

Second Step/DESSA Strategies Pacing and Roll-Out 2021-22

During advisory time/morning meeting teachers will teach 2 lessons a week broken into 4 15 minute sessions and the other day will be time to reinforce concepts and restorative circle work. There are approximately 20 lessons depending on the grade.

Pacing	Grade 3	Grade 4	Grade 5	Grade 6
Sample	<i>Unit 1 Lesson 1 Being Respectful Learners</i>	<i>Unit 1 Lesson 1 - Empathy and Respect</i>	<i>Unit 1 Lesson 1 - Empathy and Respect</i>	<i>UNIT 1 MINDSETS AND GOALS - Lesson 1 - Welcome</i>
Week of Nov. 8	Unit 1 Lesson #1 Changing Your Brain	Unit 1 Lesson #1 Setting a Good Goal	Lesson 1, The Right Goal for Me Supplement: DESSA - Goal Directed Behavior - “SMART Goals”	Unit 1, Lesson 5 Breaking Down Your Goals DESSA Goal-Directed Behavior - What are Your Goals?
Week of Nov. 15	Unit 1 Lesson #2 Getting Better with Practice	Lesson #2 Making a Plan	Lesson 2, My Plan Supplement: DESSA - Goal Directed Behavior - Working to Make Dreams Come True	Unit 1, Lesson 6 Monitoring Your Progress SS Class Challenge - Score A Goal
Week of Nov. 22 (Thanksgiving week)	Unit 1 Lesson #3 More Than Practice	Lesson #3 Checking Our Progress	Lesson 3, Changing My Plan Supplement: DESSA - Goal Directed	Unit 1, Lesson 7 - Performance Task Bringing It All Together DESSA Goal-Directed

			Behavior - Self-Assessing for Improvement	Behavior - Whole Group Academic Conferencing
Week of Nov.29	Unit 1 Lesson #4 Planning for Practice	Skip for Conferences	Lesson 4, Time to Reflect Supplement: DESSA - Goal Directed Behavior - Tangram Designs	Continue Unit 1, Lesson 7 Performance Task SS Class Challenge - Class Circle Challenge
Week of Dec. 6	Unit 1 Lesson #5 Make a Practice Plan	Lesson #4 Reflecting on Our Journey	Lesson 5, My 10-Minute Goal Supplement: Susan Peck, Bullying Prevention	Catch up Unit 1 - finish as needed **DESSA Activity - Goal-Directed Behavior, Completing the Square
Week of Dec. 13	Unit 2 Lesson #6 Why Emotions	Lesson #5 Ready, Set, Goal	Lesson 6, Strong Emotions Supplement: Susan Peck, Bullying Prevention	Unit 2, Lesson 8 Common Types of Bullying SS Class Meeting - Different from You
Week of Dec. 20 (Christmas week)	Unit 2 Lesson #7 How Angry	Unit 1 Catch Up Days	Lesson 7, What is Stress? Supplement: Susan Peck, Bullying Prevention	Unit 2, Lesson 9 Recognizing Bullying SS Class Challenge - Class Circle Challenge
Week of Jan. 3	Unit 2 Lesson #8	Unit 2 Lesson #6	Lesson 8, Planning for	Unit 2, Lesson 10

After Break	Take a Break	The Balanced Brain	Change Supplement: Susan Peck, Bullying Prevention	Responding to Cyberbullying SS Class Meeting - Online Bullying
Week of Jan. 10	Unit 2 Lesson #9 How Happy	Lesson #7 What is Rethinking?	Lesson 9, What Can I Change? Supplement: Susan Peck, Bullying Prevention	Unit 2, Lesson 11 How to Be an Upstander SS Class Challenge - Upstander Gallery Walk
Week of Jan. 17	Unit 2 Lesson #10 Performance Task: Strength of Feelings	Lesson #8 How to Rethink	Lesson 10, Making a Change Supplement: DESSA - Optimistic Thinking	Unit 2, Lesson 12 Standing Up and Staying Safe DESSA Personal Responsibility - Tapping Our Strength
Week of Jan. 24	Unit 3 Lesson #11 Kindness and Friendship	Lesson #9 Take Another Look	Lesson 11, Empathy in the Community Supplement: Second Step Empathy Lesson	Unit 2, Lesson 13 Performance Task Raising Awareness about Bullying SS Class Meeting - Popularity vs. Friendship
Week of Jan. 31	Unit 3 Lesson #12 Building a Friendship	Lesson #10 Rethink It!	Lesson 12, What's the Problem	Catch up week - Finish Unit 2 as needed DESSA Personal Responsibility -

				Stepping Stones
Week of Feb. 7	Unit 3 Lesson #13 My Kind of Kindness	Unit 2 Catch Up Days	Lesson 13, A Different Point of View	Unit 3, Lesson 14 What Emotions Tell You DESSA Self-Management - Feelings Barometer
Week of Feb. 14	Unit 3 Lesson #14 Asking Questions	Unit 3 Lesson #11 The Same, But Different	Lesson 14, Community Solutions	Unit 3, Lesson 15 Emotions and Your Brain SS Class Challenge - Amusement Park Challenge
Week of Feb. 21	Unit 3 Lesson #15 Performance Task: Do Something Kind	Lesson #12 Ask, Listen, Learn	Lesson 15, Your Solution	Unit 3, Lesson 16 How Emotions Affect Your Decisions SS Class Meeting - Getting Calm
Week of Feb. 28	Unit 4 Lesson #16 STEP by Step	Lesson #13 Seeing it Differently	Lesson 16, Beginning to STEP	Unit 3, Lesson 17 Managing Your Emotions DESSA Self-Management - The Move This
Week of March 7	Unit 4 Lesson #17 S: Save the Problem	Lesson #14 Changing Your Mind	Lesson 17, When? Where? Who?	Unit 3, Lesson 18 What Works Best for You? DESSA Goal-Directed

				Behavior Self-Assessing for Improvement
Week of March 14	Unit 4 Lesson #18 T: Think and E: Explore	Skip for Conferences	Lesson 18, Solutions Web	Unit 3, Lesson 19 - Performance Task Raising Awareness about Managing Emotions SS Class Challenge - Emotion Kabuki
Week of March 21	Unit 4 Lesson #19 P: Pick a Problem	Lesson #15 A New Point of View	Lesson 19, Let's Reflect	Catch up Unit 3 - finish as needed DESSA Personal Responsibility - Student Self-Assessment Video
Week of March 28	Unit 4 Lesson #20 Solving a Problem	Unit 3 Catch Up Days	Lesson 20, Putting it All Together	Unit 4, Lesson 20 We're Changing SS Class Meeting - Inviting Change
Week of April 4	Then continue with Supplemental Lessons	Unit 4 Lesson #16 A Good Problem-Solver		Unit 4, Lesson 21 Why Conflicts Escalate SS Class Challenge - Memory Map Challenge
Week of April 11		Lesson #17 Saying it Respectfully		Unit 4, Lesson 22 Considering Multiple Perspectives SS Class Challenge - What is it?

Week of April 18 (Week of April Vacation)		No Lesson Due to April Vacation		Unit 4, Lesson 23 Respectful Communication DESSA Relationship Skills - The 3 P's
Week of April 25		Lesson #18 Exploring Outcomes		Unit 4, Lesson 24 Resolving Challenging Conflicts DESSA Relationship Skills - Successful Disagreement Skills
Week of May 2		Lesson #19 A Good Solution		Unit 4, Lesson 25 Making Amends SS Class Meeting - Fixing Friendships
Week of May 9		Lesson #20 STEP into Problem-Solving		Unit 4, Lesson 26 - Performance Task Conflict Solvers SS Class Challenge - 40-20-10-5
Week of May 16		Unit 4 Catch Up Day		Catch up Unit 4 - finish as needed SS Class Meeting - Year in Review
Week of May 23				
Week of June 6				

