# Short Scope and Sequence

## Social-Emotional Learning for Early Learning—Grade 8

### Early Learning

<table>
<thead>
<tr>
<th>Unit 1</th>
<th>Unit 2</th>
<th>Unit 3</th>
<th>Unit 4</th>
<th>Unit 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skills for Learning</td>
<td>Empathy</td>
<td>Emotion Management</td>
<td>Friendship Skills and Problem-Solving</td>
<td>Transitioning to Kindergarten</td>
</tr>
<tr>
<td>2. Listening</td>
<td>(happy, sad)</td>
<td>in Our Bodies</td>
<td>(play together, trade, take turns)</td>
<td>27. Riding the Kindergarten Bus</td>
</tr>
<tr>
<td>4. Self-Talk</td>
<td>(surprised, scared)</td>
<td>(frustrated)</td>
<td>21. Inviting to Play</td>
<td></td>
</tr>
</tbody>
</table>
# Kindergarten

<table>
<thead>
<tr>
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# Grade 1

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<td><strong>Problem-Solving</strong></td>
</tr>
<tr>
<td>11. Showing Care and Concern</td>
<td></td>
<td></td>
<td>22. Reviewing Second Step® Skills</td>
</tr>
</tbody>
</table>
Grade 2

Unit 1
Skills for Learning
1. Being Respectful
2. Focusing Attention and Listening
3. Using Self-Talk
4. Being Assertive

Unit 2
Empathy
5. Identifying Feelings
6. Learning More About Feelings
7. Feeling Confident
8. Respecting Different Preferences
9. Showing Compassion
10. Predicting Feelings

Unit 3
Emotion Management
11. Introducing Emotion Management
12. Managing Embarrassment
13. Handling Making Mistakes
14. Managing Anxious Feelings
15. Managing Anger
16. Finishing Tasks

Unit 4
Problem-Solving
17. Solving Problems, Part 1
18. Solving Problems, Part 2
19. Taking Responsibility
20. Responding to Playground Exclusion
21. Playing Fairly on the Playground
22. Reviewing Second Step Skills

Grade 3

Unit 1
Skills for Learning
1. Being Respectful Learners
2. Using Self-Talk
3. Being Assertive
4. Planning to Learn

Unit 2
Empathy
5. Identifying Others' Feelings
6. Understanding Perspectives
7. Conflicting Feelings
8. Accepting Differences
9. Showing Compassion
10. Making Friends

Unit 3
Emotion Management
11. Introducing Emotion Management
12. Managing Test Anxiety
13. Handling Accusations
14. Managing Disappointment
15. Managing Anger
16. Managing Hurt Feelings

Unit 4
Problem-Solving
17. Solving Problems, Part 1
18. Solving Problems, Part 2
19. Solving Classroom Problems
20. Solving Peer-Exclusion Problems
21. Dealing with Negative Peer Pressure
22. Reviewing Second Step Skills
Grade 4

Unit 1  Empathy and Skills for Learning
1. Empathy and Respect
2. Listening with Attention
3. Being Assertive
4. Respecting Similarities and Differences
5. Understanding Complex Feelings
6. Understanding Different Perspectives
7. Conversation and Compliments
8. Joining In
9. Showing Compassion

Unit 2  Emotion Management
10. Introducing Emotion Management
11. Managing Strong Feelings
12. Calming Down Anger
13. Managing Anxiety
14. Avoiding Jumping to Conclusions
15. Handling Put-Downs

Unit 3  Problem-Solving
16. Solving Problems, Part 1
17. Solving Problems, Part 2
18. Making a Plan
19. Solving Playground Problems
20. Taking Responsibility for Your Actions
21. Dealing with Peer Pressure
22. Reviewing Second Step Skills

Grade 5

Unit 1  Empathy and Skills for Learning
1. Empathy and Respect
2. Listening with Attention
3. Being Assertive
4. Predicting Feelings
5. Taking Others’ Perspectives
6. Accepting Differences
7. Disagreeing Respectfully
8. Responding with Compassion

Unit 2  Emotion Management
9. Introducing Emotion Management
10. Calming Down
11. Managing Anxiety
12. Managing Frustration
13. Resisting Revenge
14. Handling Put-Downs
15. Avoiding Assumptions

Unit 3  Problem-Solving
16. Solving Problems, Part 1
17. Solving Problems, Part 2
18. Making a Plan
19. Seeking Help
20. Dealing with Gossip
21. Dealing with Peer Pressure
22. Reviewing Second Step® Skills
Grade 6

Unit 1
Mindsets & Goals
1A. Starting Middle School
1B. Helping New Students
2. How to Grow Your Brain
3. Trying New Strategies
4. Making Goals Specific
5. Breaking Down Your Goals
6. Monitoring Your Progress
7. Bringing It All Together

Unit 2
Recognizing Bullying & Harassment
8. Common Types of Bullying
9. Recognizing Bullying
10. Responding to Cyberbullying
11. How to Be an Upstander
12. Standing Up and Staying Safe
13. Raising Awareness About Bullying

Unit 3
Thoughts, Emotions, & Decisions
14. What Emotions Tell You
15. Emotions and Your Brain
16. How Emotions Affect Your Decisions
17. Managing Your Emotions
18. What Works Best for You?
19. Raising Awareness About Managing Emotions

Unit 4
Managing Relationships & Social Conflict
20. We're Changing
21. Why Conflicts Escalate
22. Considering Multiple Perspectives
23. Respectful Communication
24. Resolving Challenging Conflicts
25. Making Amends
26. Conflict Solvers

Grade 7

Unit 1
Mindsets & Goals
1A. Starting Middle School
1B. Helping New Students
2. Creating New Pathways in Your Brain
3. Learning from Mistakes and Failure
4. Identifying Roadblocks
5. Overcoming Roadblocks 1
6. Overcoming Roadblocks 2
7. Advice on Roadblocks

Unit 2
Recognizing Bullying & Harassment
8. What Is Harassment?
9. What Is Sexual Harassment?
10. The Effects of Sexual Harassment
11. Gender-Based Harassment
12. Our Rights and Responsibilities
13. Preventing Harassment

Unit 3
Thoughts, Emotions, & Decisions
14. Emotions Matter
15. Feel, Think, Do
16. Unhelpful Thoughts
17. Reframing Unhelpful Thoughts
18. Practicing Positive Self-Talk
19. Making Better Decisions

Unit 4
Managing Relationships & Social Conflict
20. What Makes a Conflict Escalate?
21. Keeping Your Cool in a Conflict
22. Conflicts and Perspectives
23. Resolving Conflict Part 1
24. Resolving Conflict Part 2
25. Taking Responsibility for Your Actions
26. Tips for Resolving Conflicts
## Grade 8

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<td>Managing Relationships &amp; Social Conflict</td>
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<tr>
<td></td>
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<td>27. High School Challenges</td>
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