

TST Youth Development Program



ALIGNMENT CHART: FOURTH GRADE NEW YORK STATE FRAMEWORK FOR MENTAL HEALTH EDUCATION INSTRUCTION SECOND STEP®

Introduction to 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.

NYS Framework for Mental Health Education Instruction

The New York State Framework for Mental Health Education Instruction supports the New York State Health Education Learning Standards. NYSED recommends schools utilize this resource to develop or adopt their own curriculum aligned with the current New York State Learning Standards. To access framework, please click [here](#) (rubric is on page 12).

The following illustrates how the evidence-based Second Step® **FOURTH GRADE** curriculum aligns with the New York State Framework for Mental Health Education Instruction. Click [here](#) to access the Fourth Grade Scope and Sequence.

Second Step® Lesson	Lesson Concepts	Standard Addressed (NYS Framework for M.H. Education)
Unit 1: Empathy and Skills for Learning		
Lesson 1: EMPATHY AND RESPECT	<ul style="list-style-type: none"> The <i>Second Step</i> program helps you succeed at school Having respect and empathy helps you get along with others 	Relationships- 2A. Communication Skills LEa. Communication is expressed verbally and non-verbally LEb. Individuals' body language and tone of voice can influence the words being spoken LEc. Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways 2B. Empathy, Compassion, Acceptance LEa. Empathy, compassion, and acceptance of differences are essential components of healthy relationships LEb. Individuals explain the importance of respecting personal space and the boundaries of others
Lesson 2: LISTENING WITH ATTENTION	<ul style="list-style-type: none"> Listening with attention helps you learn, work with others, and make friends 	
Lesson 3: BEING ASSERTIVE	<ul style="list-style-type: none"> Being assertive means asking for what you want or need in a calm, firm, respectful voice Being assertive helps you be successful in a variety of social and academic situations 	Relationships- 2A. Communication Skills LEa. Communication is expressed verbally and non-verbally LEb. Individuals' body language and tone of voice can influence the words being spoken LEc. Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways

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Unit 1: Empathy and Skills for Learning		
Lesson 4: RESPECTING SIMILARITIES AND DIFFERENCES	<ul style="list-style-type: none"> • People can have similar or different feelings about the same situation • Being able to notice and then understand others' feelings is an important part of empathy 	<p>Self-Management</p> <p>1C. Feelings LEa. Individuals identify different feelings and when one might experience these feelings and how long the feelings are likely to last</p> <p>Relationships-</p> <p>2A. Communication Skills LEa. Communication is expressed verbally and non-verbally LEb. Individuals' body language and tone of voice can influence the words being spoken</p> <p>2B. Empathy, Compassion, Acceptance LEa. Empathy, compassion, and acceptance of differences are essential components of healthy relationships</p>
Lesson 5: UNDERSTANDING COMPLEX FEELINGS	<ul style="list-style-type: none"> • It is possible to have more than one feeling at the same time • Being able to understand that others might have complex feelings is an important part of empathy 	<p>Self-Management</p> <p>1C. Feelings LEa. Individuals identify different feelings and when one might experience these feelings and how long the feelings are likely to last LEb. Individuals describe the relationship between their feelings and behavior; Individuals can develop healthy ways to identify, express and respond to emotions; this is an important part of self-care and can impact mental health</p> <p>Relationships-</p> <p>2B. Empathy, Compassion, Acceptance LEa. Empathy, compassion, and acceptance of differences are essential components of healthy relationships</p>
Lesson 6: UNDERSTANDING DIFFERENT PERSPECTIVES	<ul style="list-style-type: none"> • People can have different perspectives about other people, places and situations • Perspective taking is a central component of empathy 	<p>Relationships-</p> <p>2B. Empathy, Compassion, Acceptance LEa. Empathy, compassion, and acceptance of differences are essential components of healthy relationships LEb. Individuals explain the importance of respecting personal space and the boundaries of others.</p>
Lesson 7: CONVERSATION AND COMPLIMENTS	<ul style="list-style-type: none"> • Having successful conversations with peers helps you make and build friendships • Giving a sincere, thoughtful compliment is a good way to start a conversation or keep one going 	<p>Relationships-</p> <p>2A. Communication Skills LEc. Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways. LEd. Social connections to one or more close individuals are important to the promotion and maintenance of mental health</p> <p>2C. Gratitude, Forgiveness LEa. Gratitude (a feeling of appreciation or thanks) and forgiveness, when warranted, are relationship building skills that individuals can learn/ foster and may provide benefit for one's mental health</p>

Second Step® Lesson	Lesson Concepts	Standard Addressed (NYS Framework for M.H. Education)
Unit 2: Emotion Management		
Lesson 8: JOINING IN	<ul style="list-style-type: none"> Being assertive can help you join and invite others to join a group 	Relationships- 2A. Communication Skills LEa. Communication is expressed verbally and non-verbally LEb. Individuals’ body language and tone of voice can influence the words being spoken LEc. Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways
Lesson 9: SHOWING COMPASSION	<ul style="list-style-type: none"> <i>Compassion</i> means saying kind words or doing something helpful to show you care about how another person feels Having empathy helps you show compassion 	2B. Empathy, Compassion, Acceptance LEa. Empathy, compassion, and acceptance of differences are essential components of healthy relationships LEb. Individuals explain the importance of respecting personal space and the boundaries of others
Lesson 10: INTRODUCING EMOTION MANAGEMENT	<ul style="list-style-type: none"> When you feel strong feelings, it’s hard to think clearly Unmanaged, strong emotions can lead to negative behavior and consequences 	Self-Management 1C. Feelings LEa. Individuals identify different feelings and when one might experience these feelings and how long the feelings are likely to last LEb. Individuals describe the relationship between their feelings and behavior; Individuals can develop healthy ways to identify, express and respond to emotions; this is an important part of self-care and can impact mental health
Lesson 11: MANAGING STRONG EMOTIONS	<ul style="list-style-type: none"> Staying in control of your emotions and actions helps you get along better with others and be successful at school 	Self-Management 1C. Feelings LEb. Individuals describe the relationship between their feelings and behavior; Individuals can develop healthy ways to identify, express and respond to emotions; this is an important part of self-care and can impact mental health
Lesson 12: CALMING DOWN ANGER	<ul style="list-style-type: none"> Calming down emotions that are getting out of control helps you think clearly so you can avoid negative consequences 	Self-Management 1C. Feelings LEb. Individuals describe the relationship between their feelings and behavior; Individuals can develop healthy ways to identify, express and respond to emotions; this is an important part of self-care and can impact mental health
Lesson 13: MANAGING ANXIETY	<ul style="list-style-type: none"> Effectively managing your anxiety makes it easier to focus and succeed in social and academic situations 	Self-Management 1C. Feelings LEb. Individuals describe the relationship between their feelings and behavior; Individuals can develop healthy ways to identify, express and respond to emotions; this is an important part of self-care and can impact mental health

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Unit 2: Emotion Management		
Lesson 14: AVOIDING JUMPING TO CONCLUSIONS	<ul style="list-style-type: none"> Calming down strong emotions helps you think clearly about a situations so you can avoid jumping to conclusions 	Self-Management 1C. Feelings LEb. Individuals describe the relationship between their feelings and behavior; Individuals can develop healthy ways to identify, express and respond to emotions; this is an important part of self-care and can impact mental health
Lesson 15: HANDLING PUT-DOWNS	<ul style="list-style-type: none"> Calming down helps you to handle put-downs and avoid making conflicts escalate 	Self-Management 1C. Feelings LEb. Individuals describe the relationship between their feelings and behavior; Individuals can develop healthy ways to identify, express and respond to emotions; this is an important part of self-care and can impact mental health
Unit 3: Problem Solving		
Lesson 16: SOLVING PROBLEMS, PART 1	<ul style="list-style-type: none"> Following steps can help you solve problems Saying the problem without blame is respectful Solving problems helps you be successful at school 	Self-Management 1C. Feelings LEb. Individuals describe the relationships between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health Relationships- 2A. Communication Skills LEc. Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways
Lesson 17: SOLVING PROBLEMS, PART2	<ul style="list-style-type: none"> Solving problems helps you be successful at school 	Self-Management 1C. Feelings LEb. Individuals describe the relationships between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health Relationships- 2A. Communication Skills LEc. Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways

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Unit 3: Problem Solving		
Lesson 18: MAKING A PLAN	<ul style="list-style-type: none"> Some solutions to problems are complicated and need a plan Plans help you break down a big task into smaller, more manageable parts 	
Lesson 19: SOLVING PLAYGROUND PROBLEMS	<ul style="list-style-type: none"> You are better able to resolve playground conflicts when you are able to calm down and use the Problem-Solving Steps 	<p>Self-Management</p> <p>1C. Feelings LEb. Individuals describe the relationships between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health</p> <p>Relationships-</p> <p>2A. Communication Skills LEc. Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways</p>
Lesson 20: TAKING RESPONSIBILITY FOR YOUR ACTIONS	<ul style="list-style-type: none"> Taking responsibility for your actions is the respectful thing to do 	<p>Self-Management</p> <p>1B. Resiliency LEc. Failures, difficulties, and non-successes often provide individuals with learning experiences</p> <p>2A. Communication Skills LEc. Individuals demonstrate how to effectively communicate needs, wants and feelings in healthy ways</p>
Lesson 21: DEALING WITH PEER PRESSURE	<ul style="list-style-type: none"> It is okay to say no to others, and it is okay for them to say no to you Negative emotions like guilt and remorse can be reasons not to go along with peer pressure 	<p>Self-Management</p> <p>1C. Feelings LEb. Individuals describe the relationships between feelings and behavior; Individuals can develop healthy ways to identify, express and respond to their emotions; this is an important part of self-care and can impact mental health</p> <p>Relationships-</p> <p>2A. Communication Skills LEc. Individuals demonstrate how to effectively communicate needs, wants, and feelings in healthy ways</p> <p>2B. Empathy, Compassion, Acceptance LEa. Empathy, compassion, and acceptance of differences are essential components of healthy relationships LEb. Individuals explain the importance of respecting personal space and the boundaries of others</p>
Lesson 22: REVIEWING SECOND STEP SKILLS	<ul style="list-style-type: none"> The skills and concepts learned in the <i>Second Step</i> program can help you succeed in school 	All of the above listed standards will be reviewed