XSEL LABS | SELweb EE and Second Step Digital Alignment | second step

SELweb Early Elementary (EE) is a direct assessment of key social-emotional competencies, including: emotion recognition, social perspective-taking, social problem-solving, and self-control. **Second Step Digital** lesson plans are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in the Second Step Digital lesson plans. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

Unit	Second Step Digital Lesson	Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
Kindergarten					
1 **Growth Mindset & Goal-Setting**	We Watch. We Listen. We Think.				✓
	Why We Pay Attention				✓
	Mistakes Are Okay!			✓	✓
	Practice Makes Better				✓
	Performance Task- Let's Practice and Learn!			✓	✓
2 **Emotion Management**	Sometimes We Feel Happy	✓	✓		
	Sometimes We Feel Sad	✓	✓		
	Sometimes We Feel Mad	✓	✓		
	We Can Feel Calm				✓
	Perfomance Task- What Are They Feeling?	✓	✓		✓
3 **Empathy & Kindness**	We Can Be Kind		✓		
	Why Kindness?		✓		
	Showing Kindness		✓	✓	
	Kindness at School		✓	✓	
	Performance Task- Demonstrating Kindness		✓	✓	
4 **Problem-Solving**	We Can Say the Problem			✓	✓
	Ready to Solve Problems			✓	✓
	Apologizing Can Help		✓	✓	
	Taking Turns and Sharing		✓	✓	
	Performance Task- We Can Solve Problems		✓	✓	

Unit	Second Step Digital Lesson	Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
1st Grade					
1 **Growth Mindset** **& Goal-Setting**	Time to Pay Attention				✓
	Everyone Gets Distracted				✓
	You Did It!				✓
	Helpful Thoughts				✓
	Performance Task- We Can Do It!				✓
2 **Emotion** **Management**	Noticing Feelings	✓	✓		
	Sometimes We Feel Worried	✓	✓		
	Feeling Calm	✓	✓		
	Feeling Frustrated	✓	✓		
	Perfomance Task- Noticing Clues	✓	✓		✓
3 **Empathy &** **Kindness**	The Power of Kind Acts		✓		
	Ways to Be Kind		✓	✓	
	Offering Kind Acts		✓	✓	
	Practicing Kind Acts		✓	✓	
	Performance Task- Demonstrating Kind Acts		✓	✓	
4 **Problem-** **Solving**	How to Say the Problem			✓	✓
	Was It an Accident?			✓	✓
	Ask for What You Need		✓	✓	
	We Can Make It Better		✓	✓	
	Performance Task- Solving Problems		✓	✓	

Unit	Second Step Digital Lesson	Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
2nd Grade					
1 **Growth Mindset & Goal-Setting**	How to Get Good at Something				✔
	What Mistakes Tell Us				✔
	Helpful and Unhelpful Thoughts		✔		
	We Can Change Our Thoughts				✔
	Performance Task- Learn and Get Better				✔
2 **Emotion Management**	Feeling Proud		✔		
	Feeling Disappointed		✔		
	Help Yourself Feel Better				✔
	Different Feelings		✔		
	Perfomance Task- How Do You Feel?		✔		
3 **Empathy & Kindness**	What's Empathy?	✔	✔		
	Empathy in Action		✔		
	Having Empathy		✔		
	Empathy at School		✔	✔	
	Performance Task- Empathy and Kindness		✔	✔	
4 **Problem-Solving**	The Way to Say a Problem			✔	✔
	Thinking of Solutions			✔	
	Which Solution?			✔	
	What Would I Want?			✔	
	Performance Task- Be a Problem-Solver			✔	

Unit	Second Step Digital Lesson	Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
3rd Grade					
1 **Growth Mindset & Goal-Setting**	Changing Your Brain				
	Getting Better with Practice				✓
	More Than Practice				✓
	Planning for Practice				✓
	Performance Task- Make a Practice Plan				✓
2 **Emotion Management**	Why Emotions?				✓
	How Angry?				✓
	Take a Break				✓
	How Happy?				✓
	Perfomance Task- Strength of Feelings				✓
3 **Empathy & Kindness**	Kindness and Friendship		✓	✓	
	Building a Friendship		✓	✓	
	My Kind of Kindness		✓		
	Asking Questions		✓	✓	
	Performance Task- Do Something Kind		✓	✓	
4 **Problem-Solving**	STEP by Step			✓	
	S: Say the Problem		✓	✓	
	T: Think and E: Explore		✓	✓	
	P: Pick a Solution		✓	✓	
	Performance Task- Solving a Problem		✓	✓	

SELweb LE and Second Step Digital Program Alignment

SELweb Late Elementary (LE) is a direct assessment of key social-emotional competencies in 4th to 8th grade, including: self-awareness, understanding others' emotions and perspectives, social problem-solving, and self-control. **Second Step Digital** lessons are designed to foster these competencies. This document describes alignment between SELweb and the targets of instruction in Second Step Digital lessons. Each row reflects a specific lesson. Each column reflects a competence measured by SELweb. A checkmark (✓) indicates that a specific SELweb competence is a target of instruction in the indicated lesson.

Unit	Second Step Digital Lesson	Self- Awareness	Understanding Others	Problem-Solving	Self-Control
4th Grade					
1 **Growth Mindset & Goal-Setting**	Setting a Good Goal		✓		
	Making a Plan			✓	
	Checking Our Progress			✓	
	Reflecting On Our Journey			✓	
	Performance Task- Ready, Set, Goal!			✓	
2 **Emotion Management**	The Balanced Brain	✓			✓
	What Is Rethinking?	✓			✓
	How to Rethink				✓
	Take Another Look	✓			✓
	Performance Task- Rethink It!	✓			✓
3 **Empathy & Kindness**	The Same, But Different		✓		
	Ask, Listen, Learn		✓		
	Seeing It Differently		✓		
	Changing Your Mind	✓	✓		✓
	Performance Task- A New Point of View		✓		✓
4 **Problem-Solving**	A Good Problem-Solver	✓		✓	
	Saying It Respectfully		✓	✓	
	Exploring Outcomes			✓	
	A Good Solution			✓	
	Performance Task-STEP into Problem-Solving		✓	✓	

Unit	Second Step Digital Lesson	Self- Awareness	Understanding Others	Problem- Solving	Self- Control
5th Grade					
1 **Growth Mindset & Goal-Setting**	The Right Goal for Me	✓			
	My Plan				✓
	Changing My Plan	✓			✓
	Time to Reflect	✓			
	Performance Task- My 10-Minute Goal	✓			✓
2 **Emotion Management**	Strong Emotions	✓			✓
	What is Stress?	✓			✓
	Planning for Change				✓
	What Can I Change?				✓
	Performance Task- Making a Change				✓
3 **Empathy & Kindness**	Empathy in the Community		✓	✓	
	What's the Problem?			✓	
	A Different Point of View		✓		
	Community Solutions			✓	
	Performance Task- Your Solution		✓	✓	
4 **Problem- Solving**	Beginning to STEP			✓	
	When? Where? Who?			✓	
	Solutions Web		✓	✓	
	Let's Reflect		✓	✓	
	Performance Task- Putting It All Together		✓	✓	

Unit	Second Step Digital Lesson	Self-Awareness	Understanding Others	Problem-Solving	Self-Control
6th Grade					
1 **Mindsets & Goals**	Starting Middle School	✓			✓
	Helping New Students		✓		✓
	How to Grow Your Brain				✓
	Trying New Strategies				✓
	Making Goals Specific				✓
	Breaking Down Your Goals	✓			✓
	Monitoring Your Progress				✓
	Performance Task- Bringing It All Together				✓
2 **Recognizing Bullying & Harassment**	Common Types of Bullying		✓		
	Recognizing Bullying		✓		
	Responding to Cyberbullying		✓	✓	
	How to Be an Upstander			✓	
	Standing Up and Staying Safe		✓	✓	
	Performance Task- Raising Awareness About Bullying			✓	
3 **Thoughts, Emotions, & Decisions**	What Emotions Tell You				✓
	Emotions and Your Brain				✓
	How Emotions Affect Your Decisions				✓
	Managing Your Emotions				✓
	What Works Best for You?				✓
	Performance Task- Raising Awareness About Managing Emotions				✓
4 **Managing Relationships & Social Conflict**	You're Changing	✓	✓		
	Why Conflicts Escalate			✓	✓
	Considering Multiple Perspectives		✓	✓	
	Respectful Communication			✓	
	Resolving Challenging Conflicts			✓	
	Making Amends			✓	
	Performance Task- Conflict Solvers			✓	

Unit	Second Step Digital Lesson	Self- Awareness	Understanding Others	Problem- Solving	Self- Control
7th Grade					
1 **Mindsets &** **Goals**	Starting Middle School	✓			✓
	Helping New Students		✓		
	Creating New Pathways in Your Brain				✓
	Learning from Mistakes and Failure				✓
	Identifying Roadblocks				✓
	Overcoming Roadblocks 1				✓
	Overcoming Roadblocks 2				✓
	Performance Task- Advice on Roadblocks		✓		✓
2 **Recognizing** **Bullying &** **Harassment**	What Is Harassment?			✓	
	What Is Sexual Harassment?			✓	
	The Effects of Sexual Harassment		✓	✓	
	Gender-Based Harassment		✓	✓	
	Our Rights and Responsibilities			✓	
	Performance Task- Preventing Harassment		✓	✓	
3 **Thoughts,** **Emotions, &** **Decisions**	Emotions Matter				✓
	Feel, Think, Do				✓
	Unhelpful Thoughts				✓
	Reframe the Situation				✓
	Practicing Positive Self-Talk				✓
	Performance Task- Making Better Decisions				✓
4 **Managing** **Relationships &** **Social Conflict**	What Makes a Conflict Escalate?		✓	✓	
	Keeping Your Cool in a Conflict			✓	✓
	Conflicts and Perspectives		✓	✓	
	Resolving Conflict Part 1		✓	✓	
	Resolving Conflict Part 2			✓	
	Taking Responsibility for Your Actions			✓	
	Performance Task- Tips for Resolving Conflicts		✓	✓	

Unit	Second Step Digital Lesson	Self- Awareness	Understanding Others	Problem- Solving	Self- Control
	8th Grade				
1 **Mindsets &** **Goals**	Welcome!				
	Who Am I? My Identity	✓			
	My Interests and Strengths	✓			
	Harnessing My Strengths	✓			✓
	Pursuing My Interests	✓			✓
	My Future Self	✓			
	Performance Task- My Path Forward	✓			
2 **Recognizing** **Bullying &** **Harassment**	Understanding Bullying		✓		
	Social Factors that Contribute to Bullying		✓	✓	
	Environmental Factors that Contribute to Bullying		✓	✓	
	Speak Up and Start a Movement			✓	
	Be Inclusive and Change Policies			✓	
	Performance Task- Stand Up for Change!			✓	
3 **Thoughts,** **Emotions, &** **Decisions**	Understanding Stress and Anxiety				✓
	Where Does Stress Come From?				✓
	Strategies for Managing Stress				✓
	Changing Strategies and Getting Help				✓
	Performance Task- My Stress-Management Plan				✓
4 **Managing** **Relationships &** **Social Conflict**	My Values	✓			✓
	Values and Relationships	✓			✓
	Recognizing Others' Perspectives		✓	✓	
	Finding the Best Solution		✓	✓	
	Making Things Right		✓	✓	
	Unhealthy Relationships			✓	
	Performance Task- Guide to Healthy Relationships			✓	
	High School Challenges			✓	