



second step 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, Health and Science

Table Talk: Could You Work in an Environment Like This?

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

1. With your child, find some websites about small scientific groups that work in cramped quarters (such as the Aquarius Underwater Laboratory or the space station).
2. Discuss the following questions: **What do you think it would be like to work and live for long periods of time in such a small space? How important do you think it is to get along with the people you work with? What group skills would you need? What do you think would happen if the people working in this space did not have good group skills? Would you like to work in a setting like this?**



Lesson 1, Media Literacy

Screen Time: Can Media Encourage Empathy for Victims of Natural Disasters?

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

1. Choose some news stories from newspapers, websites, or TV about any recent international, national, or local natural disaster.
2. Together with your child, read or watch the stories, then discuss the following questions: **How can media help people feel empathy for victims of natural disasters? How do you feel about the victims of this disaster? Do you think disasters get too much coverage? Do you think the media is fair in its coverage of all disasters?**