



**ALIGNMENT CHART:  
Second Step® Elementary**

**Second Step® Out-of-School Time**

Second Step® Out-of-School Time is a research-based, social-emotional learning (SEL) program built on the foundation of our trusted classroom-based curriculum for Kindergarten through Grade 5. Its activities use play, game mechanics, and voice and choice to bring explicit SEL to out-of-school-time (OST) programs. With program training and embedded staff supports, Second Step Out-of-School Time empowers both adults and youth to practice social-emotional skills in any OST environment. This table illustrates how the units in Second Step Out-of-School Time align with our Second Step Elementary program elements.

Second Step® Out-of-School Time Units	Aligned Key Skills	Second Step Elementary Program Element
Foundational Unit: Community Building	<ul style="list-style-type: none"> <li>• Building and practicing friendship skills</li> <li>• Focusing attention</li> <li>• Listening with attention</li> <li>• Listening to others</li> <li>• Developing executive-function skills</li> </ul>	<ul style="list-style-type: none"> <li>• Skills for Learning</li> <li>• Empathy</li> <li>• Problem Solving</li> <li>• Brain Builders (K-3)</li> </ul>
Unit 1: Growth Mindset & Goal Setting	<ul style="list-style-type: none"> <li>• Focusing attention</li> <li>• Ignoring distractions</li> <li>• Identifying and using self-talk</li> <li>• Improving skills through practice and effort</li> <li>• Developing executive-function skills</li> </ul>	<ul style="list-style-type: none"> <li>• Skills for Learning</li> <li>• Problem Solving</li> <li>• Brain Builders (K-3)</li> </ul>
Unit 2: Emotion Management	<ul style="list-style-type: none"> <li>• Identifying and understanding one’s own and others’ feelings</li> <li>• Building a feelings words vocabulary</li> <li>• Recognizing strong emotions</li> <li>• Managing strong emotions with a calm-down strategy</li> </ul>	<ul style="list-style-type: none"> <li>• Empathy</li> <li>• Emotion Management</li> </ul>
Unit 3: Empathy & Kindness	<ul style="list-style-type: none"> <li>• Building and practicing friendship skills</li> <li>• Taking others’ perspectives</li> <li>• Listening to others</li> <li>• Acting with empathy</li> <li>• Showing compassion</li> </ul>	<ul style="list-style-type: none"> <li>• Empathy</li> <li>• Problem Solving</li> </ul>