

How SEL Is Taught in the Classroom

Every week throughout the course of the academic year, students in grades 6th, 7th, and 8th grade are guided through the Second Step curriculum during Home Room. Curriculum is divided into four units with 6-7 lessons in each unit.

Mindsets and Goals: Students learn how to develop a growth mindset and apply researched based goal setting strategies to their social and academic lives.

Recognizing Bullying and Harassment: Students learn how to recognize bullying and harassment, stand up safely to bullying, and respond appropriately to harassment.

Thoughts, Emotions, and Decisions: Students learn how to recognize strong emotions and unhelpful thoughts, and apply strategies to manage their emotions and reduce stress.

Managing Relationships and Social Conflict: Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict.

Lesson Structure

All lessons are expected to take 25 minutes to complete. Each lesson is organized into 3–5 sections. Typical sections are described below.

Warm-Up

The Warm-Up section orients students to the purpose of the lesson. Short activities and lines of questioning are often used to quickly engage students, activate their prior knowledge, and preview what's to come in the lesson.

Video

Some lessons employ videos to explain or provide examples of new concepts.

Define

The Define section highlights vocabulary terms that underpin the lesson. These vocabulary definitions are included on the lesson presentation as well as the lesson plan and student handouts.

Discuss

The Discuss section encourages students to engage with the lesson topic and offer their thoughts and insights to the class.

Activity

The Activity section is designed to build students' understanding of key concepts and their development of key skills, while providing a gradual release of responsibility. Models are provided to demonstrate a skill or process, including thought processes. Students actively engage with these models as they practice applying the concept or skill with increasing levels of independence.

Wrap-Up

The Wrap-Up section provides an opportunity for students to reflect on how the content applies to their lives. Typically, students will do this by discussing or writing a response to a question or prompt.