



# 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 3, Health and Science

**Family Project:** How Do You Handle an Environment-Related Grievance with a Corporation?

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

In the *Second Step* program, your child and his or her classmates are learning how to handle a grievance. They must explain their own point of view clearly, think about the other person's point of view, be assertive, and avoid using blaming words.

1. Discuss an issue about the environment your family might have with a corporation (such as cars that get low gas mileage or the amount of non-recyclable plastic used in packaging).
2. Write a letter together to a corporation talking about your concerns and using the skills for handling a grievance.