



secondSTEP 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 3, Language Arts and Social Studies

Table Talk: What's Another Perspective?

What you'll need: focused time to talk (such as at the dinner table, on a car ride, or at bedtime.)

1. Choose a tricky issue in your home, such as cell phone use, wearing bike helmets, bedtime, or chores.
2. Ask your child to imagine the issue from your perspective, while you do the same from your child's perspective.
3. Explain your perspectives with each other and discuss.



Lesson 3, Health and Science

Table Talk: What Do You Observe?

What you'll need: focused time to talk (such as at the dinner table, on a car ride, or at bedtime)

1. Step outside with your child (or look out the window). Each person should spend five minutes writing down everything he or she sees.
2. Exchange the lists with each other. How much of what you observed was the same? How much was different?
3. Discuss how your way of seeing things may be affected by how you were brought up, what you believe, and what your interests are.