



**FULL SCOPE AND SEQUENCE**

# Second Step® Middle School

## Grade 6

### Unit 1: Mindsets & Goals

**Program Themes:** Academic Success, Belonging, Growth Mindset, Helping Others, Planning Ahead, Perspective-Taking, Resilience, Starting Right

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 1</b> A Soundtrack for Success	Identify how music can be a motivator in challenging times and collaborate to create a classroom playlist that represents determination or overcoming obstacles
<b>Lesson 2</b> How to Grow Your Brain	Describe what happens in their brains when they try something new and how their brains change with experience and practice
<b>Lesson 3</b> Trying New Strategies	Name new strategies they can try when they're having trouble learning something new
<b>Lesson 4</b> Making Goals Specific	Write a specific goal
<b>Lesson 5</b> Breaking Down Your Goals	Break a big, long-term goal down into smaller, short-term goals
<b>Lesson 6</b> Monitoring Your Progress	Set progress markers for their goal, determine when their goal has been achieved, and determine if they need to try a new strategy to reach their goal
<b>Lesson 7-Performance Task</b> Bringing It All Together	Create an action plan for achieving a goal

Grade 6

## Unit 2: Developing a Positive Sense of Self

**Program Themes:** Decision-Making, Guiding Principles, Relationships

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 8</b> What Are Guiding Principles?	Identify what guiding principles are and where they come from
<b>Lesson 9</b> Your Guiding Principles	Use a process to identify at least one of their own guiding principles
<b>Lesson 10</b> Making Decisions	Describe how they can use their guiding principles to make decisions
<b>Lesson 11</b> Multiple Guiding Principles	Apply more than one guiding principle before making a decision
<b>Lesson 12</b> Thinking Short-Term and Long-Term	Evaluate how they would feel after making a decision using their guiding principles
<b>Lesson 13–Performance Task</b> Using Your Guiding Principles	Apply their guiding principle to make a decision in a given situation

## Unit 3: Thoughts, Emotions & Decisions

**Program Themes:** Conflicts, Resilience, Staying Calm, Thoughts and Emotions

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 14</b> What Emotions Tell You	Describe why emotions matter in their lives
<b>Lesson 15</b> Emotions and Your Brain	Describe what happens in their brains when they feel a strong emotion
<b>Lesson 16</b> How Emotions Affect Your Decisions	Describe how strong emotions can influence the decisions they make
<b>Lesson 17</b> Managing Your Emotions	Demonstrate and evaluate strategies for managing their emotions

Grade 6

Lesson Title	Objectives Students will be able to:
<b>Lesson 18</b> What Works Best for You?	Determine the emotion-management strategies that work best for them and choose the best strategy to use in a situation, given the context
<b>Lesson 19–Performance Task</b> Raising Awareness About Managing Emotions	Apply their knowledge from the unit to promote awareness about emotion-management strategies at school

## Unit 4: Managing Relationships & Social Conflict

**Program Themes:** Conflicts, Growth Mindset, Perspective-Taking, Relationships

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 20</b> You're Changing	Describe the changes they've gone through in the past, the change(s) they're currently going through, and how those changes affect their relationships
<b>Lesson 21</b> Why Conflicts Escalate	Identify actions that escalate conflicts and determine ways to prevent conflicts from becoming more serious
<b>Lesson 22</b> Considering Multiple Perspectives	Examine a social conflict from multiple perspectives so they can resolve minor conflicts
<b>Lesson 23</b> Respectful Communication	Demonstrate how to use respectful language to prevent conflicts from getting worse
<b>Lesson 24</b> Resolving Challenging Conflicts	Identify and evaluate various solutions to a conflict in order to find the best solution
<b>Lesson 25</b> Making Amends	Demonstrate how to make amends in meaningful and restorative ways
<b>Lesson 26–Performance Task</b> Conflict Solvers	Demonstrate resolving a social conflict

# Grade 7

## Unit 1: Mindsets & Goals

**Program Themes:** Academic Success, Belonging, Growth Mindset, Helping Others, Perspective-Taking, Planning Ahead, Resilience, Starting Right

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 1</b> Designing Your Future	Create a vision board that represents their goals and reflect on the efforts needed to achieve those goals
<b>Lesson 2</b> Creating New Pathways in Your Brain	Explain what happens in the brain when they overcome challenges to learn something new
<b>Lesson 3</b> Learning from Obstacles	Explain why challenging themselves and overcoming obstacles is an essential part of learning
<b>Lesson 4</b> Identifying Obstacles	Differentiate between internal and external obstacles and recognize how they have an impact on goal achievement
<b>Lesson 5</b> Overcoming Obstacles	Anticipate potential obstacles and create an If-Then Plan to address them
<b>Lesson 6</b> Creating an If-Then Plan	Develop a personal If-Then Plan to help them anticipate and respond to obstacles that could prevent them from reaching their goals
<b>Lesson 7-Performance Task</b> Reflecting on Your If-Then Plan	Analyze their If-Then Plan and reflect on its effectiveness to improve their ability to overcome future obstacles

## Unit 2: Developing a Positive Sense of Self

**Program Themes:** Growth Mindset, Planning Ahead, Self-Concept

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
<b>Lesson 8</b> What is Self-Concept?	Explain what self-concept is and why it's important
<b>Lesson 9</b> Your Self-Concept	Describe two or more parts of their current self-concept

Grade 7

Lesson Title	Objectives Students will be able to:
<b>Lesson 10</b> Influences on Self-Concept	Name at least one factor that influences their self-concept
<b>Lesson 11</b> Changes in Self-Concept	Describe how their self-concept has changed over time
<b>Lesson 12</b> Your Future Self-Concept	Describe the self-concept they want to have in the future
<b>Lesson 13–Performance Task</b> Who Will You Become?	Describe something they can do now to connect their self-concept to who they want to be in the future

### Unit 3: Thoughts, Emotions & Decisions

**Program Themes:** Conflicts, Resilience, Staying Calm, Thoughts and Emotions

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 14</b> Emotions Matter	Explain the importance of emotions and describe how emotions can affect their thoughts and decisions
<b>Lesson 15</b> Feel, Think, Do	Explain how thoughts and emotions are connected and can affect their decisions
<b>Lesson 16</b> Unhelpful Thoughts	Distinguish helpful thoughts from unhelpful thoughts and analyze how unhelpful thoughts can negatively affect the decisions they make
<b>Lesson 17</b> Reframe the Situation	Explain how to interrupt unhelpful thoughts and reframe a challenging situation
<b>Lesson 18</b> Practicing Positive Self-Talk	Practice using positive self-talk to reframe a challenging situation
<b>Lesson 19–Performance Task</b> Making Better Decisions	<ul style="list-style-type: none"> <li>• Demonstrate how strong emotions can prompt unhelpful thoughts</li> <li>• Model strategies for managing their emotions</li> </ul>

Grade 7

## Unit 4: Managing Relationships & Social Conflict

**Program Themes:** Conflicts, Perspective-Taking, Planning Ahead, Relationships

**CASEL Core Competencies:** Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 20</b> What Makes a Conflict Escalate?	Identify common reasons why social conflicts escalate from minor to major
<b>Lesson 21</b> Keeping Your Cool in a Conflict	Describe how using emotion-management strategies can prevent the escalation of a conflict
<b>Lesson 22</b> Conflicts and Perspectives	Explain how to listen to and consider someone else's perspective during a conflict
<b>Lesson 23</b> Resolving Conflict Part 1	Describe the perspectives of everyone involved in a conflict in a nonjudgmental way
<b>Lesson 24</b> Resolving Conflict Part 2	Consider possible solutions and their consequences in order to find the best solution for resolving a conflict
<b>Lesson 25</b> Taking Responsibility for Your Actions	Explain what to do to take responsibility for their actions and make things as right as possible
<b>Lesson 26-Performance Task</b> Tips for Resolving Conflicts	Identify the key elements of resolving conflicts successfully

## Grade 8

### Unit 1: Mindsets & Goals

**Program Themes:** Academic Success, Growth Mindset, Planning Ahead, Resilience, Starting Right

**CASEL Core Competencies:** Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 1</b> Adjust and Achieve	Attempt a self-selected challenge multiple times and reflect on ways to improve between each attempt
<b>Lesson 2</b> Motivation	Explain what motivation is and why it's important, as well as analyze the factors that influence why individuals feel motivated to engage in some activities over others

Grade 8

Lesson Title	Objectives Students will be able to:
<b>Lesson 3</b> Motivation Factors 1	Explain how success expectation and value influence motivation
<b>Lesson 4</b> Motivation Factors 2	Explain cost as a factor that affects motivation and describe its three components
<b>Lesson 5</b> Strategies for Motivation	Identify strategies to increase their motivation levels
<b>Lesson 6</b> Increasing Your Motivation	Choose a strategy to increase motivation and develop a plan to implement it
<b>Lesson 7-Performance Task</b> Your Motivation Plan	Select an upcoming task and create a plan to increase their motivation to complete it using specific strategies

## Unit 2: Developing a Positive Sense of Self

**Program Themes:** Agency, Confidence, Growth Mindset, Planning Ahead

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
<b>Lesson 8</b> Agency	Explain what agency is by describing how it appears in their lives
<b>Lesson 9</b> Sources of Confidence	Name a specific source of confidence that led to a personal success
<b>Lesson 10</b> How to Build Confidence 1	Name a time when they built confidence by preparing their physical and emotional states or by observing others
<b>Lesson 11</b> How to Build Confidence 2	Name a time when they built confidence using encouragement from others or past experience
<b>Lesson 12</b> Agency and Confidence	Make a plan to build confidence in a given area
<b>Lesson 13-Performance Task</b> Your Confidence-Building Plan	Make a plan to build confidence in an area of their choice

Grade 8

## Unit 3: Thoughts, Emotions & Decisions

**Program Themes:** Resilience, Staying Calm, Thoughts and Emotions

**CASEL Core Competencies:** Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 14</b> Understanding Stress and Anxiety	Recognize how stress and anxiety affect their emotions, thoughts, and bodies
<b>Lesson 15</b> Where Does Stress Come From?	Categorize common sources of stress and explain the difference between controllable and uncontrollable stressors
<b>Lesson 16</b> Can Stress Help You Grow?	Reframe certain types of stress as opportunities for growth
<b>Lesson 17</b> Strategies for Managing Stress	Demonstrate how to choose strategies for managing stress
<b>Lesson 18</b> Changing Strategies and Getting Help	Analyze stressful situations, decide if they need to change strategies or get outside help to manage their stress, and identify people who can help them when they feel their stress is unmanageable
<b>Lesson 19–Performance Task</b> My Stress-Management Plan	Create an individual plan for managing their stress

## Unit 4: Managing Relationships & Social Conflict

**Program Themes:** Academic Success, Belonging, Conflicts, Growth Mindset, Perspective-Taking, Planning Ahead, Relationships, Resilience, Starting Right, Values

**CASEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
<b>Lesson 20</b> My Values	Identify their core values and how their behaviors demonstrate these values
<b>Lesson 21</b> Values and Relationships	Describe the connection between their values and healthy behaviors in relationships
<b>Lesson 22</b> Recognizing Others' Perspectives	Analyze conflicts from multiple perspectives to help prevent them from escalating
<b>Lesson 23</b> Finding the Best Solution	Generate and evaluate solutions to conflicts that are mutually acceptable to everyone affected

Grade 8

Lesson Title	Objectives Students will be able to:
<b>Lesson 24</b> Making Things Right	Identify a variety of ways for making amends to restore a relationship that's been damaged
<b>Lesson 25</b> Unhealthy Relationships	Distinguish between healthy and unhealthy relationships
<b>Lesson 26–Performance Task</b> Guide to Healthy Relationships	Describe the importance of choosing healthy relationships, tell if a relationship is healthy, and recognize and manage unhealthy relationships
<b>Lesson 27</b> High School Challenges	Identify challenges many students face starting high school and people they can go to for help with these challenges