

Second Step® Elementary is a research-based program designed to improve students' human 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> Programs that teach these skills can also help 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.

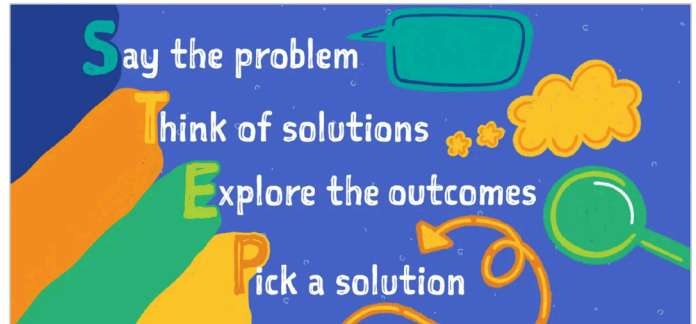
- ✓ **Unit 1: Growth Mindset & Goal-Setting**
- ✓ **Unit 2: Emotion Management**
- ✓ **Unit 3: Empathy & Kindness**
- ✓ **Unit 4: Problem-Solving**

## 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?

### INCREASE

- Academic perseverance
- Prosocial behavior
- Positive relationships
- Positive school climate

### DECREASE

- Classroom management issues
- Peer conflicts
- Peer rejection
- Emotional distress

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. Cipriano, C., Strambler, M. J., Naples, L., Ha, C., Kirk, M. A., Wood, M., ... & Durlak, J. (2023). Stage 2 report: The state of the evidence for social and emotional learning: A contemporary meta-analysis of universal school-based SEL interventions. *Child Development, Early View*. <https://doi.org/10.1111/cdev.13968>.