



SHORT SCOPE AND SEQUENCE

Second Step® Out-of-School Time

Kindergarten-Grade 1

Foundational Unit

Community Building

- Topic: What Is Community?
1. Let's Get Rolling
 2. Community Rules in Action
 3. Art About Me

Topic: Building a Positive Community

4. ABC Clap!
5. Cross the Room
6. Build a Rainstorm

Topic: Getting to Know You

7. Mix and Mingle
8. Simon Says, Talk!
9. Let's Play Pretend
10. Dance Party!

Topic: Show What You Know

11. Farmyard Mix and Mingle
12. Animal Dance Party

Unit 1

Growth Mindset & Goal Setting

- Topic: Attention and Distraction
1. Distraction Detectives
 2. Distractions? Take Action!
 3. Pattern Master

Topic: Facing Challenges with Confidence

4. Challenge Song 1
5. Tower Power!

Topic: Mistakes Are Okay

6. Challenge Song 2
7. The Balancing Act
8. Simon Says, Draw!

Topic: Supporting Each Other

9. Dance, Dance, Dance!
10. Team Sweep

Topic: Show What You Know

11. Challenge Sing-Along
12. Mini Obstacle Course

Unit 2

Emotion Management

- Topic: Everyday Emotions
1. Feelings Freeze
 2. Musical Feelings
 3. Illustrated Feelings

Topic: Feelings Detectives

4. Looking for Clues
5. Guess That Feeling Tag
6. Big Feelings Mystery

Topic: Calm-Down Strategies

7. The Calm, Calm Place
8. Slow Breathing Soup
9. Let's Talk!
10. Story Walk

Topic: Show What You Know

11. Story Walk, the Return!
12. Complete the Picture

Unit 3

Empathy & Kindness

- Topic: Kindness All Around
1. A Bowl Full of Kindness
 2. Kind at Heart
 3. Why Be Kind?

Topic: What Kindness Is to Me

4. If You Do Something Kind . . .
5. Let Kindness Shine
6. My Kind of Kind Act

Topic: Offering Kind Acts

7. Choose Your Own Kindness
8. Acts of Kindness 1
9. Creative Kindness
10. Kind Acts Freeze Tag

Topic: Show What You Know

11. Acts of Kindness 2
12. Thank You!

Topic: Program Wrap-Up

13. Program Review



Grades 2-3

Foundational Unit

Community Building

Topic: Our Community

1. Name Game
2. Fast Focus
3. We Are ...

Topic: Being a Part of Your Community

4. Draw with Your Ears
5. Group Juggle
6. Group Greeting

Topic: Learning More About Each Other

7. Cross the Room
8. Colorful Questions
9. Art About Me

Topic: Show What You Know—In Space!

10. Mission 1: Fix the Fin
11. Mission 2: Break the Code
12. Mission 3: Moonwalk

Unit 1

Growth Mindset & Goal Setting

Topic: Your Amazing Brain

1. Group Juggle 2
2. Oodles of Doodles
3. Memory Cards

Topic: Challenge Your Thinking

4. I Think ... I Can!
5. Flip the Thought

Topic: Great Mistakes

6. Recycle Ball
7. Twirly-Bird

Topic: Supporting Others

8. Color Mixer
9. Paper Card Tower
10. Cat and Dog

Topic: Show What You Know

11. Try-athlon 1
12. Try-athlon 2

Unit 2

Emotion Management

Topic: Identifying Emotions

1. Emotions in Action
2. Feeling Proud
3. Feeling Disappointed

Topic: Understanding Emotions

4. Reading Emotions
5. Feeling Different Emotions
6. Happy and _____?

Topic: Calming Strong Emotions

7. Show Stoppers
8. Slow Counting
9. Take a Break
10. Really, Really Happy!

Topic: Show What You Know

11. Freeze Frame!
12. Mini Book, Big Emotions

Unit 3

Empathy & Kindness

Topic: Empathy

1. Understanding Empathy
2. Itsy Bitsy Scaredy Spider
3. But Why?

Topic: Kindness

4. Handle with Care
5. A Ton of Kindness
6. My Kind of Kindness

Topic: Empathy in Action

7. Super Kind!
8. Thanks for Understanding

Topic: Kindness in Our Community

9. A Kind Surprise!
10. Stick with Kindness

Topic: Show What You Know

11. Empathy Project 1
12. Empathy Project 2

Topic: Program Wrap-Up

13. Program Review



Grades 4-5

Foundational Unit

Community Building

Topic: Getting to Know You

1. Name Relay

Topic: Norms and Expectations

2. We Are ...
3. Keep It Up!

Topic: Accepting Differences

4. Cross the Circle
5. Art About Me

Topic: Working Together

6. Rock, Paper, Scissors Champion
7. Disagreement Island

Topic: Communication

8. Chain, Chain, Chain
9. Community Connection

Topic: Show What You Know

10. Community Project 1
11. Community Project 2
12. Community Project 3

Unit 1

Growth Mindset & Goal Setting

Topic: Challenges, Mistakes, and Setbacks

1. The Floor Is Quicksand
2. Marker Swing
3. Super Roadblocks

Topic: Planning to Achieve Goals

4. Mice in the Kitchen
5. Keep It Moving
6. The Great Pet Store Heist
7. Marble Run

Topic: Supporting Each Other

8. Goal Catchers
9. Secret Support

Topic: Show What You Know

10. Paper Engineer 1
11. Paper Engineer 2
12. Reach Your Goal Bingo

Unit 2

Emotion Management

Topic: Recognizing Strong Emotions

1. Riddle Race
2. Emotions Volcano
3. Emotions Map
4. Name That Emotion

Topic: Calming Strong Emotions

5. Emotion Motions
6. Calm-Down Beads

Topic: Rethinking a Situation

7. Rethink, Riley!
8. Rethink the Rain Cloud
9. Rethinking Bees

Topic: Show What You Know

10. Emotion Self-Portrait 1
11. Emotion Self-Portrait 2
12. Emotion Self-Portrait 3

Unit 3

Empathy & Kindness

Topic: Empathy Strategies

1. The Way I See It
2. Yes or No
3. Iceberg Art
4. Opinion Swap

Topic: Empathy in Action

5. Texting Trouble
6. Empathy Trashketball

Topic: Empathy in My Community

7. Story Puzzle
8. Build Up Our Group
9. Banana Madness!

Topic: Show What You Know

10. Helping Our Community 1
11. Helping Our Community 2
12. Helping Our Community 3

Topic: Program Wrap-Up

13. Program Review