



Second Step Pacing Calendar

-DIGITAL CURRICULUM -

TRADITIONAL KINDERGARTEN

2022-2023



L: Lesson, BPU: [Bullying Prevention Unit](#)
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School Week:	1	2	3	4	5	6	7	8	9	10	11
Unit/ Lesson	PBIS Kick-Off Teach school wide and classroom behavioral expectations		Unit 1 L1	Unit 1 L2	Unit 1 L3	Unit 1 L4	Unit 1 L5 Performance Task	BPU L 1	BPU L 2	BPU L 3	BPU L 4
Lesson Title			We Watch, We Listen, We Think	Why We Pay Attention	Mistakes Are Okay!	Practice Makes Better	Let's Practice and Learn!	Recognizing Bullying	Reporting Bullying	Refusing Bullying	Bystander Power
School Week:	12	13	14	15	16	17	18	19	20	21	22
Unit/ Lesson	Unit 2 L6	Unit 2 L7	Unit 2 L8	Unit 2 L9	Thanksgiving Break	Unit 2 L10 Performance Task	Unit 2 Skill Review	Unit 3 L11	Christmas Break		PBIS Winter Kick-Off Teach school wide and classroom behavioral expectations
Lesson Title	Sometimes We Feel Happy	Sometimes We Feel Sad	Sometimes We Feel Mad	We Can Feel Calm		What Are They Feeling?	Review Activity	We Can Be Kind			
School Week:	23	24	25	26	27	28	29	30	31	32	33
Unit/ Lesson	Unit 3 L12	Unit 3 L13	Unit 3 L14	Unit 3 L15 Performance Task	Unit 4 L 16	Skill Review	Unit 4 L 17	Unit 4 L 18	Unit 4 L 19	Unit 4 L 20 Performance Task	Skill Review
Lesson Title	Why Kindness?	Showing Kindness	Kindness at School	Demonstrating Kindness	We Can Say the Problem	Review Activity	Ready to Solve Problems	Apologizing Can Help	Taking Turns and Sharing	We Can Solve Problems	Review Activity

Considerations

October - National Bullying Prevention Month
September - National Suicide Prevention Month
February - National Random Acts of Kindness Week
May - Mental Health Awareness Month

Suggestions

- Move units depending on the needs of your class.
- Bully Prevention Unit (BPU) should be completed by Thanksgiving Break.
- Consider adding a "Skill Review" as needed at the end of each Unit using the extension activities available for each lesson.
- Consult with your MTSS-B Counselor if you need support.



Second Step Pacing Calendar

-DIGITAL CURRICULUM -

TRADITIONAL

1st Grade

2022-2023



L: Lesson, BPU: Bullying Prevention Unit

School Week:	1	2	3	4	5	6	7	8	9	10	11
Unit/ Lesson	PBIS Kick-Off Teach school wide and classroom behavioral expectations	Unit 1 L1	Unit 1 L2	Unit 1 L3	Unit 1 L4	Unit 1 L5 Performance Task	BPU L 1	BPU L 2	BPU L 3	BPU L 4	Unit 2 L6
Lesson Title		Time to Pay Attention	Everyone Gets Distracted	You Did It!	Helpful Thoughts	We Can Do It!	Recognizing Bullying	Reporting Bullying	Refusing Bullying	Bystander Power	Noticing Feelings
School Week:	12	13	14	15	16	17	18	19	20	21	22
Unit/ Lesson	Unit 2 L7	Unit 2 L8	Unit 2 L9 Performance Task	Unit 2 L10	Thanksgiving Break	Unit 3 L11	Unit 3 L12	Unit 3 L13	Christmas Break		PBIS Winter Kick-Off Re-teach school wide and classroom behavioral expectations
Lesson Title	Sometimes We Feel Worried	Feeling Calm	Feeling Frustrated	Noticing Clues		The Power of Kind Acts	Ways to Be Kind	Offering Kind Acts			
School Week:	23	24	25	26	27	28	29	30	Suggestions		
Unit/ Lesson	Unit 3 L14	Unit 3 L15 Performance Task	Unit 4 L 16	Unit 4 L 17	Unit 4 L 18	Unit 4 L 19	Unit 4 L 20 Performance Task	Skill Review			
Lesson Title	Practicing Kind Acts	Demonstrating Kind Acts	How to Say the Problem	Was It an Accident?	Ask for What You Need	We Can Make it Better	Solving Problems	Review Activity			

Considerations

October - National Bullying Prevention Month
September - National Suicide Prevention Month
February - National Random Acts of Kindness Week
May - Mental Health Awareness Month

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Second Step Pacing Calendar

-DIGITAL CURRICULUM -

2nd Grade

TRADITIONAL

2022-2023



L: Lesson, BPU: [Bullying Prevention Unit](#)
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School Week:	1	2	3	4	5	6	7	8	9	10	11
Unit/ Lesson	PBIS Kick-Off Teach school wide and classroom behavioral expectations	Unit 1 L1	Unit 1 L2	Unit 1 L3	Unit 1 L4	Unit 1 L5 Performance Task	BPU L 1	BPU L 2	BPU L 3	BPU L 4	Unit 2 L6
Lesson Title		How to Get Good at Something	What Mistakes Tell Us	Helpful and Unhelpful Thoughts	We Can Change Our Thoughts	Learn and Get Better	Recognizing Bullying	Reporting Bullying	Refusing Bullying	Bystander Power	Feeling Proud
School Week:	12	13	14	15	16	17	18	19	20	21	22
Unit/ Lesson	Unit 2 L7	Unit 2 L8	Unit 2 L9	Unit 2 L10 Performance Task	Thanksgiving Break	Unit 3 L 11	Unit 3 L12	Unit 3 L13	Christmas Break		PBIS Winter Kick-Off Re-teach school wide and classroom behavioral expectations
Lesson Title	Feeling Disappointed	Help Yourself Feel Better	Different Feelings	How Do You Feel?		What's Empathy?	Empathy in Action	Having Empathy			
School Week:	23	24	25	26	27	28	29	30	Suggestions • Move units depending on the needs of your class. • Bully Prevention Unit (BPU) should be completed by Thanksgiving Break. • Consider adding a "Skill Review" as needed at the end of each Unit using the extension activities available for each lesson. • Consult with your MTSS-B Counselor if you need support.		
Unit/ Lesson	Unit 3 Review	Unit 3 L14	Unit 3 L15 Performance Task	Unit 4 L 16	Unit 4 L 17	Unit 4 L 18	Unit 4 L 19	Unit 4 L 20 Performance Task			
Lesson Title	Review Activity	Empathy at School	Empathy and Kindness	They Way to Say a Problem	Thinking of Solutions	Which Solution?	What Would I Want?	Be a Problem-Solver			

Considerations

October - National Bullying Prevention Month
September - National Suicide Prevention Month
February - National Random Acts of Kindness Week
May - Mental Health Awareness Month



Second Step Pacing Calendar

-DIGITAL CURRICULUM -

3rd Grade

TRADITIONAL

2022-2023



L: Lesson, BPU: Bullying Prevention Unit

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School Week:	1	2	3	4	5	6	7	8	9	10	11
Unit/ Lesson	PBIS Kick-Off Teach school wide and classroom behavioral expectations	Unit 1 L1	Unit 1 L2	Unit 1 L3	Unit 1 L4	Unit 1 L5 Performance Task	BPU L1	BPU L2	BPU L3	BPU L4	Unit 2 L6
Lesson Title		Changing Your Brain	Getting Better with Practice	More Than Practice	Planning for Practice	Make a Practice Plan	Recognizing Bullying	Reporting Bullying	Refusing Bullying	Bystander Power	Why Emotions?
School Week:	12	13	14	15	16	17	18	19	20	21	22
Unit/ Lesson	Unit 2 L7	Unit 2 L8	Unit 2 L9	Unit 2 L10 Performance Task	Thanksgiving Break	Unit 3 L11	Unit 3 L12	Unit 3 L13	Christmas Break		PBIS Winter Kick-Off Re-teach school wide and classroom behavioral expectations
Lesson Title	How Angry?	Take a Break	How Happy?	Strength of Feelings		Kindness and Friendship	Building a Friendship	My Kind of Kindness			
School Week:	23	24	25	26	27	28	29	30	Suggestions • Move units depending on the needs of your class. • Bully Prevention Unit (BPU) should be completed by Thanksgiving Break. • Consider adding a "Skill Review" as needed at the end of each Unit using the extension activities available for each lesson. • Consult with your MTSS-B Counselor if you need support.		
Unit/ Lesson	Unit 3 L14	Unit 3 L15 Performance Task	Unit 4 L16	Unit 4 L17	Unit 4 L18	Unit 4 L19	Unit 4 L20 Performance Task	Skill Review			
Lesson Title	Asking Questions	Do Something Kind	STEP by Step	S: Say the Problem	T: Think and E: Explore	P: Pick a Solution	Solving a Problem	Review Activity			

Considerations

October - National Bullying Prevention Month
September - National Suicide Prevention Month
February - National Random Acts of Kindness Week
May - Mental Health Awareness Month



Second Step Pacing Calendar

-DIGITAL CURRICULUM -

4th Grade

TRADITIONAL

2022-2023



L: Lesson, BPU: [Bullying Prevention Unit](#)

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School Week:	1	2	3	4	5	6	7	8	9	10	11
Unit/ Lesson	PBIS Kick-Off Teach school wide and classroom behavioral expectations	Unit 1 L1	Unit 1 L2	Unit 1 L3	Unit 1 L4	Unit 1 L5 Performance Task	BPU L 1	BPU L 2	BPU L 3	BPU L 4	Unit 2 L6
Lesson Title		Setting a Good Goal	Making a Plan	Checking Our Progress	Reflecting On Our Journey	Ready, Set, Goal!	Recognize, Report, Refuse	Bystander Power	Bystander Responsibility	Bystanders to Cyber Bullying	The Balanced Brain
School Week:	12	13	14	15	16	17	18	19	20	21	22
Unit/ Lesson	Unit 2 L7	Unit 2 L8	Unit 2 L9	Unit 2 L10 Performance Task	Thanksgiving Break	Unit 3 L11	Unit 3 L12	Unit 3 L13	Christmas Break		PBIS Winter Kick-Off Re-teach school wide and classroom behavioral expectations
Lesson Title	What is Rethinking?	How to Rethink	Take Another Look	Rethink It!		The Same, But Different	Ask, Listen, Learn	Seeing It Differently			
School Week:	23	24	25	26	27	28	29	Suggestions • Move units depending on the needs of your class. • Bully Prevention Unit (BPU) should be completed by Thanksgiving Break. • Consider adding a "Skill Review" as needed at the end of each Unit using the extension activities available for each lesson. • Consult with your MTSS-B Counselor if you need support.			
Unit/ Lesson	Unit 3 L14	Unit 3 L15 Performance Task	Unit 4 L 16	Unit 4 L 17	Unit 4 L 18	Unit 4 L 19	Unit 4 L 20 Performance Task				
Lesson Title	Changing Your Mind	A New Point of View	A Good Problem-Solver	Saying It Respectfully	Exploring Outcomes	A Good Solution	STEP Into Problem-Solving				

Considerations

October - National Bullying Prevention Month
September - National Suicide Prevention Month
February - National Random Acts of Kindness Week
May - Mental Health Awareness Month



Second Step Pacing Calendar

-DIGITAL CURRICULUM –

5th Grade

TRADITIONAL

2022-2023



L: Lesson, BPU: [Bullying Prevention Unit](#)
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School Week:	1	2	3	4	5	6	7	8	9	10	11
Unit/ Lesson	PBIS Kick-Off Teach school wide and classroom behavioral expectations	Unit 1 L1	Unit 1 L2	Unit 1 L3	Unit 1 L4	Unit 1 L5 Performance Task	BPU L 1	BPU L 2	BPU L 3	BPU L 4	Unit 2 L6
Lesson Title		The Right Goal for Me	My Plan	Changing My Plan	Time to Reflect	My 10-Minute Goal	Recognize, Report, Refuse	Bystander Power	Bystander Responsibility	Bystanders to Cyber Bullying	Strong Emotions
School Week:	12	13	14	15	16	17	18	19	20	21	22
Unit/ Lesson	Unit 2 L7	Unit 2 L8	Unit 2 L9	Unit 2 L10 Performance Task	Thanksgiving Break	Unit 3 L11	Unit 3 L12	Unit 3 L13	Christmas Break		PBIS Winter Kick-Off Re-teach school wide and classroom behavioral expectations
Lesson Title	What Is Stress?	Planning for Change	What Can I Change?	Making a Change		Empathy in the Community	What's the Problem?	A Different Point of View			
School Week:	23	24	25	26	27	28	29	Suggestions • Move units depending on the needs of your class. • Bully Prevention Unit (BPU) should be completed by Thanksgiving Break. • Consider adding a "Skill Review" as needed at the end of each Unit using the extension activities available for each lesson. • Consult with your MTSS-B Counselor if you need support.			
Unit/ Lesson	Unit 3 L14	Unit 3 L15 Performance Task	Unit 4 L 16	Unit 4 L 17	Unit 4 L 18	Unit 4 L 19	Unit 4 L 20 Performance Task				
Lesson Title	Community Solutions	Your Solution	Beginning to STEP	When? Where? Who?	Solutions Web	Let's Reflect	Putting It All Together				

Considerations

October - National Bullying Prevention Month
September- National Suicide Prevention Month
February- National Random Acts of Kindness Week
May- Mental Health Awareness Month



TRADITIONAL

Second Step Pacing Calendar

-DIGITAL CURRICULUM -

6th Grade

2022-2023



L: Lesson, BPU: [Bullying Prevention Unit](#)
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School Week:	1	2	3	4	5	6	7	8	9	10	11	
Unit/ Lesson	PBIS Kick-Off Teach school wide and classroom behavioral expectations	Unit 1 L1	Unit 1 L2	Unit 1 L3	Unit 1 L4	Unit 1 L5	Unit 2 L6	Unit 1 L 7 Performance Task	Unit 2 L 8 BPU	Unit 2 L 9 BPU	Unit 2 L10 BPU	
Lesson Title		Helping New Students	How to Grow Your Brain	Trying New Strategies	Making Goals Specific	Breaking Down Your Goals	Monitoring Your Progress	Bringing It All Together	Common Types of Bullying	Recognizing Bullying	Responding to Online Bullying	
School Week:	12	13	14	15	16	17	18	19	20	21	22	
Unit/ Lesson	Unit 2 L 11 BPU	Unit 2 L 12 BPU	Unit 2 L 13 Performance Task	Unit 3 L 14	Thanksgiving Break	Unit 3 L 15	Unit 3 L 16	Unit 3 L 17	Christmas Break		PBIS Winter Kick-Off Re-teach school wide and classroom behavioral expectations	
Lesson Title	How to Be an Upstander	Standing Up and Staying Safe	Raising Awareness About Bullying	What Emotions Tell You		Emotions and Your Brain	How Emotions Affect Your Decisions	Managing Your Emotions				
School Week:	23	24	25	26	27	28	29	30	31			
Unit/ Lesson	Unit 3 L 18	Unit 3 L 19 Performance Task	Unit 4 L20	Unit 4 L 21	Unit 4 L 22	Unit 4 L 23	Unit 4 L 24	Unit 4 L 25	Unit 4 L 26 Performance Task			
Lesson Title	What Works Best for You?	Raising Awareness About Managing Emotions	We're Changing	Why Conflicts Escalate	Considering Multiple Perspectives	Respectful Communication	Resolving Challenging Conflicts	Making Amends	Conflict Resolvers			
Considerations						Suggestions						
October - National Bullying Prevention Month September- National Suicide Prevention Month February- National Random Acts of Kindness Week May- Mental Health Awareness Month						• Move units depending on the needs of your class. • Bully Prevention Unit (BPU) should be completed by Thanksgiving Break. • Consider adding a "Skill Review" as needed at the end of each Unit using the extension activities available for each lesson. • Consult with your MTSS-B Counselor if you need support.						



Second Step Pacing Calendar

-DIGITAL CURRICULUM -

7th Grade

TRADITIONAL

2022-2023



L: Lesson, BPU: Bullying Prevention Unit

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School Week:	1	2	3	4	5	6	7	8	9	10	11
Unit/ Lesson	PBIS Kick-Off Teach school wide and classroom behavioral expectations	Unit 1 L1	Unit 1 L2	Unit 1 L3	Unit 1 L4	Unit 1 L5	Unit 2 L6	Unit 1 L 7 Performan ce Task	Unit 2 L 8 BPU	Unit 2 L 9 BPU	Unit 2 L10 BPU
Lesson Title		Starting Middle School	Creating New Pathways in Your Brain	Learning from Mistakes and Failure	Identifying Roadblocks	Overcoming Roadblocks 1	Overcoming Roadblocks 2	Advice on Roadblocks	What is Harassment?	What is Sexual Harassment?	The Effects of Sexual Harassment
School Week:	12	13	14	15	16	17	18	19	20	21	22
Unit/ Lesson	Unit 2 L 11 BPU	Unit 2 L 12 BPU	Unit 2 L 13 Performan ce Task	Skill Review	Thanksgiving Break	Unit 3 L 14	Unit 3 L 15	Unit 3 L 16	Christmas Break		PBIS Winter Kick-Off Re-teach school wide and classroom behavioral expectations
Lesson Title	Gender-Based Harassment	Our Rights and Responsibilities	Preventing Harassment	Review Activity		Emotions Matter	Feel, Think, Do	Unhelpful Thoughts			
School Week:	23	24	25	26	27	28	29	30	31	32	
Unit/ Lesson	Unit 3 L 17	Unit 3 L 18	Unit 3 L 19 Performanc e Task	Unit 4 L20	Unit 4 L 21	Unit 4 L 22	Unit 4 L 23	Unit 4 L 24	Unit 4 L 25	Unit 4 L 26 Performanc e Task	
Lesson Title	Reframe the Situation	Practicing Positive Self-Talk	Making Better Decisions	What Makes a Conflict Escalate?	Keeping Your Cool in a Conflict	Conflicts and Perspectives	Resolving Conflict Part 1	Resolving Conflict Part 2	Taking Responsibility for Your Actions	Tips for Resolving Conflicts	
Considerations						Suggestions					
October - National Bullying Prevention Month September- National Suicide Prevention Month February- National Random Acts of Kindness Week May- Mental Health Awareness Month											



Second Step Pacing Calendar

-DIGITAL CURRICULUM -

8th Grade

2022-2023



L: Lesson, BPU: Bullying Prevention Unit

Week:	1	2	3	4	5	6	7	8	9	10	11
Unit/ Lesson	PBIS Kick-Off Teach school wide and classroom behavioral expectations	Unit 1 L1	Unit 1 L2	Unit 1 L3	Unit 1 L4	Unit 1 L5	Unit 2 L6	Unit 1 L7 Performance Task	Unit 2 L8 BPU	Unit 2 L9 BPU	Unit 2 L10 BPU
Lesson Title		Welcome!	Who Am I? My Identity	My Interest and Strengths	Harnessing My Strengths	Pursuing My Interests	My Future Self	My Path Forward	Understanding Bullying	Social Factors that Contribute to Bullying	Environmental Factors that Contribute to Bullying
Week:	12	13	14	15	16	17	18	19	20	21	22
Unit/ Lesson	Unit 2 L 11 BPU	Unit 2 L 12 BPU	Unit 2 L 13 Performance Task	Skill Review	Thanksgiving Break	Unit 3 L 14	Unit 3 L 15	Unit 3 L 16	Christmas Break		PBIS Winter Kick-Off Re-teach school wide and classroom behavioral expectations
Lesson Title	Speak Up and Start a Movement	Be Inclusive and Change Policies	Stand Up for a Change!	Review Activity		Understanding Stress and Anxiety	Where Does Stress Come From?	Can Stress Help You Grow?			
Week:	23	24	25	26	27	28	29	30	31	32	
Unit/ Lesson	Unit 3 L 17	Unit 3 L 18	Unit 3 L 19 Performance Task	Unit 4 L20	Unit 4 L 21	Unit 4 L 22	Unit 4 L 23	Unit 4 L 24	Unit 4 L 25	Unit 4 L 26 Performance Task	
Lesson Title	Strategies for Managing Stress	Changing Strategies and Getting Help	My Stress-Management Plan	My Values	Values and Relationships	Recognizing Others' Perspectives	Finding the Best Solution	Making Things Right	Unhealthy Relationships	Guide to Healthy Relationships	
Considerations						Suggestions					
October - National Bullying Prevention Month September - National Suicide Prevention Month February - National Random Acts of Kindness Week May - Mental Health Awareness Month						- Move units depending on the needs of your class. - Bully Prevention Unit (BPU) should be completed by Thanksgiving Break. - Consider adding a "Skill Review" as needed at the end of each Unit using the extension activities available for each lesson. - Consult with your MTSS-B Counselor if you need support.					