive communication and social skills to interact effectively with others                         |  |                             |   |                             |  | X  | X                                  |                      | X   | X                                  | X  | X                           | X                       | X                                       |
| 5.3. - Identify ways to resist inappropriate social pressure  |  |                             | X                                       | X                           | X  | X  | X                                  | X                    | X   |                                    |  | X                           | X                       | X                                       |
| 5.4. - Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways                  |  |                             | X                                       | X                           | X  |  |                                    |                      |   |                                    | X  | X                           | X                       | X                                       |
| 5.5. - Identify who, when, where, or how to seek help for oneself or others when needed                             | X  | X                           | X                                       |                             |  |  |                                    |                      |   | X                                  |  | X                           | X                       | X                                       |