



# Social-Emotional Learning at Acacia

Back to School 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 Outcomes<sup>1</sup>

## 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 Effects<sup>2</sup>

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<sup>3</sup>

1. **Complex problem-solving**
2. **Critical thinking**
3. **Creativity**
4. **People management**
5. **Coordinating with others**
6. **Emotional Intelligence**
7. **Judgment 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® Elementary

The Second Step® Elementary digital program is the SEL program we'll use this year.

It's research-based and made for elementary students.



# Second Step® Early Learning Kits, Elementary and Middle School Programs



Second Step® Elementary and Second Step® Middle School Digital Programs

# Early Learning Weekly Lessons & Daily Practice

Grade Level	Units/ Themes	Daily Lesson	Themes
Pre-K/ TK	5 Units 28 Themes	5-7 minutes/day	1 per week

# The Five Early Childhood *Second Step* Units

**second  
step**

Unit  
1

Skills for Learning

Unit  
2

Empathy

Unit  
3

Emotion  
Management

Unit  
4

Friendship Skills and Problem  
Solving

Unit  
5

Transitioning to Kindergarten

# Weekly Lessons & Daily Practice

Grade Level	Lessons per Grade	Weekly Lesson
K-1	20	15-20 minutes/week
2-5	20	25-30 minutes/week

# Second Step<sup>®</sup> Elementary Skills and Concepts

Unit 1	Unit 2	Unit 3	Unit 4
Growth Mindset & Goal-Setting	Emotion Management	Empathy & Kindness	Problem-Solving
Weeks 1-5	Weeks 6-10	Weeks 11-15	Weeks 16-20

# Middle School Weekly Lessons & Daily Practice

Grade Level	Total Lessons	Weekly Lesson
6	26	25 minutes
7	21	25 minutes
8	22	25 minutes

# Second Step<sup>®</sup> Middle School Skills and Concepts



Unit 1	Unit 2	Unit 3	Unit 4
<b>Mindsets &amp; Goals</b> 7 lessons per grade	<b>Recognizing Bullying &amp; Harassment</b> 6 lessons in 6th 2 lessons in 7th and 8th	<b>Thoughts, Emotions &amp; Decisions</b> 6 lessons per grade	<b>Managing Relationships &amp; Social Conflict</b> 7 lessons per grade <i>+ 1 additional Grade 8 lesson</i>
Week 1-7	Week 8-13	Weeks 14-19	Weeks 20-26

Weekly lessons last approximately **25 minutes** and require **minimal prep time**.

# 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 communication from your child'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.



**Thank you!**