



**2020-2021 SUGGESTED IMPLEMENTATION PLAN**

# **Second Step® Elementary**

2020 marks the beginning of an unprecedented school year where social-emotional learning (SEL) is more critical than ever. This plan is designed to help you successfully implement Second Step® Elementary whether your school or district is teaching remotely, in-person, or with a hybrid of the two methods.

This plan includes SEL activities for both students and staff. The social-emotional well-being of staff is just as important as that of students, especially this year, so the suggested staff activities should be considered an integral part of your Second Step implementation.

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# Second Step® Elementary 2020-2021 Suggested Implementation Plan At-a-Glance

		Before School Opens	Weeks 1-5	Weeks 6-12	Weeks 13-24	Weeks 25-31
Remote Learning	Staff Activities	Review <a href="#">Second Step Remote Class Meeting Guide</a>	Review <a href="#">Second Step Remote Adaptation Guide</a>			
		Complete Units 1-3 of the <a href="#">Second Step® SEL for Adults Resilience During Crisis Module</a>				
	Student Activities		Community Building with Activities from the <a href="#">Second Step Remote Class Meeting Guide</a>	Teach Second Step Lessons in Order		
				Supplement with Second Step SEL for Adults Module student activities	Supplement with Remote Class Meetings, Following Through Card Activities and Mind Yeti® Mindfulness Sessions	

In-Person/Hybrid Learning	Staff Activities	Complete Units 1-3 of the <a href="#">Second Step SEL for Adults Resilience During Crisis Module</a>				
			Review <a href="#">Second Step Hybrid Adaptation Guide</a>			
	Student Activities		Second Step Community Rebuilding Unit (see the Resource Library for links)	Teach Second Step Lessons in Order		
				Supplement with Second Step SEL for Adults Module student activities	Supplement with Following Through Card Activities and <a href="#">Mind Yeti Mindfulness Sessions</a>	

# Resource Library

**Second Step® Digital Lesson Scripts**

Starting in early August, Second Step® Elementary lesson scripts for Unit 1 (including Unit 1 of the Second Step Bullying Prevention Unit and Second Step Child Protection Unit) will be available online.

**Second Step® SEL for Adults Resilience During Crisis Module**

We're providing free access to a field-test version of this module ahead of its final release next year. Designed to guide school communities' response to events that cause extreme stress, our module will help teachers and school leaders strengthen their own resilience as well as recognize the signs of students in need of mental health supports.

**Second Step Remote Class Meeting Guide**

This guide provides supports for establishing remote Class Meetings and using those meetings to maintain a sense of community among students during school closures. This guide has a mix of general strategies and specific activities.

**Second Step Community Rebuilding Unit**

This is a new, five-lesson unit that can be used to help rebuild elementary students' connections to school in the wake of extended school closures. There will be three separate sets of lessons for Kindergarten–Grade 1, Grades 2–3, and Grades 4–5. The unit includes strategies educators can use to help foster a positive, supportive school environment. The lessons are designed to be taught when schools first open for in-person instruction, whenever that date comes.

**Second Step Hybrid Adaptation Guide**

Schools that are open part-time can use this guide to adapt all levels of the Second Step program to meet their needs.

**Second Step Remote Adaptation Guide**

Schools that remain closed can use this guide to adapt all levels of the Second Step program to meet their needs. This guide is grounded in feedback and direct observation of remote Second Step lessons.

**Second Step SEL for Adults Resilience During Crisis Student Activities**

Once educators complete Unit 3 of the Resilience During Crisis Module, they'll gain access to activities they can do with students to support students' resilience in the face of crisis. There are lessons for Kindergarten–Grade 1, Grades 2–3, and Grades 4–5.

**Second Step Lessons**

These are the core lessons of the Second Step program.

**Reinforcement Activities**

Every lesson in the Second Step program has reinforcement activities such as Daily Practice activities and Brain Builders. These activities are available on each lesson's Following Through Card.

**Mind Yeti®**

Mind Yeti mindfulness sessions are designed for adults to do alongside children and work well for both in-person and remote teaching.



# Suggested Implementation Plan Rationale

## **Have all staff complete the Second Step® SEL for Adults Resilience During Crisis Module as soon as possible.**

As Dr. Adam Sáenz, author of *The Power of a Teacher*, says: "The best Tier 1 intervention is a healthy teacher." We need to take care of ourselves before we can take care of others. Completing this module will ensure that educators can successfully support their students.

## **Begin the year with community-building activities.**

Facilitating community-building activities early in the school year provides an optimal foundation for the Second Step program by establishing a strong sense of community and trust, which allow students to more fully engage with their peers and with Second Step lessons.

## **Supplement Second Step® Elementary with Second Step SEL for Adults Resilience During Crisis Module student activities.**

These activities are specific to the current crisis. They provide structured activities educators can do with students to help them cope during difficult times. Some of the activities use social-emotional skills that are embedded in Second Step programs, so students can apply the skills they already know to cope with stress. Some of the activities involve teaching new social-emotional skills that are not covered in the Second Step curriculum but are well-suited to coping with the current crisis. As with all social-emotional skills, direct instruction should be accompanied by modeling and reinforcement. We provide tips for modeling and reinforcing as part of each activity. **Please note: Educators must complete Unit 3 of the Resilience During Crisis Module to access these activities.** The support strategies educators learn in Unit 3 are critical to the successful implementation of the student activities.

## **Supplement with Following Through Cards.**

We recommend boosting Second Step Elementary by supplementing the program's lessons with the short activities found in its Following Through Cards. Specifically, adding 5-minute Daily Practice activities or fun Brain Builder games into a teaching schedule can help reinforce program content and provide valuable transition activities or breaks for students. Those teaching remotely—who may experience more difficulty scheduling and facilitating Second Step lessons—may find that the brevity of Following Through Card activities makes them easier to fit into a daily schedule.

## **Supplement with remote Class Meetings.**

When teaching remotely, educators can supplement weekly lessons with remote Class Meetings to continuously foster a positive classroom climate. See the Second Step Remote Class Meeting Guide for more support in creating effective remote Class Meetings.

## **Supplement with Mind Yeti® mindfulness sessions.**

Mindfulness can help improve emotional awareness and help people calm down, focus, and connect. Mindfulness can also support social connection. When staff use these free sessions to practice mindfulness alongside students, everyone can benefit. To learn more about these and other benefits of mindfulness, read "[Mindfulness with Kids: What the Research Tells Us.](#)"

## Preparing for Uncertainty

### What If We Switch from One Delivery Method to Another Midyear?

- If your school or district switches from remote to hybrid or in-person learning, pause your Second Step® implementation and teach the Second Step Community Rebuilding Unit. The lessons in this unit are specifically designed to support students as they return to school, whenever that happens during the school year.
- If your school switches from hybrid or in-person to remote learning, continue with your planned schedule but review the [Second Step Remote Adaptation Guide](#) to plan for how you'll teach the lessons. If possible, use the [Second Step® Elementary Remote Class Meeting Guide](#) to create community-building activities for your students while schools are closed.

### What If We Don't Have Time to Teach Everything?

This implementation plan is based on order of importance:

1. Second Step® SEL for Adults Resilience During Crisis Module for staff
2. Community-building activities
3. Core Second Step lessons

If you can't complete everything, start at the beginning and complete as much as you can. Your students will have other opportunities to practice core Second Step skills.

### What About the Second Step Child Protection Unit and Second Step Bullying Prevention Unit?

- If your school is providing in-person or hybrid learning, teach the Second Step Child Protection Unit and Second Step Bullying Prevention Unit as you normally would. Make sure all staff have completed the online training. Students' increased exposure to trauma during extended school closures may make the Second Step Child Protection Unit particularly important at this time.
- If your school is providing remote learning, we recommend you wait until students return to begin teaching the Second Step Child Protection Unit and Second Step Bullying Prevention Unit. Due to the sensitive nature of these lessons, they are best done in person.
  - While waiting for schools to reopen, make sure all staff have the opportunity to complete these units' online training courses.
  - You can also share the Committee for Children [bullying prevention](#) and [child abuse prevention](#) family supports with your school community. These will allow families to begin this important work at home.

### Free All-Staff Training Modules

In order to help educators provide the most support to the students they serve, Committee for Children is making the Second Step Child Protection Unit and Second Step Bullying Prevention Unit All-Staff Training Modules available for free through December 31, 2020.

- [Second Step Child Protection Unit All-Staff Training](#)
- [Second Step Bullying Prevention Unit All-Staff Training](#)