

# What Is Social-Emotional Learning?

## Social-emotional learning (SEL) helps people:

- Understand and manage their emotions
- Set and achieve positive goals
- Have and show empathy for others
- Establish and maintain positive relationships
- Make responsible decisions



# Second Step® Skills and Concepts

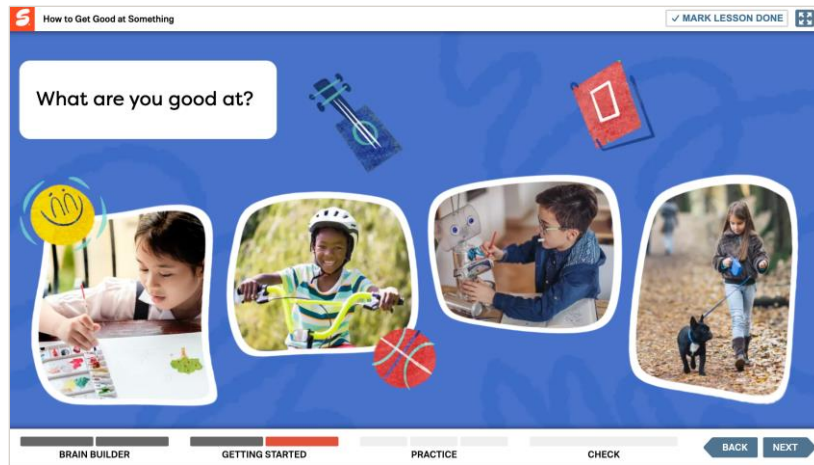
Unit 1	Unit 2	Unit 3	Unit 4
Growth Mindset & Goal-Setting	Emotion Management	Empathy & Kindness	Problem-Solving

Each unit is composed of 5 lessons per grade

# Unit 1: Growth Mindset & Goal-Setting

## Students learn how to:

- Pay attention and manage distractions
- Develop a growth mindset
- Apply goal-setting strategies to their social and academic lives

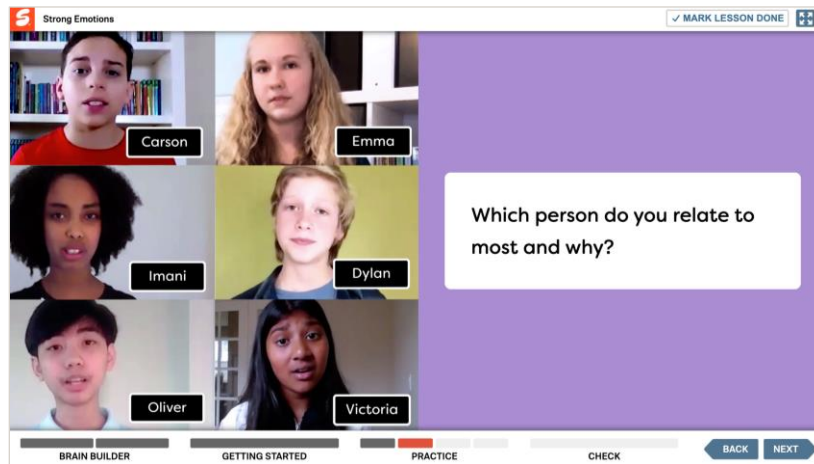


Grade 2, Lesson 1

# Unit 2: Emotion Management

## Students learn how to:

- Identify and label their own and others' emotions
- Use emotion-management strategies to calm strong feelings, including stress management for older students



Grade 5, Lesson 6

# Unit 3: Empathy & Kindness

## Students learn how to:

- Recognize kindness and do kind acts for others
- Have empathy for others and take others' perspectives
- Recognize kind acts and empathy as important elements in building and maintaining relationships



Grade 1, Lesson 13

# Unit 4: Problem-Solving

## Students learn how to:

- Identify and state a problem
- Recognize if a problem is an accident
- Use the STEP problem-solving process:

**S:** Say the problem

**T:** Think of solutions

**E:** Explore the outcomes

**P:** Pick a solution



Grade 3, Lesson 16