



# What Is Second Step® Elementary?

Second Step® Elementary is a research-based social-emotional learning (SEL) program designed to improve students' social-emotional skills, including growth mindset, goal-setting, emotion management, kindness and empathy, and problem-solving.

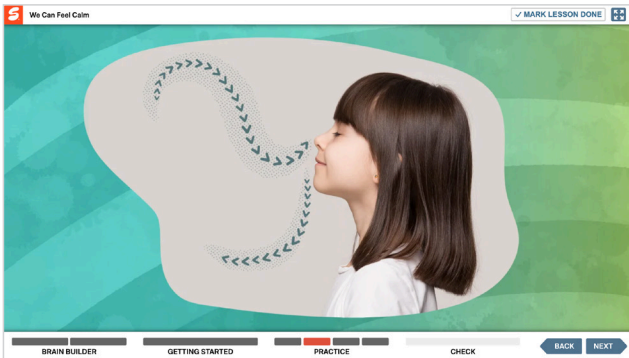
Studies show that these skills can support students' school performance, increase positive social behaviors, and reduce conduct problems such as bullying.<sup>1,2</sup> SEL programs can also create positive classroom and school climates.<sup>3</sup>

Second Step Elementary is taught in the classroom, to all students, and helps students develop a common set of skills and strategies that can be practiced, used, and reinforced throughout the school community, including at home.

- Unit 1: Growth Mindset & Goal-Setting**
- Unit 2: Emotion Management**
- Unit 3: Empathy & Kindness**
- Unit 4: Problem-Solving**

## Kindergarten–Grade 5

- **1 lesson per week**
- **5 lessons per unit**
- **Total: 20 lessons per grade**



Kindergarten, Unit 2, Lesson 9, We Can Feel Calm



Grade 4, Unit 4, Lesson 16, A Good Problem-Solver

## How do students and schools benefit from SEL?

PROMOTE	PREVENT	
<ul style="list-style-type: none"> <li>• Academic success</li> <li>• School connectedness</li> <li>• A safe and respectful school climate</li> </ul>	<ul style="list-style-type: none"> <li>• Problem behaviors</li> <li>• Antisocial behaviors</li> <li>• Peer rejection</li> </ul>	<ul style="list-style-type: none"> <li>• Impulsivity</li> <li>• Low academic achievement</li> </ul>

1. Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. *Child Development, 82*, 405–432.

2. Taylor, R. D., Oberle, E., Durlak, J. A., & Weissberg, R. P. (2017). Promoting positive youth development through school-based social and emotional learning interventions: A meta-analysis of follow-up effects. *Child Development, 88*(4), 1156–1171.

3. Snyder, F. J., Vuchinich, S., Acocck, A., Washburn, I. J., & Flay, B. R. (2011). Improving elementary school quality through the use of a social-emotional and character development program: A matched-pair, cluster-randomized, controlled trial in Hawai'i. *Journal of School Health, 82*(1), 11–20.