



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 4, Language Arts and Social Studies

Table Talk: Can They Disagree Respectfully?

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

In the *Second Step* program, your child has been learning respectful disagreement skills: taking other people's perspectives, deciding whether a disagreement is respectful or disrespectful, using good communication skills, and giving constructive feedback.

1. Take your child to a community meeting, or observe one on a local TV station.
2. Discuss the ways meetings are used to share ideas, get feedback on policies and politicians, and debate proposals.
3. Have a family debate over an issue that feels "safe" to discuss. (If you're not willing to extend your child's bedtime, don't bring it up for debate!) Ideas might include what the family would do with a million dollars, what kind of car to buy someday, or what to make for Thanksgiving dessert. Choose one question, come up with one answer, and divide into two groups, for and against. In the examples above, the answers might be: "Let's spend the million dollars on a trip around the world." "Let's buy a used Honda." "Let's make pumpkin pie." Use the respectful disagreement skills to debate the issue.

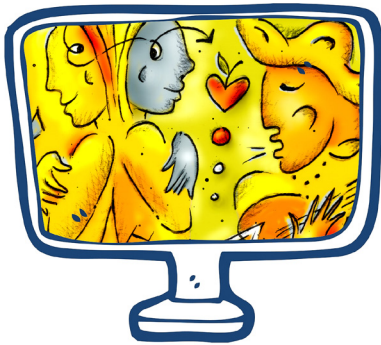
Lesson 4, Health and Science

Table Talk: Is There Life on Other Planets?

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

1. Choose sides for a debate. Have half your family take the position that there is life on other planets and the other half that there is not.
2. Give each side time to come up with support for their positions.
3. Have opposing groups debate whether there is or is not life on other planets while using respectful disagreement skills.





Lesson 4, Media Literacy

Screen Time: Can You Identify Respectful Disagreement Skills?

What you'll need: TV

In the *Second Step* program, your child has been learning respectful disagreement skills: taking other people's perspectives, deciding whether a disagreement is respectful or disrespectful, using good communication skills, and giving constructive feedback.

1. Choose an age-appropriate TV comedy, drama, or movie that shows a conflict between characters.
2. Before playing the show, ask your child to look for a conflict between characters.
3. After the show, ask how the conflict was or was not resolved. Did the characters use the skills for disagreeing respectfully? What skills did they use?
4. If the characters did not use the respectful disagreement skills, have your child describe how the conflict might have been resolved differently if they had.
5. Then ask some of the following questions: **How often do you see respectful disagreement on-screen? Do you think disrespect is seen as more interesting or exciting? Why or why not? Do you think disrespectful or respectful disagreement between characters onscreen is encouraged? Why?**