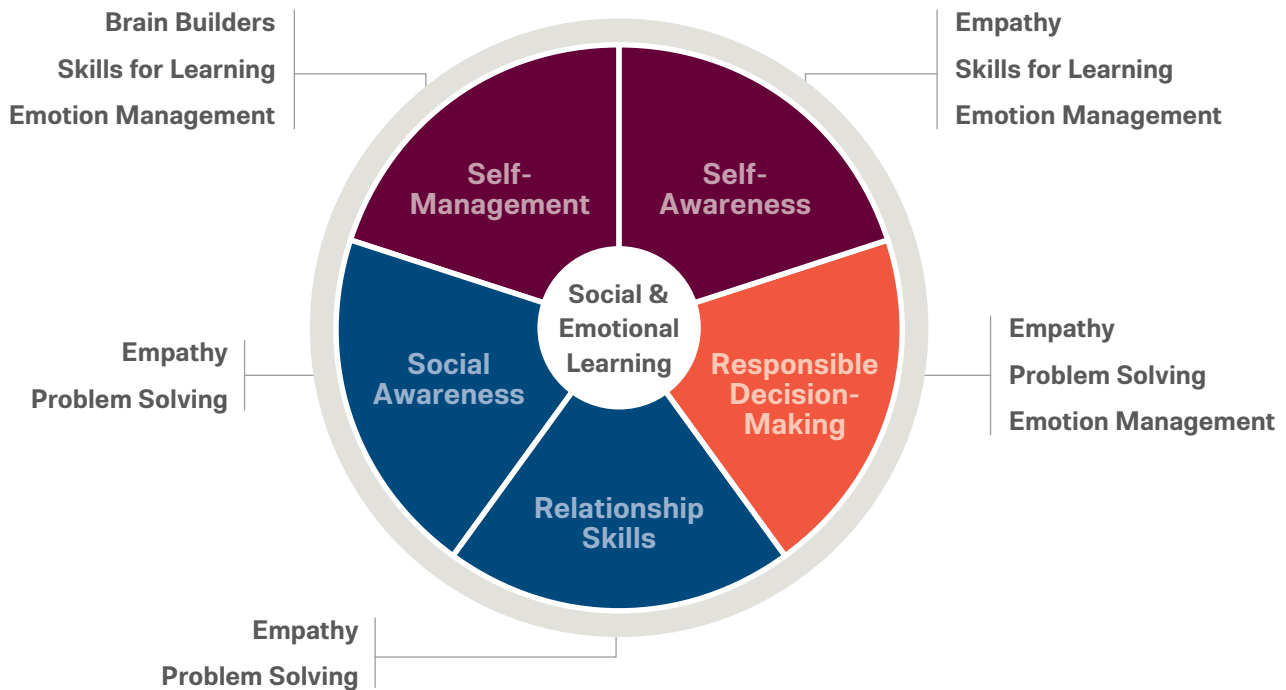


## CASEL CORE SEL COMPETENCIES

# Second Step SEL for Kindergarten–Grade 5

**Kindergarten–Grade 5.** The following illustrates how evidence-based Second Step elements align with CASEL’s core social-emotional learning (SEL) competencies. Note the considerable overlap across CASEL’s core SEL competencies. This reflects how self-regulation and social-emotional skills are built across the K–5 Second Step curriculum.



### What Is CASEL?

Collaborative for Academic, Social, and Emotional Learning (CASEL) is the nation’s leading organization advancing the development of academic, social, and emotional competence for all students. Their mission is to help make evidence-based social-emotional learning an integral part of education from preschool through high school. To that end, CASEL has identified five interrelated SEL core competencies: self-management, self-awareness, social awareness, relationship skills, and responsible decision-making.

### What Is Second Step?

Second Step is a universal, classroom-based program designed to increase students’ school success and decrease problem behaviors by promoting social-emotional competence and self-regulation. Second Step is recognized as a CASEL-SElect program in CASEL’s guide to preschool and elementary programs that are “well-designed, evidence-based social and emotional learning programs with potential for broad dissemination to schools across the United States” (*Effective Social and Emotional Learning Programs—Preschool and Elementary School Edition*).

## How does Second Step develop the CASEL core SEL competencies?

The following chart outlines key skills developed through the various Second Step elements.

Second Step Program Element	Key Skill(s) Developed	CASEL Core SEL Competencies
Brain Builder Games (K-3)	Executive-function skills	Self-Management
Skills for Learning	<ul style="list-style-type: none"> <li>• Focus attention</li> <li>• Listen with attention</li> <li>• Identify and use self-talk</li> <li>• Be assertive</li> <li>• Remember directions</li> <li>• Stay on task</li> <li>• Ignore distractions</li> </ul>	<ul style="list-style-type: none"> <li>• Self-Management</li> <li>• Self-Awareness</li> </ul>
Empathy	<ul style="list-style-type: none"> <li>• Identify and understand one's own and others' feelings</li> <li>• Build vocabulary of feelings words</li> <li>• Begin to take others' perspectives</li> <li>• Listen to others</li> <li>• Have empathy</li> <li>• Show compassion</li> </ul>	<ul style="list-style-type: none"> <li>• Relationship Skills</li> <li>• Responsible Decision-Making</li> <li>• Self-Awareness</li> <li>• Social Awareness</li> </ul>
Emotion Management	<ul style="list-style-type: none"> <li>• Identify and understand one's own feelings</li> <li>• Recognize strong feelings</li> <li>• Calm down strong feelings</li> <li>• Use the Ways to Calm Down</li> </ul>	<ul style="list-style-type: none"> <li>• Responsible Decision-Making</li> <li>• Self-Awareness</li> <li>• Self-Management</li> </ul>
Problem Solving	<ul style="list-style-type: none"> <li>• Friendship skills</li> <li>• Calm down before solving problems</li> <li>• Describe the problem</li> <li>• Think of many solutions</li> <li>• Explore the consequences of the solutions</li> <li>• Pick the best solution</li> </ul>	<ul style="list-style-type: none"> <li>• Relationship Skills</li> <li>• Responsible Decision-Making</li> <li>• Social Awareness</li> </ul>



Second Step, a program rooted in social-emotional learning (SEL), helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive.

By offering the research-based Second Step SEL curriculum for Preschool through Grade 8 in combination with our Bullying Prevention and Child Protection Units, we've formed an integrated, comprehensive program that makes a difference in children's lives. It's a difference you can feel the moment you open the doors to a Second Step school—a sense of safety and respect grounded in the social-emotional health and well-being of the entire school community.

Learn more at [SecondStep.org](http://SecondStep.org) or call us at 800-634-4449, ext. 1.