

Good Choices

A GOOD CHOICE means making the right decision and choosing to do something that you believe will result in the best outcome.

LESSON 1

Read the meaning of **GOOD CHOICES**. Read: **It is Monday, and Sara's teacher assigned a test for Friday, which involved reading 10 chapters of a novel and studying 15 vocabulary words. On Monday, Sara read 2 chapters and went to bed at 8:00. Tuesday, Sara watched American Idol's 2-hour finale. On Wednesday she reviewed her words for the first time, and realized she only knew 7 out of 15 words. On Thursday she began reading at 9:00 p.m. and fell asleep. When she opened her eyes it was 2:00 a.m. Sara did not do well on her test on Friday.** Discuss why not. As time allows, instruct students to work with a partner to write down Monday, Tuesday, Wednesday, Thursday, and Friday on a sheet of paper. Next to each day of the week write down some better choices Sara should have made each day to be more successful on her test. As an extended activity, have students draw a calendar with Monday- Friday on a sheet of paper. Have them consider their school duties this week and make decisions about what they would have to do each night to be successful this week in school.

School/Home Link Tell students to draw a calendar with Monday - Friday on a sheet of paper. Have them discuss their school duties this week and together make decisions about what they would have to do each night to be successful this week in school.

LESSON 2

Review the meaning of **GOOD CHOICES**. Read: **The girl in front of you accidentally dropped her wallet. She did not realize that it fell out of her purse. The wallet has \$25.00 in it. You are the only one around. Your friends have all joined a new music club but you didn't because you didn't have the money for the \$25.00 membership fee.** Ask students to think of three choices they could make, three consequences of these choices, and then make a final decision on what they would do. Write the choices and consequences on the board. As time allows, discuss student responses.

School/Home Link Tell students discuss choices and consequences for various situations with a family member.

LESSON 3

Review the meaning of **GOOD CHOICES**. Read: **Everyone has a responsibility to follow rules. Rules provide order and safety. If we choose not to obey a rule, then there may be negative consequences. For example, if someone chooses to drive without a seat belt, the consequence could be a serious injury if they have an accident. When people choose to follow the law, the consequence (or result) could be safe communities.** Discuss the consequences of each of the following actions.

- You don't study for a test and you copy from a classmate's paper.
- You complete your science project before it is due.

As time allows, present more situations. Encourage students to consider the consequences before acting. As an extended activity ask students to think of everything they did today that required a choice. Have them evaluate the choices made to determine if they had a day filled with good choices. Ask them if they would have made different choices knowing the consequences.

School/Home Link Ask students to discuss the consequences for various choices with a family member.

LESSON 4

Review the meaning of **GOOD CHOICES**. Explain to students that they are to decide on a healthy menu for an awards banquet. Tell them to think of the choices that would be appropriate to serve over 50 people. Instruct them to choose beverages, appetizers, main dishes and desserts for the event. Have students explain why they made the choices they did.

School/Home Link Tell students to discuss the menu with a family member and discuss why good choices are necessary in planning meals.

LESSON 5

Review the definition of **GOOD CHOICES**. Tell students that making good choices can help them stay safe and healthy. Have students write a short paragraph telling what they would do if:

1. A stranger approached them with drugs.
2. A friend or someone they knew offered them drugs.

Remind students that a person who makes wise choices will always say "no" to drugs. Invite students to read their paragraph aloud. As time allows, help students be prepared for different situations by discussing possible responses such as: walking away, saying "I don't want to," suggesting doing something else, or being prepared to pick different friends. As time allows, ask students to give reasons why people shouldn't take drugs. Examples could include brain damage, addiction, sickness, etc.

School/Home Link Tell students to read their paragraph to a family member and to tell them that a person who makes good choices always says NO to drugs.