

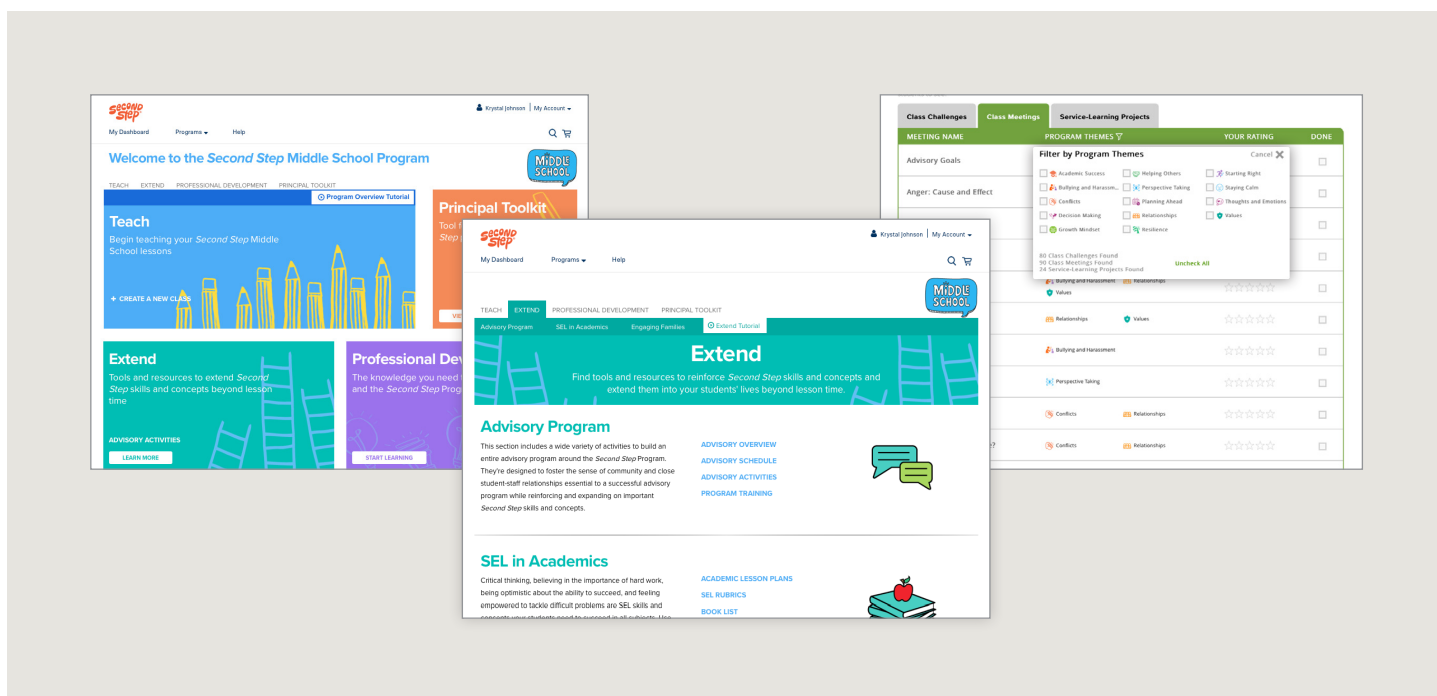


Second Step Middle School Program Advisory Guide

Your School, Your Schedule

Building Blocks for Your Advisory Program

The Second Step Middle School Program was developed with advisory in mind. We know about two-thirds of all middle schools have advisory and that no two advisory programs are alike. That's why Second Step not only helps you teach kids the essential social-emotional skills they need—it also gives you the resources to build an advisory program your way, for your unique situation.





Building Skills and Relationships

The weekly Second Step lessons are the backbone of the Middle School Program and foundational to developing students' social-emotional skills. Building on that foundation, Second Step advisory activities help nurture the sense of school community and close-knit relationships necessary for students' success and well-being while reinforcing lesson concepts and giving students more opportunities to practice their new skills. There are four different advisory activity types, each designed to meet these goals.



Weekly Check-Ins and Check-Outs

Give students the support they need with Weekly Check-Ins and Check-Outs. Held at the beginning and end of the week, these quick meetings let students reconnect, reflect, and check their progress toward individual and group goals. They also give teachers a chance to help students with individual issues. The program includes templates for both the Check-In and Check-Out meetings, which can be customized to meet the needs of each classroom or group.



Class Challenges

These fun, engaging, and thought-provoking activities are designed to help students get to know their classmates and build strong bonds gradually over time. Class Challenges touch on themes such as growth mindset, planning ahead, and helping others, and each can be used in tandem with a corresponding Second Step lesson or as a stand-alone activity. Class Challenges are great for providing additional skill practice, too.



Class Meetings

Build rapport between students in your advisory with these guided group discussions on topics such as values, handling emotions, and relationships. With each meeting, students are given a safe space to explore and apply the Second Step skills and concepts they're learning to social and academic situations. Everyone—including the teacher or advisor—is encouraged to participate actively, and full discussion outlines with reflection questions are included.



Service-Learning Projects

Students can make a difference in their school and community through these student-driven group projects. Working together, they plan their project, take on project roles, make group decisions, and complete and present their project. These extended projects are aligned to service-learning best practices and meant to span multiple advisory sessions.



Putting It Together

To supplement your Second Step lessons and build out your advisory program, choose from nearly 200 advisory activities that can help give students a sense of belonging and build strong student-staff relationships. Activities can be sorted by type and theme.

Class Challenges

Class Meetings

Service-Learning Projects

MEETING NAME	PROGRAM THEMES	YOUR RATING	DONE
Advisory Goals			<input type="checkbox"/>
Anger: Cause and Effect			<input type="checkbox"/>
Asking for Help			<input type="checkbox"/>
Avoiding Conflicts			<input type="checkbox"/>
Be Aware	<div> <div>Bullying and Harassment</div> <div>Relationships</div> <div>Values</div> </div>	☆☆☆☆☆	<input type="checkbox"/>
Being a Good Friend	<div>Relationships</div> <div>Values</div>		

 ☆☆☆☆☆ | ☐ || Being an Ally | Bullying and Harassment |

Filter by Program Themes

☐ Academic Success
 ☐ Helping Others
 ☐ Starting Right

☐ Bullying and Harassment
 ☐ Perspective Taking
 ☐ Staying Calm

☐ Conflicts
 ☐ Planning Ahead
 ☐ Thoughts and Emotions

☐ Decision Making
 ☐ Relationships
 ☐ Values

☐ Growth Mindset
 ☐ Resilience

80 Class Challenges Found

90 Class Meetings Found

24 Service-Learning Projects Found

Uncheck All

Advisory Activity			
TYPE	QTY	EXAMPLE ACTIVITY	EXAMPLE THEME(S)
Weekly Check-In and Check-Out	2	Templates	Customize to Your Classroom
Class Challenges	91	Amusement Park Challenge	Thoughts and Emotions
Class Meetings	82	Digital Friendships	Bullying and Harassment Relationships Values
Service-Learning Projects	24	Making School Better	Helping Others Perspective Taking Staying Calm



Designed for Flexibility

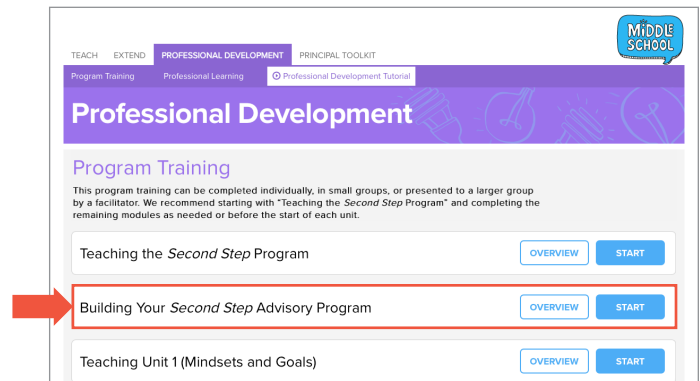
Teach one Second Step Middle School lesson per week during an advisory period, then use the program's advisory activities during the week's remaining advisory periods to reinforce Second Step skills and concepts. Does your schedule lend itself to a daily advisory period, or a Monday-Wednesday-Friday advisory schedule? Our flexible advisory activities in combination with the concise Second Step lessons can work in either of those situations and more. We created the materials—now you can create the schedule that suits you best. Below are a few examples.

Sample 5-Day Advisory Schedule				
MONDAY 10 min.	TUESDAY 15 min.	WEDNESDAY 25 min.	THURSDAY 15 min.	FRIDAY 10 min.
Weekly Check-In	Class Challenge	Second Step Lesson	Class Meeting	Weekly Check-Out
Sample 4-Day Advisory Schedule				
MONDAY 10 min.	TUESDAY 15 min.	WEDNESDAY 25 min.	THURSDAY 15 min.	
Weekly Check-In	Class Challenge	Second Step Lesson	Class Meeting	
Sample 3-Day Advisory Schedule				
MONDAY 25 min.		WEDNESDAY 15 min.		FRIDAY 10 min.
Second Step Lesson		Class Challenge or Class Meeting		Weekly Check-Out
Sample 2-Day Advisory Schedule				
	TUESDAY 40 min.		THURSDAY 40 min.	
	Weekly Check-In Class Challenge		Second Step Lesson Class Meeting	
Sample Service-Learning-Focused Advisory Schedule				
MONDAY 25 min.		WEDNESDAY 25 min.		FRIDAY 25 min.
Weekly Check-In Service-Learning Project		Second Step Lesson		Service-Learning Project Weekly Check-Out



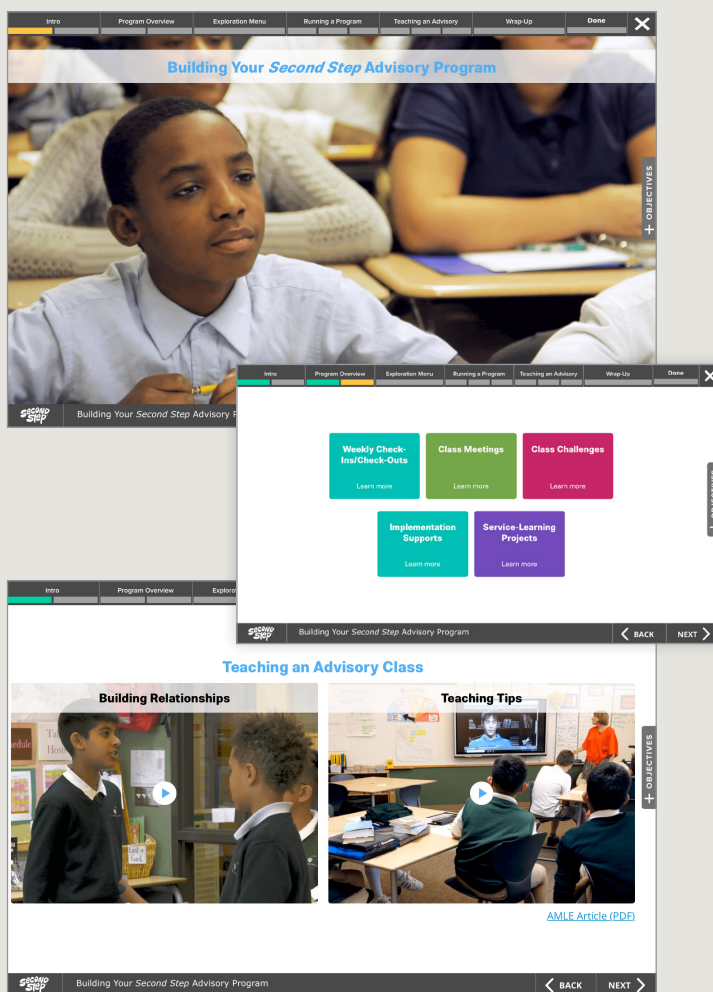
Included in the Program: More Resources to Help You Build Your Advisory Program

A key resource for you as you get started can be found in the Professional Development section of the program. "Building Your Second Step Advisory Program" is an approximately 30-minute training module that offers ideas and strategies for incorporating advisory activities into your schedule in combination with SEL lessons.



Training videos and resources give you what you need to:

- Identify the various advisory activities and supports in the Second Step Middle School Program
- Recognize the benefits and challenges of running advisory programs and teaching advisory classes
- Explore ways to build an advisory program that meets the needs of your students and staff





Sample Advisory Activities

One of the stand-out features of the Second Step Middle School Program advisory activities is their variety. The extensive range of topics provides you with the tools to reach every learner in the room and choose activities that are relevant to them. Here are a few samples.

YOUR RATING

DONE

☆☆☆☆☆

CLASS CHALLENGE

Emotion Kabuki

Objective
Explore emotions through exaggerated poses

PRINT ACTIVITY ▶

Materials
1 note card with an emotion on it for each student

🗨 Thoughts and Emotions

PREPARATION ▲

- 1 Write one emotion—like happy, sad, or angry—on each note card, making sure each emotion appears on at least two cards. Students will be looking for others with the same emotion, so the total number of emotions will depend on how many students you want in each group.
- 2 Allow at least 10 minutes for this activity.

ACTIVITY INSTRUCTIONS

Introduction

Present the activity: **Kabuki is a traditional form of Japanese theater where the actors sometimes show their emotions by making exaggerated faces and poses. Today you'll all practice being Kabuki actors by expressing exaggerated emotions silently.**

Activity continued ...

Steps

- 1 Pass out the emotion note cards to the class. Have students read their cards quietly, without revealing what's written on them.
- 2 Have students make faces that represent the emotions on their cards.
- 3 Have students move around the room, looking for others they think are showing the same emotion as them. Students must express their emotions silently using facial expressions.
- 4 When students think they've found all other students who are showing the same emotion, have them show each other their cards. Students whose cards match can sit down in a group. Those whose cards don't match should continue looking.
- 5 Once everyone has found a group, have each group create a full-body pose that represents the emotion.
- 6 Have each group demonstrate the pose, and have the rest of the class try to guess which emotion the group members are showing.
- 7 Collect the cards and repeat the activity, as time allows.

Reflection

- 1 Have the class reflect quietly about the following prompt:

What are some similarities between the exaggerated emotions you saw today and the way people express emotions in real life?
- 2 Call on students to tell the class their ideas, as time allows.

CLASS MEETING

YOUR RATING

DONE



Things We Have in Common

Objective

Discuss the impact of having things in common with others

PRINT ACTIVITY ►

 Perspective Taking

PREPARATION ▲

- 1 If possible, seat the class in a circle.
- 2 Sit where you can participate comfortably in the discussion.

CLASS MEETING INSTRUCTIONS

Warm-Up

Have everyone in the class (including you!) briefly answer the following question:

What's one thing you have in common with someone else in class?
(Enjoy the same classes. Siblings. Have the same interests.)

Activity continued ...



Discussion

As a class, discuss one or more of the following prompts, as time allows:

- Tell us about a time you realized you had something in common with someone you were working with in class.
- How did identifying this similarity help you two work together?
- Why can recognizing the things we have in common help us avoid getting into conflicts with each other?

Reflection

- 1 Have the class reflect quietly about the following prompt:

Think of someone you have trouble getting along with. What's something you two might have in common? How could you use that to help you two get along?


- 2 Call on students to tell the class their ideas, as time allows.

Get Well Soon

Objectives

- Investigate organizations that help sick or injured people and the kind of support these organizations need
- Identify ways you can help
- Create a plan and take action to support sick or injured people in the community

[PRINT ACTIVITY ▶](#)

 Helping Others

Materials

Paper and writing utensils or a computer

PREPARATION ▲

- 1 Have a list ready of care facilities in the local community that students can contact about their needs.
- 2 If this project has been done before, have students refer to the previous project for ideas if they need help.

Project Description

Supporting sick or injured people is an important part of building community. In this Service-Learning Project, students will identify organizations in the community that help sick or injured people, then investigate ways they can support these organizations and the people they serve (for example, with a sympathy card-writing campaign or a donation drive). Finally, students will create and execute a plan based on their research.

If this project has been done before, students can use previous ideas as examples if they need help.

Activity continued ...



PROJECT STEPS

Investigation

Have students identify organizations in the community that support sick or injured people, either on their own or from a list you provide. Then have students contact the organizations to find out what they can do to support them.

Planning

Once the students have identified an organization and what they'll do to help, they'll create a plan for providing the support the organization needs. This plan should include setting goals and timelines, and assigning roles and tasks to specific students.

Action

Students will put their plan into action. They'll determine the timeline or refer to the schedule part of the plan and begin. They'll also check the schedule frequently to ensure everyone is on task and meeting milestones.

Activity continued ...



Reflection

Students will reflect on what they've learned throughout this process, how what they did helped or encouraged sick or injured people in the community, what challenges they faced, and how they overcame these challenges.

Demonstration

If the students have chosen to do something that can be observed (such as delivering toys during the holidays), have them invite friends, family, and community members to observe them completing the project. Otherwise, have students create a presentation about their project for school staff, peers, or community members.

Get Started

Reinforce weekly Second Step lessons, strengthen your existing advisory program, or create an advisory program from scratch: the advisory activities built into the Second Step Middle School Program are designed to fit your program and your schedule.

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Learn more at **SecondStep.org/middle-school-program** or call Committee for Children at 800-634-4449, ext. 1.