









# SELweb and Second Step Alignment





**SELweb** is a direct assessment of key social-emotional skills, including: emotion recognition, social perspective-taking, social problem-solving, and self-control. **Second Step** is a program rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to help children thrive.. This document describes alignment between SELweb and Second Step skills. Key: ✓ = some overlap; ✓✓ = significant overlap

KINDERGARTEN Second Step Lesson / SELweb Skill		 Emotion Recognition	 Perspective- Taking	 Problem- Solving	 Self- Control
Unit 1: Learning Skills	Following rules, listening				✓
	Paying attention				✓
	Following directions				✓
	Self talk for focus				✓✓
	Being assertive				✓
Unit 2: Empathy	Identifying feelings	✓✓			
	Feelings and their causes	✓	✓✓		
	Identifying anger	✓			
	Feeling different about a situation	✓	✓✓		
	Accidents		✓	✓✓	
	Caring and helping				





# SELweb and Second Step Alignment

KINDERGARTEN Second Step Lesson / SELweb Skill		 Emotion Recognition	 Perspective- Taking	 Problem- Solving	 Self- Control
Unit 3: Emotion Management	Emotions and bodies	✓			✓
	Managing frustration				✓✓
	Calming down strong feelings				✓✓
	Handling waiting				✓✓
	Managing anger				✓✓
	Managing disappointment				✓✓
	Handling being knocked down			✓✓	✓
Unit 4: Solving Problems	Solving problems		✓	✓✓	✓
	Inviting to play		✓		
	Fair ways to play		✓	✓	
	Having fun with friends			✓	
	Handling having things taken away			✓	✓
	Handling name-calling				
	Reviewing skills				





# SELweb and Second Step Alignment

GRADE 1 Second Step Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 1: Learning Skills	Listening to learn				✓
	Focusing attention				✓
	Following directions				✓
	Self-talk for learning				✓✓
	Being assertive				✓
Unit 2: Empathy	Identifying feelings	✓✓			
	Feelings and their causes	✓	✓✓		
	Identifying anger	✓			
	Feeling different about a situation	✓	✓✓		
	Accidents		✓	✓✓	
	Caring and helping				
Unit 3: Emotion Management	Emotions and bodies	✓			✓
	Emotions vary in strength	✓			✓
	Calming Down Anger				✓✓
	Self-talk for calming down				✓✓
	Managing worry				✓✓
Unit 4: Solving Problems	Solving problems part 1			✓✓	
	Solving problems, part 2			✓✓	
	Fair ways to play		✓	✓	
	Inviting to join in		✓		
	Handling name-calling				
	Reviewing skills				




# SELweb and Second Step Alignment

GRADE 2 Second Step Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Unit 1: Learning Skills	Being respectful		✓		
	Focusing attention and listening				✓
	Using self-talk				✓✓
	Being assertive				✓
Unit 2: Empathy	Identifying feelings	✓✓			
	Learning more about feelings	✓	✓✓		
	Feeling confident				✓
	Respecting different preferences		✓✓		
	Showing compassion		✓	✓	
	Predicting feelings	✓	✓	✓✓	
Unit 3: Emotion Management	Introducing emotion management				✓
	Managing embarrassment				✓✓
	Handling making mistakes				✓✓
	Managing anxious feelings				✓✓
	Managing anger				✓✓
	Finishing tasks				✓✓
Unit 4: Solving Problems	Solving problems part 1		✓	✓	✓
	Solving problems, part 2			✓✓	
	Taking responsibility				
	Playground exclusion		✓		
	Playing fairly on the playground		✓	✓✓	
	Reviewing skills				




# SELweb and Second Step Alignment

GRADE 3 Second Step Lesson / SELweb Skill		 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
<b>Unit 1: Learning Skills</b>	Being respectful		✓		
	Using self-talk				✓✓
	Being assertive				✓
	Planning to learn				
<b>Unit 2: Empathy</b>	Identifying feelings	✓✓	✓		
	Understanding perspectives	✓	✓✓		
	Conflicting feelings	✓✓	✓✓		
	Accepting differences		✓✓		
	Showing compassion		✓	✓	
	Making friends				
<b>Unit 3: Emotion Management</b>	Introducing emotion management				✓
	Managing test anxiety				✓✓
	Handling accusations				✓✓
	Managing disappointment				✓✓
	Managing anger				✓✓
	Managing hurt feelings				✓✓
<b>Unit 4: Solving Problems</b>	Solving problems part 1			✓✓	
	Solving problems, part 2			✓✓	
	Solving classroom problems			✓✓	
	Solving peer exclusion problems		✓	✓	
	Dealing with negative peer pressure				
	Reviewing skills				

# SELweb and Second Step Alignment

GRADE 4 Second Step Lesson / SELweb Skill		 Perspective-Taking	 Problem-Solving	 Self-Control
<b>Unit 1: Learning Skills</b>	Empathy and respect	✓		
	Listening with attention	✓		✓
	Being assertive			✓
	Respecting similarities, differences	✓✓		
<b>Unit 2: Empathy</b>	Understanding complex feelings	✓✓		
	Understanding perspectives	✓✓		
	Conversation and compliments	✓✓		
	Joining in	✓	✓	
	Showing compassion	✓	✓	
<b>Unit 3: Emotion Management</b>	Introducing emotion management			✓
	Managing strong feelings			✓✓
	Managing anger			✓✓
	Managing anxiety			✓✓
	Avoiding jumping to conclusions	✓	✓✓	
	Handling put-downs		✓	✓
<b>Unit 4: Solving Problems</b>	Solving problems part 1		✓✓	
	Solving problems, part 2		✓✓	
	Making a plan		✓✓	
	Solving playground problems		✓✓	
	Taking responsibility for your action			
	Dealing with peer pressure		✓	
	Reviewing skills			

# SELweb and Second Step Alignment

GRADE 5 Second Step Lesson / SELweb Skill		 Perspective-Taking	 Problem-Solving	 Self-Control
<b>Unit 1: Learning Skills</b>	Empathy and respect	✓		
	Listening with attention			✓
	Being assertive			✓
	Predicting feelings	✓✓		
<b>Unit 2: Empathy</b>	Taking others' perspectives	✓✓		
	Understanding perspectives	✓✓		
	Disagreeing respectfully	✓	✓	✓
	Responding with compassion	✓		
<b>Unit 3: Emotion Management</b>	Introducing emotion management			✓
	Calming down			✓✓
	Managing anxiety			✓✓
	Managing frustration			✓✓
	Resisting revenge		✓	✓
	Handling put-downs			✓
	Avoiding assumptions		✓✓	
<b>Unit 4: Solving Problems</b>	Solving problems part 1		✓✓	
	Solving problems, part 2		✓✓	
	Making a plan		✓✓	
	Seeking help		✓✓	
	Dealing with gossip			
	Dealing with peer pressure			
	Reviewing skills			

# SELweb and Second Step Alignment

GRADE 6 Second Step Lesson / SELweb Skill		 Perspective-Taking	 Problem-Solving	 Self-Control
<b>Unit 1: Empathy &amp; Communication</b>	Working in groups	✓	✓	✓
	Friends and allies	✓ ✓		✓
	Considering perspectives	✓ ✓		✓
	Disagreeing respectfully	✓ ✓	✓	✓
	Being assertive		✓	✓
<b>Unit 2: Bullying Prevention</b>	Recognizing bullying	✓	✓	
	Bystanders	✓	✓	
<b>Unit 3: Emotion Management</b>	Emotions—brain and body			✓ ✓
	Calming-down strategies			✓ ✓
<b>Unit 4: Solving Problems</b>	Using action steps		✓ ✓	
	Making a plan		✓ ✓	
<b>Unit 5: Substance Abuse Prevention</b>	Tobacco and marijuana			
	Alcohol and inhalants			
	Identifying hopes and plans		✓	✓
	Making a commitment		✓	✓