



Pacing Guide

Use this guide to plan your schoolwide lesson pacing. Ensuring that all lesson instructors are following an established Second Step® Elementary teaching schedule helps align schoolwide expectations, promotes effective and sustainable teaching practices, and improves program outcomes.

Complete this pacing guide with your school's intended dates of weekly lesson delivery.

Share the completed Pacing Guide with all staff for alignment across grades.

School Name _____

School Year _____

WEEK	DATE	LESSON	KINDERGARTEN	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
Unit 1: Growth Mindset & Goal-Setting								
1		Lesson 1	We Watch. We Listen. We Learn.	Time to Pay Attention	How to Get Good at Something	Changing Your Brain	Setting a Good Goal	The Right Goal for Me
2		Lesson 2	Why We Pay Attention	Everyone Gets Distracted	What Mistakes Tell Us	Getting Better with Practice	Making a Plan	My Plan
3		Lesson 3	Mistakes Are Okay!	You Did It!	Helpful and Unhelpful Thoughts	More Than Practice	Checking Our Progress	Changing My Plan
4		Lesson 4	Practice Makes Better	Helpful Thoughts	We Can Change Our Thoughts	Planning for Practice	Reflecting On Our Journey	Time to Reflect
5		Lesson 5 Performance Task	Let's Practice and Learn!	We Can Do It!	Learn and Get Better	Make a Practice Plan	Ready, Set, Goal!	My 10-Minute Goal
Unit 2: Emotion Management								
6		Lesson 6	Sometimes We Feel Happy	Noticing Feelings	Feeling Proud	Why Emotions?	The Balanced Brain	Strong Emotions
7		Lesson 7	Sometimes We Feel Sad	Sometimes We Feel Worried	Feeling Disappointed	How Angry?	What Is Rethinking?	What Is Stress?
8		Lesson 8	Sometimes We Feel Mad	Feeling Calm	Help Yourself Feel Better	Take a Break	How to Rethink	Planning for Change
9		Lesson 9	We Can Feel Calm	Feeling Frustrated	Different Feelings	How Happy?	Take Another Look	What Can I Change?
10		Lesson 10 Performance Task	What Are They Feeling?	Noticing Clues	How Do You Feel?	Strength of Feelings	Rethink It!	Making a Change

WEEK	DATE	LESSON	KINDERGARTEN	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
Unit 3: Empathy & Kindness								
11		Lesson 11	We Can Be Kind	The Power of Kind Acts	What's Empathy?	Kindness and Friendship	The Same, But Different	Empathy in the Community
12		Lesson 12	Why Kindness?	Ways to Be Kind	Empathy in Action	Building a Friendship	Ask, Listen, Learn	What's the Problem?
13		Lesson 13	Showing Kindness	Offering Kind Acts	Having Empathy	My Kind of Kindness	Seeing It Differently	A Different Point of View
14		Lesson 14	Kindness at School	Practicing Kind Acts	Empathy at School	Asking Questions	Changing Your Mind	Community Solutions
15		Lesson 15 Performance Task	Demonstrating Kindness	Demonstrating Kind Acts	Empathy and Kindness	Do Something Kind	A New Point of View	Your Solution
Unit 4: Problem-Solving								
16		Lesson 16	We Can Say the Problem	How to Say the Problem	The Way to Say a Problem	STEP by Step	A Good Problem-Solver	Beginning to STEP
17		Lesson 17	Ready to Solve Problems	Was It an Accident?	Thinking of Solutions	S: Say the Problem	Saying It Respectfully	When? Where? Who?
18		Lesson 18	Apologizing Can Help	Ask for What You Need	Which Solution?	T: Think and E: Explore	Exploring Outcomes	Solutions Web
19		Lesson 19	Taking Turns and Sharing	We Can Make It Better	What Would I Want?	P: Pick a Solution	A Good Solution	Let's Reflect
20		Lesson 20 Performance Task	We Can Solve Problems	Solving Problems	Be a Problem-Solver	Solving a Problem	STEP into Problem-Solving	Putting It All Together

How do I prepare to teach Second Step lessons?

To prepare for each unit:

(5–10 minutes)

- Watch the All-Staff Unit Overview video
- Review the Unit Plan at the beginning of each new unit for helpful information, including what the unit is about, why it matters, and how the concepts and skills progress across the grades.

To prepare for teaching each lesson:

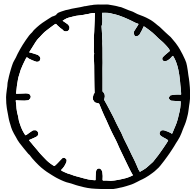
(5–10 minutes)

- Print and read the Prep & Extend.
- Print and read the Lesson Plan, which contains lesson scripting.
- For Performance Task Lessons, read the Performance Task Rubric in the lesson plan
- Preview the lesson presentation screens and other media.
- Print a class set of the student handouts, when applicable.

What do I need to know about Second Step Elementary?



20 lessons
per grade



Kindergarten–Grade 1
lessons last **15–20
minutes each.**

Grades 2–5 lessons last
25–30 minutes each.



Web-based lessons include
ready-to-use lesson plans
with scripting, dynamic
lesson presentations, and
brief daily practice activities.