









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 concurrently with 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	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	CPU Kinder	1: Keeping Yourself Safe		
Feb 3		15: Perf. Task	Demonstrating Kindness	Demonstrating Kind Acts	Empathy and Kindness	CPU Kinder	2: The Always Ask First Rule		
Feb 10	Unit 4: Problem Solving PBIS Celebrations	Lesson 16	We Can Say the Problem	How to Say the Problem	The Way to Say a Problem	CPU Kinder	3: Safe and Unsafe Touches	 Blueprint Practicing Empathy Conflicts in Stories Connections with STEP RULER Skill: Understanding	
Feb 17		MID-WINTER BREAK					CPU Kinder		4: The Private Body Parts Rule
Feb 24		Lesson 17	Ready to Solve Problems	Was It an Accident?	Thinking of Solutions	CPU Kinder	5: Practicing Staying Safe		
Mar 3		Lesson 18	Apologizing Can Help	Ask for What You Need	Which Solution?	CPU Kinder	6: Reviewing Safety Skills		
Mar 10		Lesson 19	Taking Turns and Sharing	We Can Make It Better	What Would I Want?	CPU 1 st /2 nd	1: Keeping Yourself Safe		
Mar 17		20: Perf. Task	We Can Solve Problems	Solving Problems	Be a Problem-Solver	CPU 1 st /2 nd	2: The Always Ask First Rule		
Mar 24		RULER Blueprint Practice Using Conflict in a Story					CPU 1 st /2 nd		3: Safe and Unsafe Touches
Mar 31		No Second Step - Conference Week PBIS Celebration (before break recommended)				CPU 1 st /2 nd	4: The Private Body Parts Rule		
Apr 7	SPRING BREAK								
Apr 14						CPU 1 st /2 nd	5: Practicing Staying Safe		
Apr 21						CPU 1 st /2 nd	6: Reviewing Safety Skills		
Apr 28									
May 5									
May 12									
May 19									

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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?	The Balanced Brain	Strong Emotions	BPU 4 th / 5th	1: Recognize, Report, Refuse	 Mood Meter RULER Skills: Recognizing & Labeling RULER Feeling Words	
Oct 28		Lesson 7	How Angry?	What Is Rethinking?	What Is Stress?	BPU 4 th / 5th	2: Bystander Power		
Nov 4		Lesson 8	Take a Break	How to Rethink	Planning for Change	BPU 4 th / 5th	3: Bystander Responsibility		
Nov 11		Lesson 9	How Happy?	Take Another Look	What Can I Change?	BPU 4 th / 5th	4: Bystanders to Cyber Bullying		
Nov 18		No Second Step - Conference Week PBIS - Plan for short day transitions					Revisit Classroom Charters (with emphasis on feeling safe)		
Nov 25		THANKSGIVING WEEK							
Dec 2		10: Perf. Task	Strength of Feelings	Rethink It!	Making a Change				
Dec 9		Revisit 2 nd Step concepts students may be struggling with Use connected Second Step Extension Activities				BPU 3 rd	1: Recognizing Bullying		
Dec 16		PBIS Celebration				BPU 3 rd	2: Reporting Bullying		
		WINTER BREAK							
Jan 6	Unit 3: Empathy & Kindness	Lesson 11	BPU 3 rd	The Same, But Different	Empathy in the Community	BPU 3 rd	3: Refusing Bullying	 Meta-Moment RULER Skills: Regulating & Expressing	
Jan 13		Lesson 12	Building a Friendship	Ask, Listen, Learn	What’s the Problem?	BPU 3 rd	4: Bystander Power		
Jan 21		Lesson 13	My Kind of Kindness	Seeing It Differently	A Different Point of View	Revisit Classroom Charters (with emphasis on feeling safe)			
Jan 27		Lesson 14	Asking Questions	Changing Your Mind	Community Solutions				
Feb 3		15: Perf. Task	Do Something Kind	A New Point of View	Your Solution				
Feb 10	Unit 4: Problem Solving	Lesson 16	STEP by Step	A Good Problem-Solver	Beginning to STEP			 Blueprint Practicing Empathy Conflicts in Stories Connections with STEP RULER Skill: Understanding	
Feb 17		MID-WINTER BREAK							
Feb 24		Lesson 17	S: Say the Problem	Saying It Respectfully	When? Where? Who?				
Mar 3		Lesson 18	T: Think and E: Explore	Exploring Outcomes	Solutions Web				
Mar 10		Lesson 19	P: Pick a Solution	A Good Solution	Let’s Reflect				
Mar 17		20: Perf. Task	Solving a Problem	STEP into Problem-Solving	Putting It All Together				
Mar 31		No Second Step - Conference Week PBIS Celebration (before break recommended)							
SPRING BREAK									
Apr 14									
Apr 21									
Apr 28									
May 5									
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