



# second Lesson Follow-Ups for Families

## WHAT?

*Second Step* Lesson Follow-Ups are fun, engaging activities you can do with your middle school child and other members of your family. They include Family Projects, Table Talk, and Screen Time activities.

## WHY?

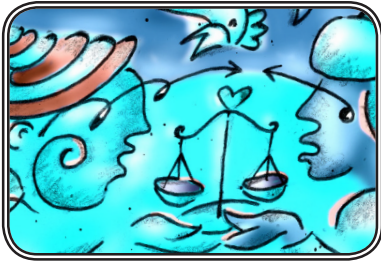
These activities are designed to give your middle school child another chance to use new skills learned in *Second Step* lessons. They are also a way for you get to know more about what your middle school child is learning with the *Second Step* program. They're also a great way to spend some fun time together as a family.

## WHO?

You can do these activities with your middle school child, and other family members can join as well.

## WHERE?

Most of these activities can be done at home around the dinner table or in front of the TV screen.

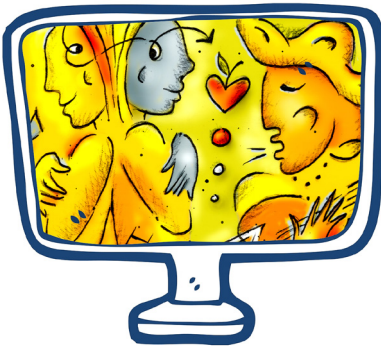


## Lesson 1, Language Arts and Social Studies

### Family Project: What Are They Feeling?

**What you'll need:** newspapers, magazines, family photos, a mirror

1. Spread out a stack of newspapers and magazines or family photos on a table or the floor.
2. Sit with your child and together find three photos of faces that show a range of expressions.
3. Discuss each face, having your child identify what the person might be feeling. Ask your child to include elements of the expressions (for example, mouth turned down, eyebrows raised, nostrils flared) and other clues that help identify what the people in the photos might be feeling.
4. Facing each other, try to mimic the expressions in the photos. Use the mirror to check your faces. It's okay to get silly!

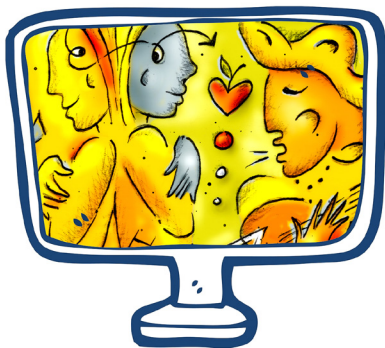


## Lesson 1, Health and Science

### Screen Time: How Do Animals Communicate?

**What you'll need:** TV or computer

1. All animals—from amoebas to humans—communicate with each other. Find an animal-science website or a nature channel on TV.
2. Spend a couple of evenings watching how different animals, such as bees, birds, cats, dogs, chimpanzees, and whales, communicate. For example, honeybees perform a waggle dance when they return to their hive to let other bees know they're home, and chimpanzees greet each other by touching hands.
3. Discuss how the ways animals communicate are similar to and different from the ways humans communicate.



## Lesson 1, Media Literacy

**Screen Time:** Are the Characters Listening Actively to Each Other?

**What you'll need:** TV

In the *Second Step* program, your child has been learning about being a good, active listener. Active listeners look at the person who is talking, don't interrupt, and show interest.

1. Choose an age-appropriate TV sitcom your family likes to watch together.
2. Turn off the sound, then play the show.
3. Ask your child: **Are the characters listening actively to each other?** Notice how well the characters are actively listening to each other based on what you and your child see rather than what you hear.