



ALIGNMENT CHART

Second Step® Tier 1 and Tier 2 Alignment

- **Second Step® Elementary Digital Program**
- **Second Step® Middle School Digital Program**

About Second Step® Programs

The evidence-based Second Step Elementary and Second Step Middle School digital programs are web-based classroom programs designed to develop human skills, which can help increase students' school success and decrease problem behaviors.^{1,2} The programs have been expanded to offer both Tier 1 and Tier 2 solutions that can be integrated into a Multi-Tiered System of Supports (MTSS). Tier 1 and Tier 2 together provide universal learning as well as targeted interventions and help students learn how to cope with challenges, create positive relationships, and succeed both socially and academically. Lessons in both tiers provide tools for students to develop the mindsets, knowledge, and skills to handle strong emotions, show kindness and empathy, build and strengthen friendships, make and follow through on good decisions, and solve problems with their peers.

Alignment Between Tier 1 and Tier 2

The following tables indicate how each unit in Second Step Tier 1 aligns with the three focus areas in Second Step Tier 2. Lessons and materials in both tiers can work together to help students develop knowledge, skills, and attitudes. Boxes are checked to indicate Tier 1 and Tier 2 alignment within the identified grade band (for instance, Grades K–2) when:

1. Students have clear opportunities to actively process the knowledge or practice the skills described in Tier 1 content through targeted skill instructions and practices in Tier 2 lessons
2. There are opportunities for teachers to gather evidence of student learning in the skill area in both tiers

1. Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. *Child Development, 82*(1), 405–432. <https://doi.org/10.1111/j.1467-8624.2010.01564.x>

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. <https://doi.org/10.1111/cdev.12864>



Kindergarten-Grade 2

Tier 1 and Tier 2 Alignment

Second Step® Elementary Digital Program

Tier 1 Units																				
Brain Builders (Executive-Function Skills)			Unit 1: Growth Mindset & Goal-Setting				Unit 2: Emotion Management				Unit 3: Empathy & Kindness				Unit 4: Problem-Solving					
Attention			Focus attention and ignore distractions	Persevere through challenges while recognizing mistakes are a part of learning	Recognize unhelpful thoughts and replace with helpful thoughts	Recognize that skills improve with practice and effort	Identify and name one's own emotions	Recognize and identify emotions in others	Recognize strong emotions	Manage strong emotions by using strategies to feel calm	Recognize kindness and act kindly toward others	Take others' perspectives	Develop empathy for others	Recognize empathy can lead to kind acts	Manage strong emotions to feel calm before solving problems	Apply strategies to solve problems	Recognize accidents and make amends	State the problem without blame or name-calling	Think of many solutions to a problem	
Working memory																				
Inhibitory control																				

Tier 2 Focus Area	Skills and Concepts																			
Emotions, Thoughts & Feelings	Recognize and name a variety of emotions in themselves and others							✓	✓	✓										
	Identify how emotions feel in the body							✓	✓	✓										
	Use breathing and calming techniques to manage emotions, stress, and anxiety							✓		✓	✓				✓					
	Identify unhelpful ("sticky") thoughts and replace them with more helpful ones					✓		✓												
	Practice letting go of unhelpful thoughts					✓														
	Apply simple strategies to find calm									✓					✓					
Relationships & Prosocial Skills	Use kind words and actions to build friendships										✓									
	Strengthen kindness skills through role-play and creative expression						✓				✓	✓	✓							
	Take others' perspectives by imagining their feelings and practicing empathy										✓	✓	✓	✓					✓	
	Identify emotions in others and respond with empathy								✓		✓		✓	✓					✓	
	Follow a plan to solve small problems respectfully														✓	✓		✓	✓	
	Apply respectful problem-solving in real-life situations														✓	✓		✓	✓	
Executive Functioning	Pay attention and follow directions	✓	✓	✓	✓															
	Stop and think before acting and resist impulses			✓	✓					✓					✓				✓	
	Use memory strategies to stay focused and remember directions		✓	✓	✓															
	Apply creative thinking to imagine new possibilities																			
	Celebrate mistakes as opportunities for growth and skill-building				✓	✓	✓													



Grades 3-5

Tier 1 and Tier 2 Alignment

Second Step® Elementary Digital Program

Tier 1 Units																												
Brain Builders (Executive-Function Skills)				Unit 1: Growth Mindset & Goal-Setting								Unit 2: Emotion Management					Unit 3: Empathy & Kindness					Unit 4: Problem-Solving						
Attention	Working memory	Inhibitory control	Cognitive flexibility	Understand that the brain can grow and change	Recognize that skills improve with practice, effort, help from others, and trying a new way	Set goals	Make plans	Monitor progress toward goals	Identify and overcome obstacles to achieve goals	Determine ways to get help in goal-setting	Reflect to inform future goals	Recognize that strong emotions make it hard to think clearly	Identify and label similar emotions with different intensity levels	Recognize that regulating emotions is necessary to make decisions	Apply reappraisal as an emotion-management strategy	Apply planning ahead to manage recurring strong emotions	Recognize kindness helps them make friends and strengthen relationships	Recognize that people can have different points of view about the same thing	Recognize that empathy and perspective-taking can help them get along with others	Apply perspective-taking strategies to empathize with others	Apply perspective-taking strategies to make their community a better place	Explain the importance of being calm before problem-solving	Explain the importance of speaking up for one's self when solving a problem	State the problem without blaming and from all points of view	Generate solutions to take all points of view into consideration	Evaluate possible outcomes of solutions to a problem based on all points of view	Pick a solution that is safe, respectful, and could work for everyone	Identify when, where, and with whom they think it would be best to work on the problem

Tier 2 Focus Area	Skills and Concepts																										
Emotions, Thoughts & Feelings	Understand that emotions provide helpful information																										
	Explain how thoughts, feelings, and actions are interconnected											✓		✓							✓						
	Describe how thoughts influence feelings and actions											✓		✓													
	Learn and apply multiple strategies to manage emotions														✓	✓											
	Practice strategies to stay calm, focused, and aware of emotions	✓		✓											✓	✓					✓						
	Build emotional resilience, including staying calm and bouncing back after challenges					✓			✓		✓										✓						
Relationships & Prosocial Skills	Explore types of kind actions and practice kind responses																✓		✓	✓	✓		✓				
	Reflect on personal acts of kindness and plan new ways to be kind										✓						✓										
	Understand how perspective-taking supports kindness and connection																✓		✓			✓	✓	✓	✓		
	Compare different reactions to situations and choose empathetic, kind responses																✓		✓	✓	✓				✓	✓	
	Apply problem-solving strategies to social situations and demonstrate kind solutions																✓			✓	✓	✓	✓	✓	✓	✓	✓
	Strengthen problem-solving skills and create a personal guide for resolving conflicts							✓									✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
Executive Functioning	Identify distractions and apply strategies to refocus	✓		✓																							
	Strengthen working memory to hold and use information effectively	✓	✓		✓																						
	Use creative thinking and flexible problem-solving to address challenges				✓	✓			✓														✓	✓	✓	✓	✓
	Switch tasks calmly and maintain focus	✓		✓	✓																✓						
	Adapt to change through flexible-thinking strategies				✓	✓																					
	Apply flexible thinking to real-life challenges				✓				✓						✓								✓	✓	✓	✓	✓



Grades 6-8

Tier 1 and Tier 2 Alignment

Second Step® Middle School Digital Program

Tier 1 Units																								
Unit 1: Mindsets & Goals										Unit 2: Developing a Positive Sense of Self					Unit 3: Thoughts, Emotions & Decisions				Unit 4: Managing Relationships & Social Conflict					
Explore how music can motivate in difficult situations	Recognize emotions and ways to create a supportive environment	Explore goals and motivations	Practice persistence when facing a challenge	Set personal goals and create plans to achieve them	Determine how to adjust and persist after making a mistake	Recognize how setbacks and obstacles contribute to learning and growth	Identify obstacles to goals	Anticipate, plan for, and respond to obstacles using If-Then Plans	Develop strategies to overcome obstacles	Identify one's guiding principles	Apply guiding principles to decision-making process	Reflect on multiple aspects of self-concept and identify strengths and areas for growth	Understand factors influencing self-concept and confidence-building	Make an actionable plan to build confidence and work toward future self	Understand how emotions influence decision-making in positive and negative ways	Recognize and reframe unhelpful thoughts	Recognize the signs of stress and anxiety	Apply stress- and emotion-management strategies	Recognize how conflicts escalate	Describe the different perspectives of the people involved in a conflict	Apply the four-step conflict resolution process	Identify ways to make amends	Recognize the signs of healthy and unhealthy relationships	

Tier 2 Focus Area	Skills and Concepts																							
Emotions, Thoughts & Feelings	Learn and practice multiple emotion-management strategies		✓								✓						✓		✓					
	Understand stress and use writing to manage academic stress		✓							✓						✓		✓	✓					
	Apply strategies to manage unhelpful thoughts and improve emotional outcomes		✓							✓						✓		✓	✓					
	Recognize and address social anxiety through realistic thinking		✓							✓							✓	✓						
	Explain emotional carryover and its effects on actions and use strategies to manage it		✓							✓						✓		✓						
	Build and practice emotional resilience to recover from challenging situations		✓							✓						✓		✓						
Relationships & Prosocial Skills	Develop and use active listening and reflective responding to improve communication																						✓	
	Apply a model to build and maintain relationships																						✓	
	Practice perspective-taking and reflect on different viewpoints											✓								✓	✓	✓		
	Respond positively to diverse perspectives in online environments																			✓				
	Recognize how conflict can trigger strong emotions and use strategies to stay calm		✓													✓	✓	✓	✓	✓	✓			
	Use investigative steps to analyze problems, consider perspectives, and resolve conflicts					✓													✓	✓	✓	✓		
Executive Functioning	Apply flexible thinking to solve challenges with unexpected constraints	✓					✓		✓									✓		✓		✓		
	Use a framework to define and set effective goals			✓		✓																		
	Create action steps to achieve goals		✓	✓		✓								✓				✓			✓			
	Think through challenges and adjust plans as needed					✓	✓	✓	✓											✓				
	Use If-Then Plans to overcome obstacles and persist			✓	✓	✓	✓	✓	✓															
	Apply problem-solving processes when plans do not go as expected					✓					✓							✓			✓			