



# 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 9, Language Arts and Social Studies

**Table Talk:** What Makes You Happy?

**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 is learning how to stay in control when his or her emotions start taking over. Here are the calming-down strategies he or she is learning:

- Doing something physically active
  - Doing something relaxing
  - Thinking about something else
  - Using centered breathing
  - Using positive self-talk
1. Ask your child to talk about a time when he or she felt calm and happy. Describe one of your own calm and happy times.
  2. Remind your child that when he or she uses the calming-down strategy of thinking about something else, he or she can think about this description of a calm and happy time. Your child can even draw a picture of it or write a couple words as reminders (for example, “rainy day with Grandma”), then tack it up in his or her bedroom.