

Kindergarten

Unit 1: Skills for Learning	Unit 2: Empathy	Unit 3: Emotion Management	Unit 4: Problem Solving
1. Learning to Listen	6. Feelings	12. We Feel Feelings in Our Bodies	19. Solving Problems
2. Focusing Attention	7. More Feelings	13. Managing Frustration	20. Inviting to Play
3. Following Directions	8. Identifying Anger	14. Calming Down Strong Feelings	21. Fair Ways to Play
4. Self-Talk for Staying on Task	9. Same or Different?	15. Handling Waiting	22. Having Fun with Our Friends
5. Being Assertive	10. Accidents	16. Managing Anger	23. Handling Having Things Taken Away
	11. Caring and Helping	17. Managing Disappointment	24. Handling Name-Calling
		18. Handling Being Knocked Down	25. Reviewing <i>Second Step</i> Skills

Grade 1

Unit 1: Skills for Learning	Unit 2: Empathy	Unit 3: Emotion Management	Unit 4: Problem Solving
1. Listening to Learn	6. Identifying Feelings	12. Identifying Our Own Feelings	17. Solving Problems, Part 1
2. Focusing Attention	7. Looking for More Clues	13. Strong Feelings	18. Solving Problems, Part 2
3. Following Directions	8. Similarities and Differences	14. Calming Down Anger	19. Fair Ways to Play
4. Self-Talk for Learning	9. Feelings Change	15. Self-Talk for Calming Down	20. Inviting to Join In
5. Being Assertive	10. Accidents	16. Managing Worry	21. Handling Name-Calling
	11. Showing Care and Concern		22. Reviewing <i>Second Step</i> Skills

Grade 2

Unit 1: Skills for Learning	Unit 2: Empathy	Unit 3: Emotion Management	Unit 4: Problem Solving
1. Being Respectful	5. Identifying Feelings	11. Introducing Emotion Management	17. Solving Problems, Part 1
2. Focusing Attention and Listening	6. Learning More About Feelings	12. Managing Embarrassment	18. Solving Problems, Part 2
3. Using Self-Talk	7. Feeling Confident	13. Handling Making Mistakes	19. Taking Responsibility
4. Being Assertive	8. Respecting Different Preferences	14. Managing Anxious Feelings	20. Responding to Playground Exclusion
	9. Showing Compassion	15. Managing Anger	21. Playing Fairly on the Playground
	10. Predicting Feelings	16. Finishing Tasks	22. Reviewing <i>Second Step</i> Skills

Grade 3

Unit 1: Skills for Learning	Unit 2: Empathy	Unit 3: Emotion Management	Unit 4: Problem Solving
1. Being Respectful Learners	5. Identifying Others' Feelings	11. Introducing Emotion Management	17. Solving Problems, Part 1
2. Using Self-Talk	6. Understanding Perspectives	12. Managing Test Anxiety	18. Solving Problems, Part 2
3. Being Assertive	7. Conflicting Feelings	13. Handling Accusations	19. Solving Classroom Problems
4. Planning to Learn	8. Accepting Differences	14. Managing Disappointment	20. Solving Peer-Exclusion Problems
	9. Showing Compassion	15. Managing Anger	21. Dealing with Negative Peer Pressure
	10. Making Friends	16. Managing Hurt Feelings	22. Reviewing <i>Second Step</i> Skills

Second Step Scope and Sequence cont'd

Grade 4

Unit 1: Empathy and Skills for Learning

1. Empathy and Respect
2. Listening with Attention
3. Being Assertive
4. Respecting Similarities and Differences
5. Understanding Complex Feelings
6. Understanding Different Perspectives
7. Conversation and Compliments
8. Joining In
9. Showing Compassion

Unit 2: Emotion Management

10. Introducing Emotion Management
11. Managing Strong Feelings
12. Calming Down Anger
13. Managing Anxiety
14. Avoiding Jumping to Conclusions
15. Handling Put-Downs

Unit 3: Problem Solving

16. Solving Problems, Part 1
17. Solving Problems, Part 2
18. Making a Plan
19. Solving Playground Problems
20. Taking Responsibility for Your Actions
21. Dealing with Peer Pressure
22. Reviewing *Second Step* Skills

Grade 5

Unit 1: Empathy and Skills for Learning

1. Empathy and Respect
2. Listening with Attention
3. Being Assertive
4. Predicting Feelings
5. Taking Others' Perspectives
6. Accepting Differences
7. Disagreeing Respectfully
8. Responding with Compassion

Unit 2: Emotion Management

9. Introducing Emotion Management
10. Calming Down
11. Managing Anxiety
12. Managing Frustration
13. Resisting Revenge
14. Handling Put-Downs
15. Avoiding Assumptions

Unit 3: Problem Solving

16. Solving Problems, Part 1
17. Solving Problems, Part 2
18. Making a Plan
19. Seeking Help
20. Dealing with Gossip
21. Dealing with Peer Pressure
22. Reviewing *Second Step* Skills