

Objectives

By the end of this lesson, students will be able to:

- Describe challenges they might face as they start middle school
- Identify resources where they can get help

Prep

- Whiteboard
- Partners

Program Themes

Belonging, Resilience, Starting Right

Lesson Note

If your Grade 6 class is still in an elementary school, most of this lesson can be skipped. However, make sure to show the introductory video for the Second Step program (Warm-Up screens 1–3).



Bold—Teacher's script

Italics—Anticipated student responses

CASEL Core Competencies

Self-Awareness, Self-Management

Warm-Up (8 min.)



Introduce the Second Step program.

The Second Step program is specifically designed to help you be successful in middle school and beyond.

Let students know how often they'll be doing the lessons.

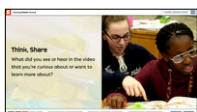
During our lessons, we'll be reflecting on and discussing how choices we make can help us become the people we want to be.



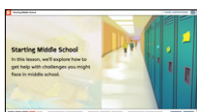
Introduce the video and explain the listening task.

We're going to watch a video that introduces the program to you and explains what you'll learn. As you watch, note anything you see or hear that you're curious about or want to learn more about.

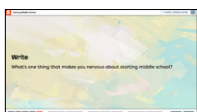
Play the video.



Give students time to think about the questions on the screen. Then call on students at random to share their responses.



Set the purpose for today's lesson.



Have students write down their responses to the question on the screen.

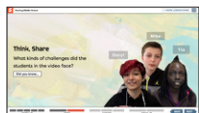
Video (5 min.)



Introduce the video and explain the listening task.

We're going to watch a video of real students talking about what it was like to start middle school. As you watch, listen for the kinds of challenges these students faced.

Play the video.



Give students time to think about the question on the screen. Then call on students at random to share their responses.

Invite students to give a thumbs-up if they heard something that makes them nervous too.

Select the Did You Know... button to reveal information about things getting better.

Activity (8 min.)



Give students time to reflect individually about what helped them feel better in the past.

Then have students work with a partner and write down two or three ideas for what helps things get better.

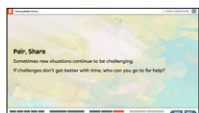
After three minutes, call on students at random to share their responses.

Select the What Helps button for additional ideas.



Introduce the video and the listening task.

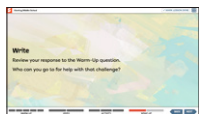
Let's watch another video of the same students talking about how things got better for them. As you listen, put your thumbs up if the students say something that you wrote down helped them.



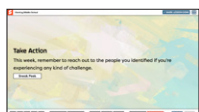
Give students a minute to do a Pair, Share about who they can go to for help if challenges don't get better with time.

Then call on students at random to share their responses. *A teacher. The school counselor. A close friend. An older sibling. A family member.*

Wrap-Up (4 min.)



Have students look at their Warm-Up responses. Then have students write down their responses to the question on the screen.



Conclude the lesson by encouraging students to take action on what they learned.

Select the Sneak Peek button to introduce the next lesson's topic.