

**ALIGNMENT CHART
 CASEL CORE SEL COMPETENCIES**

Second Step® Out-of-School Time

This diagram illustrates how the units in Second Step Out-of-School Time align with the Collaborative for Academic, Social, and Emotional Learning (CASEL) core social-emotional learning (SEL) competencies. The SEL competencies are woven throughout Second Step Out-of-School Time, as shown by the overlap between SEL competencies and units of the program.

Self-Management

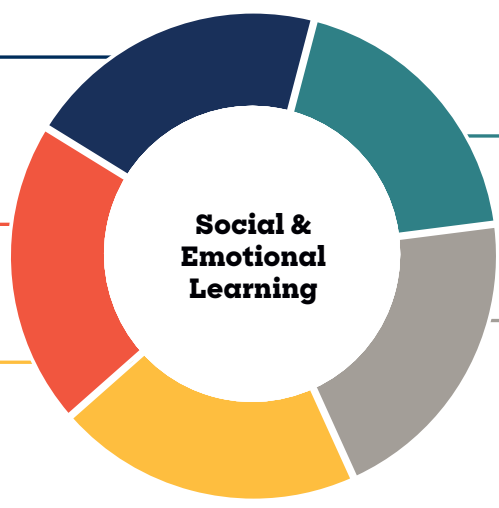
- Foundational Unit: Community Building
- Unit 1: Growth Mindset & Goal Setting
- Unit 2: Emotion Management

Social Awareness

- Foundational Unit: Community Building
- Unit 3: Empathy & Kindness

Relationship Skills

- Foundational Unit: Community Building
- Unit 1: Growth Mindset & Goal Setting
- Unit 3: Empathy & Kindness



Self-Awareness

- Unit 1: Growth Mindset & Goal Setting
- Unit 2: Emotion Management
- Unit 3: Empathy & Kindness

Responsible Decision-Making

- Unit 2: Emotion Management

What Is CASEL?

CASEL is the nation's leading organization advancing the development of academic, social, and emotional competence for all students. Its mission is to help make evidence-based SEL an integral part of education from preschool through high school. To that end, CASEL has identified five interrelated SEL core competencies: self-management, self-awareness, social awareness, relationship skills, and responsible decision-making.

What Is Second Step® Out-of-School Time?

Second Step Out-of-School Time is a research-based 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 adults and youth to practice social-emotional skills in any OST environment.

What Is Second Step® Out-of-School Time? (continued)

At Committee for Children, we believe SEL can help us navigate differences, appreciate one another's perspectives, and act with empathy and compassion in our day-to-day lives. We also believe SEL can be leveraged to speak to communities' cultural assets, help educators examine their policies and practices through an equity lens, and elevate the voices of those who have been historically oppressed. Accordingly, Second Step Out-of-School Time specifically addresses core tenets of CASEL's equity lens on SEL.

Kids' voices are elevated in activities by:

- Soliciting kids' ideas and opinions
- Providing choices
- Helping kids make connections between content and their personal experiences
- Providing opportunities for kids to share their knowledge and diverse experiences

To prepare kids for identity development in adolescence, Second Step Out-of-School Time provides opportunities for kids:

- To discuss personal strengths
- To honor and understand others' differences based on their varied personal experiences
- To share aspects of their personal, familial, and cultural experiences

Second Step Out-of-School Time supports site leaders and facilitators in creating a positive climate and supports kids' sense of **connectedness and belonging** by providing opportunities for kids to feel known and valued through community-building activities. These interactions help facilitators learn more about their kids' lives, demonstrate caring and respect, validate kids' experiences, support peer collaboration, honor kids' multiple and intersecting identities, and build on kids' strengths. **Developing positive relationships in OST communities** is the primary focus of the Foundational Unit's activities. Activities throughout the program reinforce key objectives, including:

- Considering the collective as well as the individual
- Collaboratively setting and revising community norms and rules
- Identifying and analyzing how individuals use empathy to improve their communities
- Identifying community-level problems and whether solutions meet all members' varied needs

How Does Second Step® Out-of-School Time Develop CASEL Core SEL Competencies?

The following table illustrates how Second Step Out-of-School Time units align with the CASEL core SEL competencies.

Second Step® Out-of-School Time Units	Key Skills Developed	CASEL Core SEL Competencies
Foundational Unit: Community Building	<ul style="list-style-type: none"> • Identify what it means to be part of a community • Co-create and follow community rules and group norms • Build and practice friendship skills • Focus attention • Listen with attention 	<ul style="list-style-type: none"> • Self-Management • Relationship Skills • Social Awareness
Unit 1: Growth Mindset & Goal Setting	<ul style="list-style-type: none"> • Focus attention • Ignore distractions • Persevere through challenges • Identify and use self-talk • Improve skills through practice and effort • Collaborate 	<ul style="list-style-type: none"> • Self-Awareness • Self-Management • Relationship Skills
Unit 2: Emotion Management	<ul style="list-style-type: none"> • Identify and understand one's own feelings • Recognize emotions in others • Recognize strong emotions • Manage strong emotions by using a calm-down strategy 	<ul style="list-style-type: none"> • Self-Awareness • Self-Management • Responsible Decision-Making
Unit 3: Empathy & Kindness	<ul style="list-style-type: none"> • Recognize kindness and act kindly toward others • Take others' perspectives • Act with empathy 	<ul style="list-style-type: none"> • Self-Awareness • Relationship Skills • Social Awareness