



2020-2021 SUGGESTED IMPLEMENTATION PLAN
Second Step® Middle School

2020 marks the beginning of an unprecedented school year when social-emotional learning (SEL) is more critical than ever. This plan is designed to help you successfully implement Second Step® Middle School 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® Middle School 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 Staff Overview PowerPoint for 2020 Program Update				
		Review Second Step Remote Adaptation Guide				
		Complete Units 1-3 of the Second Step® SEL for Adults Resilience During Crisis Module				
	Student Activities		Community Building with Activities from the Remote Learning Advisory Guide	Second Step Middle School Unit 1: Mindset & Goals	Unit 3: Thoughts, Emotions, & Decisions and Unit 4: Managing Relationships & Social Conflicts	Unit 2: Recognizing Bullying & Harassment
			Supplement with Second Step SEL for Adults Resilience During Crisis Module Student Activities	Supplement with Second Step Middle School Advisory Activities		
In-Person/Hybrid Learning	Staff Activities	Complete Units 1-3 of the Second Step SEL for Adults Resilience During Crisis Module				
		Review Staff Overview PowerPoint for 2020 Program Update	Review Second Step Hybrid Adaptation Guide			
	Student Activities		Second Step Middle School Community Rebuilding Unit	Teach Second Step Lessons in Order		
				Supplement with Second Step SEL for Adults Resilience During Crisis Module Student Activities	Supplement with Second Step Middle School Advisory Activities	

Resource Library

[Second Step® Middle School Program Staff Overview PowerPoint](#)

The Second Step Middle School program is receiving a significant update in 2020. This presentation will help orient school staff to the components, expectations, and goals of the updated program.

[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 Middle School Remote Learning Advisory Guide](#)

This guide contains supports for establishing a remote advisory program as well as for using remote advisory programs to maintain a sense of community while schools are closed. It contains both general teaching strategies and specific advisory activities.

[Second Step Community Rebuilding Unit](#)

This is a new, five-lesson unit that can be used across Grades 6–8 to help rebuild students' connections to school in the wake of extended school closures. The unit also 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 the following grade bands: Kindergarten–Grade 1, Grades 2–3, Grades 4–5, Grades 6–8, and Grades 9–12.

[Second Step Lessons](#)

These are the core lessons of the Second Step program. Updated Second Step Middle School lessons will be available starting August 28, 2020.

[Second Step Advisory Activities](#)

Second Step Middle School contains almost 200 advisory activities aligned to each lesson in the program. These activities are well-suited for adaptation for remote and hybrid learning.

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.

Teach Second Step® Middle School Unit 1 first.

This unit helps build foundational skills for academic and social success such as growth mindset, planning ahead for goals and roadblocks, and learning from mistakes. Moving other units in front of this one may undermine their effectiveness for students.

Teach Second Step Middle School Units 3 and 4 before Unit 2 in remote environments.

In remote environments, this order puts the most relevant content up front for students. Students in fully remote environments may experience higher levels of stress due to increased social isolation and the difficulties of navigating online learning. Unit 3—Thoughts, Emotions, & Decisions—helps students learn how to recognize strong emotions and unhelpful thoughts, and teaches them how to apply strategies for managing their emotions and reducing stress. Unit 4—Managing Relationships & Social Conflict—helps students learn how to have healthy relationships and how to deal with conflict.

Supplement Second Step Middle School 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 advisory activities.

Educators can supplement weekly lessons with advisory activities such as Class Meetings and Class Challenges to continuously foster a positive classroom climate. If educators are teaching remotely, they can reference the Second Step Middle School Remote Learning Advisory Guide for more support in adapting advisory activities for online use.

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® Middle School Remote Learning Advisory 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.