Social-Emotional Learning at High Plains School
Open House Introduction
What Is Social-Emotional Learning?

Social-emotional learning (SEL) helps people:

- Understand and manage their emotions
- Set and achieve positive goals
- Have and show empathy for others
- Establish and maintain positive relationships
- Make responsible decisions
The Goal of SEL in Schools

SEL in schools supports whole-child development. When implemented schoolwide, SEL can help create a positive school climate where students and adults can thrive together, improving social-emotional competence and academic achievement.
Research Links Evidence-Based SEL to Positive Outcomes¹

Student Gains in . . .

• Social-emotional skills
• Improved attitudes about self, others, and school
• Prosocial classroom behavior
• 11 percentile-point gain in overall academic achievement

Reduced Risk of . . .

• Conduct issues
• Emotional distress

2017 Meta-Analysis: Lasting SEL Effects²

A separate study found that SEL interventions are associated with lasting positive effects. Months or years after SEL exposure, students experienced increased levels of academic success and lower risks of adverse outcomes.
Social-Emotional Skills in Adulthood: Career & Community

The top 10 skills identified by the World Economic Forum all involve social and emotional competence

1. Complex problem-solving
2. Critical thinking
3. Creativity
4. People management
5. Coordinating with others
6. Emotional intelligence
7. Judgement and decision-making
8. Service orientation
9. Negotiation
10. Cognitive flexibility

Social-emotional skills can help adults be successful contributors to the communities in which they belong
Welcome to Second Step®

Second Step® is the SEL program HPS has used since 2018.

It's research-based and made with all students in mind.
Weekly Lessons- Elementary

Lessons per grade: 20 lessons

Teaching time: 15–30 minutes

Includes: Songs, videos, handouts, discussions, Brain Builder activities, daily practice activities
Second Step® Skills and Concepts-
Elementary

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<td>Emotion Management</td>
<td>Empathy &amp; Kindness</td>
<td>Problem-Solving</td>
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Each unit is composed of 5 lessons per grade
Unit 1: Growth Mindset & Goal-Setting

Students learn how to:

• Pay attention and manage distractions
• Develop a growth mindset
• Apply goal-setting strategies to their social and academic lives

Grade 2, Lesson 1
Unit 2: Emotion Management

Students learn how to:

• Identify and label their own and others’ emotions

• Use emotion-management strategies to calm strong feelings, including stress management for older students
Unit 3: Empathy & Kindness

Students learn how to:

• Recognize kindness and do kind acts for others
• Have empathy for others and take others’ perspectives
• Recognize kind acts and empathy as important elements in building and maintaining relationships
Unit 4: Problem-Solving

Students learn how to:

• Identify and state a problem
• Recognize if a problem is an accident
• Use the STEP problem-solving process:
  S: Say the problem
  T: Think of solutions
  E: Explore the outcomes
  P: Pick a solution

Grade 3, Lesson 16
Weekly Lessons- Middle School

Lessons per grade: 26–27 lessons

Teaching time: 25 minutes

Includes: nearly 200 optional advisory activities to reinforce the skills learned during lessons

Recommended Advisory Activities
Supplement Unit 1 lessons and build relationships in your classroom with these recommended activities.

Class Meetings
- Getting Help
- Getting Smarter
- Grade 6 Goals
- Helping Others

Class Challenges
- Class Circle Challenge
- Learn Something New
- Marshmallow Challenge
- Reporter, Report!
- Rubber Band Race
- Score a Goal

Service-Learning Projects
- Directory Assistance
- Getting Involved
# Second Step Units - Middle School

<table>
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<tr>
<th>Unit 1</th>
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| **Mindsets & Goals**  
Students learn:  
• How to grow their brains and get smarter  
• Research-based strategies for setting and achieving goals and handling difficult situations | **Recognizing Bullying & Harassment**  
Students learn:  
• How to stand up safely to bullying  
• How to respond appropriately to harassment |
### Second Step Units (cont.)—Middle School

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<tr>
<th>Unit 3</th>
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| **Thoughts, Emotions & Decisions**  
Students learn:  
• The positive role emotions play in their lives  
• How to handle unhelpful thoughts and strong emotions  
• How to apply strategies to manage their emotions and reduce stress | **Managing Relationships & Social Conflicts**  
Students learn:  
• Strategies for developing and maintaining healthy relationships  
• Perspective-taking skills  
• Strategies for dealing with conflict |
Support SEL at Home

You can support your child’s social-emotional development at home.

- Follow along throughout the year as each unit progresses.
- You’ll receive weekly communications from your student’s teacher to help you reinforce Second Step language, skills, and goals at home.
Additional Resources

• Reach out to your student’s Second Step teacher to access more social-emotional learning resources, including book lists.

• MS Families, visit ParenTeenConnect.org, a free online resource to help teens and the adults in their lives address hot-button topics.
References

