



FULL SCOPE AND SEQUENCE

Second Step® Elementary Digital Program

Kindergarten

Unit 1: Growth Mindset & Goal-Setting

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

Lesson Title	Objectives Students will be able to:
Lesson 1 We Watch. We Listen. We Think.	Demonstrate they know ways to pay attention
Lesson 2 Why We Pay Attention	Identify reasons to pay attention
Lesson 3 Mistakes Are Okay!	Recognize mistakes are a part of learning by encouraging themselves and others when they make mistakes
Lesson 4 Practice Makes Better	Name two ways they can get better at a skill
Lesson 5 Let's Practice and Learn!	Demonstrate paying attention and using kind words to encourage themselves and others while learning something new together

Kindergarten

Unit 2: Emotion Management

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

Lesson Title	Objectives Students will be able to:
Lesson 6 Sometimes We Feel Happy	Give at least one reason why they think someone is feeling happy
Lesson 7 Sometimes We Feel Sad	Give at least one reason why they think someone is feeling sad
Lesson 8 Sometimes We Feel Mad	Give at least one reason why they think someone is feeling mad
Lesson 9 We Can Feel Calm	Practice asking for help and slow breathing as ways to feel calm
Lesson 10 What Are They Feeling?	Label feelings using behavioral and contextual clues and demonstrate a way to feel calm

Unit 3: Empathy & Kindness

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

Lesson Title	Objectives Students will be able to:
Lesson 11 We Can Be Kind	Give an example of a kind act
Lesson 12 Why Kindness?	Give a reason why they think kind acts are important
Lesson 13 Showing Kindness	Demonstrate two kind acts: asking "Would you like to share?" and "Would you like a hug?"
Lesson 14 Kindness at School	Give at least one example of a kind act they could do in a given situation
Lesson 15 Demonstrating Kindness	Give at least one example of a kind act they have done or someone has done for them

Kindergarten

Unit 4: Problem-Solving

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

Lesson Title	Objectives Students will be able to:
Lesson 16 We Can Say the Problem	Repeat a clearly stated problem
Lesson 17 Ready to Solve Problems	Name “feeling calm” as a helpful first step for problem-solving
Lesson 18 Apologizing Can Help	Demonstrate apologizing as a problem-solving strategy
Lesson 19 Taking Turns and Sharing	Demonstrate offering to share or taking turns as problem-solving strategies
Lesson 20 We Can Solve Problems	Demonstrate a problem-solving process