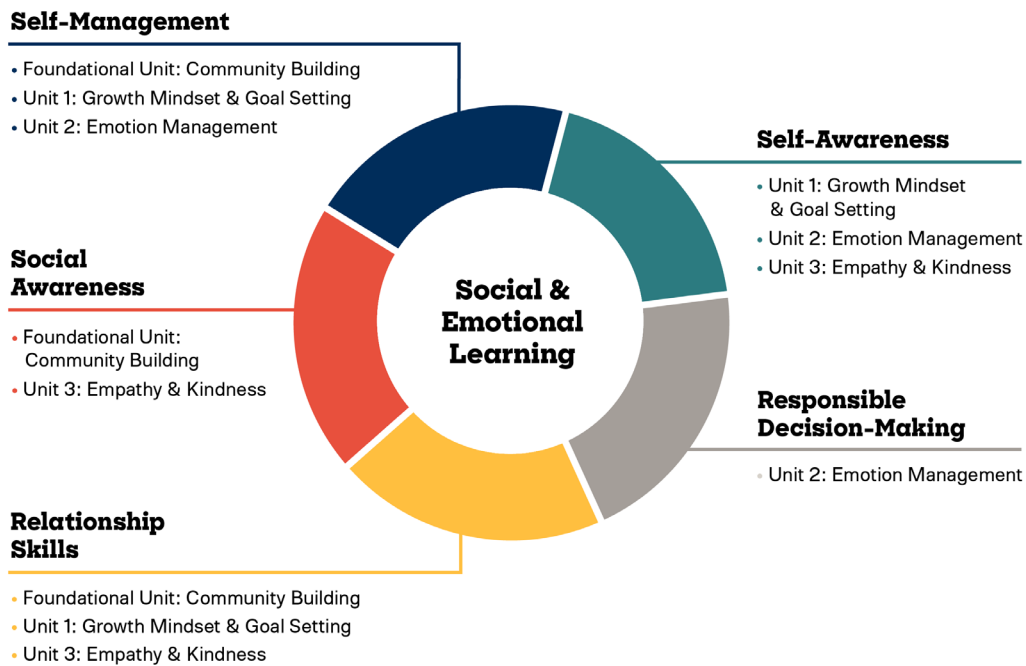


## ALIGNMENT CHART: CASEL Core SEL Competencies

# Second Step<sup>®</sup> Out-of-School Time

This diagram illustrates how the units in Second Step<sup>®</sup> Out-of-School Time align with the 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.



## What Is CASEL?

The Collaborative for Academic, Social, and Emotional Learning (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 social-emotional learning 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, 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.



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

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