



**ALIGNMENT CHART**

# CDC HECAT: Mental and Emotional Health Curriculum

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

## About Second Step® Programs

Second Step Early Learning and the Second Step Elementary and Second Step Middle School digital programs are research-based classroom programs designed to promote social-emotional competence, which can help increase students' school success and decrease problem behaviors.<sup>1,2</sup> 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. Weekly Themes and 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 CDC HECAT Mental and Emotional Health Curriculum

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 Centers for Disease Control and Prevention (CDC) Health Education Curriculum Analysis Tool (HECAT) Mental and Emotional Health Curriculum healthy behavior outcomes. Boxes are checked to indicate that the Second Step programs meet a given CDC healthy behavior outcome 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 healthy behavior outcome through discussion, writing, drawing, or other related activities.
2. There are opportunities for teachers to gather evidence of student learning in relation to the healthy behavior outcomes.

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>



## Early Learning

### CDC HECAT: Mental and Emotional Health Curriculum

Second Step® Early Learning

	Key Skills and Concepts																											
	Skills for Learning						Empathy						Emotion Management					Friendship Skills				Problem-Solving			Executive-Function Skills			
	Focus attention and get better in time	Listen with attention	Use self-talk	Be assertive	Remember directions	Stay on task	Ignore distractions	Identify and understand their own and others' feelings	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 strong feelings down	Use the Calming-Down Steps	Communication and language skills	Play fair	Invite others to play	Ask to join in play	Choose to have fun over getting their way	Calm down before solving problems	Describe the problem	Think of multiple solutions to a problem	Flexible attention	Working memory	Inhibitory control
Healthy Behavior Outcomes																												
HBO 1. Express feelings in a healthy way.							✓					✓	✓	✓	✓	✓	✓	✓	✓			✓	✓					
HBO 2. Engage in activities that are mentally and emotionally healthy.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
HBO 3. Manage interpersonal conflict in healthy ways.																							✓	✓	✓			
HBO 4. Prevent and manage emotional stress and anxiety in healthy ways.							✓						✓	✓	✓	✓	✓					✓	✓					
HBO 5. Use self-control and impulse-control strategies to promote health.	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓					✓	
HBO 6. Get help for troublesome thoughts, feelings, or actions for oneself and others.													✓		✓		✓						✓	✓				
HBO 7. Show acceptance of difference in others.				✓					✓	✓	✓	✓										✓						
HBO 8. Establish and maintain healthy relationships.				✓			✓		✓	✓	✓	✓							✓	✓	✓	✓	✓	✓				
HBO 9. Practice habits that promote mental and emotional well-being.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



## Kindergarten-Grade 2

### CDC HECAT: Mental and Emotional Health Curriculum

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
Healthy Behavior Outcomes																				
HBO 1. Express feelings in a healthy way.								✓		✓	✓					✓				
HBO 2. Engage in activities that are mentally and emotionally healthy.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
HBO 3. Manage interpersonal conflict in healthy ways.																✓	✓	✓	✓	✓
HBO 4. Prevent and manage emotional stress and anxiety in healthy ways.						✓					✓					✓	✓			
HBO 5. Use self-control and impulse-control strategies to promote health.			✓	✓		✓					✓					✓	✓	✓	✓	
HBO 6. Get help for troublesome thoughts, feelings, or actions for oneself and others.											✓						✓			
HBO 7. Show acceptance of difference in others.													✓	✓	✓					
HBO 8. Establish and maintain healthy relationships.												✓	✓	✓	✓	✓	✓	✓	✓	✓
HBO 9. Practice habits that promote mental and emotional well-being.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



## Grades 3-5

### CDC HECAT: Mental and Emotional Health Curriculum

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	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	Set goals	Make plans	Monitor progress toward goals	Reflect to inform future goals	Recognize that strong emotions make it hard to think clearly	Identify and label similar emotions with different intensity levels	Recognize that regulating emotions is necessary to make decisions	Apply reappraisal as an emotion-management strategy	Apply planning ahead to manage recurring strong emotions	Recognize kindness helps them make friends and strengthen relationships	Recognize that people can have different points of view about the same thing	Recognize that empathy and perspective-taking can help them get along with others	Apply perspective-taking strategies to empathize with others	Apply perspective-taking strategies to make their community a better place	Explain the importance of being calm before problem-solving	Explain the importance of speaking up for one's self when solving a problem	State the problem without blaming and from all points of view	Generate solutions to take all points of view into consideration	Evaluate possible outcomes of solutions to a problem based on all 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	
<b>Healthy Behavior Outcomes</b>																											
HBO 1. Express feelings in a healthy way.										✓	✓	✓	✓	✓							✓	✓	✓				
HBO 2. Engage in activities that are mentally and emotionally healthy.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
HBO 3. Manage interpersonal conflict in healthy ways.																					✓	✓	✓	✓	✓	✓	✓
HBO 4. Prevent and manage emotional stress and anxiety in healthy ways.													✓	✓							✓						
HBO 5. Use self-control and impulse-control strategies to promote health.			✓										✓	✓							✓		✓				
HBO 6. Get help for troublesome thoughts, feelings, or actions for oneself and others.														✓													
HBO 7. Show acceptance of difference in others.																✓	✓	✓	✓			✓	✓	✓	✓	✓	✓
HBO 8. Establish and maintain healthy relationships.															✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
HBO 9. Practice habits that promote mental and emotional well-being.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



## Grades 6-8

### CDC HECAT: Mental and Emotional Health Curriculum

Second Step® Middle School Digital Program

Healthy Behavior Outcomes	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
HBO 1. Express feelings in a healthy way.											✓	✓	✓	✓			✓			
HBO 2. Engage in activities that are mentally and emotionally healthy.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
HBO 3. Manage interpersonal conflict in healthy ways.															✓	✓	✓	✓	✓	
HBO 4. Prevent and manage emotional stress and anxiety in healthy ways.												✓	✓	✓			✓			
HBO 5. Use self-control and impulse-control strategies to promote health.												✓	✓	✓			✓	✓		
HBO 6. Get help for troublesome thoughts, feelings, or actions for oneself and others.								✓		✓				✓	✓				✓	
HBO 7. Show acceptance of difference in others.								✓	✓	✓						✓	✓			
HBO 8. Establish and maintain healthy relationships.															✓	✓	✓	✓	✓	
HBO 9. Practice habits that promote mental and emotional well-being.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	