

ELEMENTARY SCHOOL Pacing Guide 2024-25 | Core 2nd Step Curriculum + RULER Framework + PBIS

NOTE: This version allows for CPU/BPU lessons to be taught by counselors *in place of* the regular second step instruction during specified weeks

RULER Skills & Tools:  Charter  RULER Skills & Mood Meter  Meta-Moment  Blueprint

Week of	Unit & Lesson		Kinder	1st		2nd		RULER Emphasis
Sept 2	Unit 1: Growth Mindset & Goal Setting	PBIS Launch/Rodeo						 Classroom Charters (the “why”) as a resource for classroom rules & expectations (the “what” and the “how”)
Sept 9		PBIS Launch – add Kinder						
Sept 16		Lesson 1	We Watch. We Listen. We Think.	Time to Pay Attention		How to Get Good at Something		
Sept 23		Lesson 2	Why We Pay Attention	Everyone Gets Distracted		What Mistakes Tell Us		
Sept 30		Lesson 3	Mistakes Are Okay!	You Did It!		Helpful and Unhelpful Thoughts		
Oct 7		Lesson 4	Practice Makes Better	Helpful Thoughts		We Can Change Our Thoughts		
Oct 14		5: Perf. Task	Let’s Practice and Learn!	We Can Do It!		Learn and Get Better		
Oct 21	Unit 2: Emotion Management	Lesson 6	Sometimes We Feel Happy	Noticing Feelings		Feeling Proud		 Mood Meter RULER Skills: Recognizing & Labeling RULER Feeling Words
Oct 28		Lesson 7	Sometimes We Feel Sad	Sometimes We Feel Worried		Feeling Disappointed		
Nov 4		Lesson 8	Sometimes We Feel Mad	Feeling Calm		Help Yourself Feel Better		
Nov 11		Lesson 9	We Can Feel Calm	Feeling Frustrated		Different Feelings		
Nov 18		No Second Step - Conference Week PBIS - Plan for short day transitions						
Nov 25		THANKSGIVING WEEK						
Dec 2		10: Perf. Task	What Are They Feeling?	Noticing Clues		How Do You Feel?		
Dec 9	Revisit 2 nd Step concepts students may be struggling with Use connected Second Step Extension Activities							
Dec 16	PBIS Celebration							
WINTER BREAK								
NOTES	1) Send CPU Parent Letter 30 days prior to lessons 2) Staff Meeting on CPS Reporting before lessons begin							 Meta Moment RULER Skills: Regulating & Expressing
Jan 6	Unit 3: Empathy & Kindness	Lesson 11	We Can Be Kind	The Power of Kind Acts		What’s Empathy?		
Jan 13		Lesson 12	Why Kindness?	Ways to Be Kind		Empathy in Action		
Jan 21		Lesson 13	Showing Kindness	Offering Kind Acts		Having Empathy		
Jan 27		Lesson 14	Kindness at School	Practicing Kind Acts		Empathy at School		
Feb 3		15: Perf. Task	Demonstrating Kindness	Demonstrating Kind Acts		Empathy and Kindness		
Feb 10	Unit 4: Problem Solving PBIS Celebrations	CPU Lesson 1	Keeping Yourself Safe	Lesson 16	How to Say the Problem	Lesson 16	The Way to Say a Problem	
Feb 17		MID-WINTER BREAK						
Feb 24		CPU Lesson 2	The Always Ask First Rule	Lesson 17	Was It an Accident?	Lesson 17	Thinking of Solutions	
Mar 3		CPU Lesson 3	Safe and Unsafe Touches	Lesson 18	Ask for What You Need	Lesson 18	Which Solution?	
Mar 10		CPU Lesson 4	The Private Body Parts Rule	Lesson 19	We Can Make It Better	Lesson 19	What Would I Want?	
Mar 17		CPU Lesson 5	Practicing Staying Safe	20: Perf. Task	Solving Problems	20: Perf. Task	Be a Problem-Solver	
Mar 24		CPU Lesson 6	Reviewing Safety Skills	RULER Blueprint Practice Using Conflict in a Story				
Mar 31		No Second Step - Conference Week PBIS Celebration (before break recommended)						
Apr 7		SPRING BREAK						
Apr 14		Lesson 16	We Can Say the Problem	CPU Lesson 1	Keeping Yourself Safe	CPU Lesson 1	Keeping Yourself Safe	
Apr 21		Lesson 17	Ready to Solve Problems	CPU Lesson 2	The Always Ask First Rule	CPU Lesson 2	The Always Ask First Rule	
Apr 28		Lesson 18	Apologizing Can Help	CPU Lesson 3	Safe and Unsafe Touches	CPU Lesson 3	Safe and Unsafe Touches	
May 5		Lesson 19	Taking Turns and Sharing	CPU Lesson 4	The Private Body Parts Rule	CPU Lesson 4	The Private Body Parts Rule	
May 12		20: Perf. Task	We Can Solve Problems	CPU Lesson 5	Practicing Staying Safe	CPU Lesson 5	Practicing Staying Safe	
May 19		RULER Blueprint Practice Using Conflict in a Story		CPU Lesson 6	Reviewing Safety Skills	CPU Lesson 6	Reviewing Safety Skills	

ELEMENTARY SCHOOL Pacing Guide 2024-25 | Core 2nd Step Curriculum + RULER Framework + PBIS

NOTE: This version allows for CPU/BPU lessons to be taught by counselors *in place of* the regular second step instruction during specified weeks

RULER Skills & Tools:  Charter  RULER Skills & Mood Meter  Meta-Moment  Blueprint

Week of	Unit & Lesson		3rd	4th	5th		RULER Emphasis	
Sept 2	PBIS Launch/Rodeo						 Classroom Charters (the “why”) as a resource for classroom rules & expectations (the “what” and the “how”)	
Sept 9	PBIS Launch – add Kinder							
Sept 16	Unit 1: Growth Mindset & Goal Setting	Lesson 1	Changing Your Brain	Setting a Good Goal	The Right Goal for Me			
Sept 23		Lesson 2	Getting Better with Practice	Making a Plan	My Plan			
Sept 30		Lesson 3	More Than Practice	Checking Our Progress	Changing My Plan			
Oct 7		Lesson 4	Planning for Practice	Reflecting On Our Journey	Time to Reflect			
Oct 14		5: Perf. Task	Make a Practice Plan	Ready, Set, Goal!	My 10-Minute Goal			
NOTES	1) Send BPU Parent Letter 30 days prior to lessons 2) Staff Meeting on HIB Reporting before lessons begin							
Oct 21	Unit 2: Emotion Management	Lesson 6	Why Emotions?	BPU Lesson 1	Recognize, Report, Refuse	BPU Lesson 1	Recognize, Report, Refuse	 Mood Meter RULER Skills: Recognizing & Labeling RULER Feeling Words
Oct 28		Lesson 7	How Angry?	BPU Lesson 2	Bystander Power	BPU Lesson 2	Bystander Power	
Nov 4		Lesson 8	Take a Break	BPU Lesson 3	Bystander Responsibility	BPU Lesson 3	Bystander Responsibility	
Nov 11		Lesson 9	How Happy?	BPU Lesson 4	Bystanders to Cyber Bullying	BPU Lesson 4	Bystanders to Cyber Bullying	
Nov 18		No Second Step - Conference Week PBIS - Plan for short day transitions						
Nov 25		THANKSGIVING WEEK						
Dec 2		10: Perf. Task	Strength of Feelings	Revisit Classroom Charters (with emphasis on feeling safe)				
Dec 9		Revisit 2 nd Step concepts students may be struggling with Use connected Second Step Extension Activities						
Dec 16		PBIS Celebration						
		WINTER BREAK						
Jan 6		BPU Lesson 1	Recognizing Bullying	Lesson 6	The Balanced Brain	Lesson 6	Strong Emotions	
Jan 13		BPU Lesson 2	Reporting Bullying	Lesson 7	What Is Rethinking?	Lesson 7	What Is Stress?	
Jan 21		BPU Lesson 3	Refusing Bullying	Lesson 8	How to Rethink	Lesson 8	Planning for Change	
Jan 27		BPU Lesson 4	Bystander Power	Lesson 9	Take Another Look	Lesson 9	What Can I Change?	
Feb 3		Revisit Classroom Charters (with emphasis on		10: Perf. Task	Rethink It!	10: Perf. Task	Making a Change	
Feb 10	Unit 3: Empathy & Kindness	Lesson 11	Kindness and Friendship	The Same, But Different		Empathy in the Community		 Meta Moment RULER Skills: Regulating & Expressing
Feb 17		MID-WINTER BREAK						
Feb 24		Lesson 12	Building a Friendship	Ask, Listen, Learn		What’s the Problem?		
Mar 3		Lesson 13	My Kind of Kindness	Seeing It Differently		A Different Point of View		
Mar 10		Lesson 14	Asking Questions	Changing Your Mind		Community Solutions		
Mar 17		15: Perf. Task	Do Something Kind	A New Point of View		Your Solution		
Mar 31		No Second Step - Conference Week PBIS Celebration (before break recommended)						
	SPRING BREAK						 Blueprint Practicing Empathy Conflicts in Stories Connections with STEP RULER Skill: Understanding	
Apr 14	Unit 4: Problem Solving	Lesson 16	STEP by Step	A Good Problem-Solver		Beginning to STEP		
Apr 21		Lesson 17	S: Say the Problem	Saying It Respectfully		When? Where? Who?		
Apr 28		Lesson 18	T: Think and E: Explore	Exploring Outcomes		Solutions Web		
May 5		Lesson 19	P: Pick a Solution	A Good Solution		Let’s Reflect		
May 12		20: Perf. Task	Solving a Problem	STEP into Problem-Solving		Putting It All Together		

ES Pacing Guide 2024-25 | Core 2nd Step Curriculum + RULER Framework + PBIS

NOTE: This version allows for counseling lessons *in addition to* regular second step instruction during specified weeks

RULER Skills & TOOLS:  Charter  RULER Skills & Mood Meter  Meta-Moment  Blueprint

Week of	Classroom Lessons		Counselor Lessons w/ Principal Timeline		
Sept 2	➤ PBIS Launch/Rodeo				
Sept 9	➤ PBIS Launch – add Kinder				
Sept 16	Unit 1: Growth Mindset & Goal Setting	Unit 1: Lesson 1			
Sept 23		Unit 1: Lesson 2			
Sept 30		Unit 1: Lesson 3			
Oct 7		Unit 1: Lesson 4			
Oct 14	Unit 1: Lesson 5 (Perf. Task)		★ SEND BPU Parent Letter (~30 days) ★ Admin – Provide Staff Meeting Time about HIB Reporting		
Oct 21	Unit 2: Emotion Management	Unit 2: Lesson 6			4 th / 5 th Grade
Oct 28		Unit 2: Lesson 7	BPU Lesson 2 - Bystander Power		
Nov 4		Unit 2: Lesson 8	BPU Lesson 3 - Bystander		
Nov 11		Unit 2: Lesson 9	BPU Lesson 4 - Bystanders to Cyber Bullying		
Nov 18		No Second Step - Conference Week PBIS - Plan for short day transitions			
Nov 25		THANKSGIVING WEEK			
Dec 2	Unit 2: Lesson 10 (Perf. Task)				
Dec 9	➤ Revisit Second Step concepts in areas of struggle ➤ Use connected Second Step Extension Activities		3 rd Grade	BPU Lesson 1 - Recognizing Bullying	
Dec 16	➤ PBIS SW Celebration (recommended)			BPU Lesson 2 - Reporting Bullying	
WINTER BREAK					
NOTES			★ SEND CPU Parent Letter (~30 days) ★ Admin - Staff Meeting about CPS Reporting (Jan)		
Jan 6	Unit 3: Empathy & Kindness	Unit 3: Lesson 11	3 rd Grade	BPU Lesson 3 - Refusing Bullying	
Jan 13		Unit 3: Lesson 12		BPU Lesson 4 - Bystander Power	
Jan 21		Unit 3: Lesson 13	Kindergarten		
Jan 27		Unit 3: Lesson 14		CPU Lesson 1 - Keeping Yourself Safe	
Feb 3	Unit 3: Lesson 15 (Perf. Task)	CPU Lesson 2 - The Always Ask First Rule			
Feb 10	Unit 4: Problem Solving	Unit 4: Lesson 16		CPU Lesson 3 - Safe and Unsafe Touches	
Feb 17		Shortened Week – Mid Winter Break		CPU Lesson 4 - The Private Body Parts Rule	
Feb 24		Unit 4: Lesson 17		CPU Lesson 5 - Practicing Staying Safe	
Mar 3		Unit 4: Lesson 18		CPU Lesson 6 - Reviewing Safety Skills	
Mar 10		Unit 4: Lesson 19	1 st / 2 nd Grade	CPU Lesson 1 - Keeping Yourself Safe	
Mar 17		Unit 4: Lesson 20		CPU Lesson 2 - The Always Ask First Rule	
Mar 24	(Conference Week) PBIS SW Celebration before break (recommended)			CPU Lesson 3 - Safe and Unsafe Touches	
Mar 31	PBIS Re-teach Lessons			CPU Lesson 4 - The Private Body Parts Rule	
SPRING BREAK					
Apr 14	➤ Reinforce Concepts throughout Testing Period ➤ Provide support to manage emotions for testing, next grade level transitions, peer relations ➤ Provide Extensions or Re-Teach of Second Step as issues arise – Classroom Kits are helpful for reteaching or extension activities		1 st / 2 nd Grade	CPU Lesson 5 - Practicing Staying Safe	
Apr 21				CPU Lesson 6 - Reviewing Safety Skills	
May-June					