

***Camfel Productions***  
***presents***



**Teacher's Discussion Guide**



## ***Discussion Guide***

### **CAMFEL'S MESSAGE:**

*Empowering individuals to stand on a foundation of character values and encouraging them to act responsibly when faced with tough decisions.*

When studying for a test, the amount and quality of input directly affects output. The same is true with character. What goes into the mind and heart of a student is reflected in their actions and behavior. So, with the absence of good role models and character education, why do we question student behavior when we see what they are putting into their minds? The character values we observe and admire are the foundations of how we think and act.

Here at Camfel Productions our mission is to be a messenger of hope to a generation in desperate need of positive, life-altering influences. We want to help your students realize their worth by building up their character...character that is built on a foundation of integrity and trust.

### **PROGRAM DESCRIPTION:**

Every Day each one of us has so many choices to make. We choose what we will wear, what we will eat, what friends to hang out with, what to do with our spare time, and even choose our attitude! We all have the power to choose, but are all our choices the right ones?

Camfel Productions' THE RIGHT CHOICE will help your elementary students discern which decisions are the best ones. The program will address how the choices they make will affect them in both positive and negative ways. Positive choices like being active, eating the right food, listening to their teacher, doing their homework, and being a good friend, will help them feel healthy, get along with others, and enable them to do well in school. Negative choices, like being a couch potato, eating junk food, acting up in class, and being a bully, will only bring trouble.

THE RIGHT CHOICE will encourage your students to be great decisions makers. They will learn that good decisions lead to positive results, and that the right choices will help them and their friends excel in school and in life.



## ***Pre-Show Discussion Session***

### ***Preparing for the Assembly***

#### **A message to the instructor:**

In a short time your students will be viewing a tremendous program called THE RIGHT CHOICE. We have provided a few short discussion sessions for you to use before and after the presentation. These sessions will help you increase the effectiveness of this learning experience. Please feel free to use your creativity to enhance this learning experience as you adapt it for your students.

#### **A few pre-assembly discussion ideas:**

Soon we will be seeing an assembly program called THE RIGHT CHOICE but before we go into the assembly, let's talk about the decisions we make each day.

Have the students talk about decisions they make each day. For example, the clothing they wear, food they eat, whether they walk or ride to school, who they choose to talk to at school, whether or not to answer a question in class, etc.

*Consider one of their responses to ask deeper questions:*

Talk about decisions which can be right or wrong. For example, the decision to watch TV can be both right or wrong. Talk about what might make watching TV wrong. When might it be the right choice? What must we do when making a choice that can be either right or wrong?

#### **Cool Thought::**

*Do what is right not what is easy.*

#### **Concluding comments:**

Making the right choice won't always be the easy one but it will be the best one for your future. Making the right choices is about choosing between what you want now and what will help you the most tomorrow. Brushing your teeth, exercise, and eating healthy may not seem like they are too important today but it makes a big difference over time. Making the right choice is choosing to get the important things, like homework and chores done first, and then playing and having fun.



## ***Discussion Session #1***

### ***Summary of the Program***

#### **Sections of the Program to Discuss:**

1. **The Book of Virtues—Zack breaks the camera:** Zack's dad places an old camera on the counter. Zack thinks it's cool and wants to touch it. His dad tells him not to and Zack said okay. When his dad leaves the room Zack examines the camera and accidentally knocks it down and breaks it. Zack lies to his dad about what happened.
2. **Crossing Guard:** There are good & bad choices. Some of those good choices help us stay safe. Crossing a street can be dangerous but if we make the right choices and listen to the crossing guard we'll remain safe and healthy.
3. **Alexio Gomes:** Alexio is an American Ninja Warrior, a television program, where competitors take on the challenges of a ninja style course. Alexio exercised regularly and ate the right foods to be able to compete at his best.
4. **Megan Jastrab:** Megan has won two national titles for her age group racing bicycles. She was able to accomplish this by making the right choices. Maintaining a balance between training and school can be tough but she does it by choosing to do the right things first, her homework. Also, she has disciplined herself to work hard at training and eating the right foods.
5. **Making the Right Choice with Bullies:** Bullying is not right and it's not fair. If you are being bullied, ignore it, avoid it, tell them to stop, and tell an adult. Don't let the bully determine who you are. Make the right choices to excel and become the best you can be.
6. **Character Crew:** The Character Crew works together to organize school-wide character-building events. A couple of recent projects involved encouraging senior citizens with cards and helping the Humane Society raise funds. The Character Crew are learning how making the right choices can help others.

#### **Concluding comments:**

Positive choices like being active, eating the right food, listening to the teacher, doing your homework, and being a good friend, helps you feel healthy, get along with others, and makes schoolwork easier to do. The choice to make the wrong decision or the right one is totally up to you. So come on, make the right choices because positive decisions help you feel better about yourself, keeps you safe and healthy, and leads to good results.



## ***Discussion Session #2***

### ***Telling the Truth***

#### **Activity:**

Materials Needed: Sheet of Paper

Have each student take out a sheet of paper. Instruct them to fold the paper in half. That fold represents one lie they have told their parents. That was a wrong choice.

Ask them to unfold their paper and attempt to eliminate the damage of folding it. You can apologize for your mistakes but you can't undo the damage it causes to your relationships. Your relationship with your parents can be mended but it will never be as pure as it once was. Making the right choices helps keep relationships strong.

#### **Communicate the following:**

Lying is often a reflex action to protect ourselves from some type of harm. Sometimes we only go a little way with the lie by leaving out details but that's still a lie. Too often, we over estimate the reaction our parents will have to the truth. And when the deception is discovered, well, it destroys the trust others have in us. Making the right choice to tell the truth leads others to trust and respect our words and actions.



#### **Talk about the following:**

1. Ask the students to talk about a time when they lied and were caught. Was being caught worse than if they had told the truth at the beginning?
2. Have the students discuss a time when someone lied to them. How did it make them feel? How long did it take to restore trust in that individual again?

#### **Concluding comments:**

Telling the truth is the right choice. Sure, there will be those tempting moments when you feel compelled to lie or leave out important details but that choice leads to hurt feelings and lost trust. You can gain the respect and trust from others when you tell the truth. And that makes it the right choice.



## ***Discussion Session #3***

### ***Right Choices Keep You Safe and Healthy***

#### **Activity:**

Materials Needed: Whiteboard

Have the students list on the whiteboard various protective gear a person wears when participating in certain sports or activities, such as a helmet when riding a bike.

- Talk about the purpose of the protective gear and the importance of wearing it.
- What would happen to those participating in the activity if they didn't wear the protective gear?
- How does the protective gear make the activity more enjoyable?



It's not unusual for us to wear protective gear when we perform various activities or play a sport. It's best to think safety when we are involved in a risky activity. Making the right choice keeps you safe and healthy.

#### **Communicate the following:**

You make decisions all the time that can be harmful. For example, you could get hurt riding your bike, crossing a street, or playing on playground equipment. A wrong decision could be painful. It's important to make the right choices at times like that.

#### **Questions to Ponder:**

1. Talk about why it's important to listen to the crossing guard.
2. Discuss rules around school that are there to keep students safe and healthy.

#### **Concluding comments:**

Too often, we think that we can break the rules or that they don't apply to us. But listen to this. Every year over 300,000 students go to the emergency room because of a bike injury. The number one injury with long-term consequences is from not wearing a helmet. Wearing that helmet could save your life. Protective gear for any activity is designed to keep you safe and healthy and that makes wearing it the right choice.



## ***Discussion Session #4***

### ***Choosing the Right Friends***

#### **Activity:**

Materials Needed: 20 Sheets of Paper

Ask for two volunteers to toss paper wads into a trash bucket which is ten feet away. Give each competitor ten sheets of paper. At the go, each player will wad ten individual papers and then toss them into the bucket. Each player will have two assistants. Player #1's assistants are instructed to assist in wadding the paper. Player #2's assistants are to disrupt the process –dropping paper, not wadding properly, or blocking the shooter.

Player #1 should win because the assistants were helpful. Good friends work like this. They encourage, and support you. Bad friends distract, annoy, inhibit, or disrupt your ability to achieve your best.

#### **Communicate the following:**

Read the following nursery rhyme:

Birds of a feather flock together, and so will pigs and swine  
Rats and mice will have their choice, and so will I have mine.

Talk about why those who have the same likes and dislikes seem to group together. How might this be a good thing? How might it be a bad thing? How do those around you help you make the right choices? How might they encourage you to make the wrong choices?



#### **Concluding comments:**

If you wish to know what another person is truly like, get to know their friends. You see, people have a tendency to be like those they call their friends. But you know what? When you start making the wrong choices for the people around you, it's probably time to change the people around you. Choosing the right friends will help you make the right choices.



## ***Discussion Session #5***

### ***Bullying is Not the Right Choices***

#### **Activity:**

##### **Materials Needed:**

Schools practice disaster drills for such things as fires, earthquakes, hurricanes, or tornados. Discuss what your school does for these events. Talk about why we spend time practicing for these events when they don't happen very often or not at all.

#### **Communicate the following:**

Bullying doesn't happen all the time to everyone but we should all be prepared for it when it does happen. Thinking about what you would do in advance will help prepare you to handle a difficult situation. Talking about it with others before it ever happens will give you more confidence to take a stand, ask for help and make the right choice.

Here's a few tips:

1. Hide from the bully.
2. Run from the bully.
3. Confidently tell them to stop and ask for help
4. Talk really loud so others can hear—repeat what they're saying to you.
5. Keep notes and tell an adult.



#### **Closing comments:**

You don't deserve to be bullied! You have the right to feel safe. It's important to preplan what you will do if you encounter a bully. Practicing what you'll do is the right choice for doing the right thing at the right time.





## ***Discussion Session #6***

***Helping Others is the Right Choice***

### **Activity:**

Materials Needed: Jenga Game

Have the students play a game of Jenga. As each piece is removed and replaced to the top of the stack the pillar become less steady. One wrong choice can bring the whole tower down.

Talk about how one move can make a difference in how well things are held together. At some point in the above game, each piece was needed to maintain the tower. The tower became dependent on each and every one of the pieces to remain standing.

### **Communicate the following:**

It only takes one person to change your life. It only takes one to be there for you, to believe in you. It only takes one to give you the confidence needed to take on a challenge—to help you achieve your best. And you know what? You may be the one that helps someone make it past a difficult challenge in their life.

### **Writing Exercise:**

Have the students write about a time when one person changed their life with a word or action.



### **Closing comments:**

Edward Everett Hale stated, “I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.” Now that’s the right choice. You may not be able to help everyone around you but you can improve the life of one person around you. And that is always the right choice.