

GOOD CHOICES

DAY 1

Good morning and welcome to *The Principal's Principles*. A **GOOD CHOICE** means making the right decision and choosing to do something that results in the best outcome. Consider this saying: “**Where your head goes, your body follows.**” That means that good choices start with your good thoughts. Thinking mean or cruel thoughts often results in bullying or hurtful behavior. Thinking kind or positive thoughts helps you treat others with thoughtfulness or tolerance. Think about what is important to you and make choices that reflect what you believe in. Make it a magnificent day!

DAY 2

Good morning and welcome to *The Principal's Principles*. Every choice has a consequence. A consequence is what happens (or results) from your actions. **GOOD CHOICES** usually result in good consequences. Bad choices usually end up with bad results. Some consequences are easy to predict. If you knock an open carton of milk over, the milk will spill. If you don't listen in class, you will not learn what is taught. If you are friendly and considerate to people, others will treat you the same way. Think ahead and make choices that result in the consequences you want. Make it a terrific day!

DAY 3

Good morning and welcome to *The Principal's Principles*. Choosing to eat healthy foods is a **GOOD CHOICE** you can make every day. Candy, donuts and cookies taste delicious, but they don't give your body the vitamins and minerals it needs to grow strong. Choose healthy snacks like apples, carrots or celery along with other healthy foods. Limit the amount of sweets you eat and avoid drinking too many soft drinks. Make good choices that will give your body the nutrients and energy you need to be strong and healthy. Make it a wonderful day!

DAY 4

Good morning and welcome to *The Principal's Principles*. Making **GOOD CHOICES** often means doing things you don't want to do. It's hard to stop playing your video game to work on your homework, but it is important to succeeding in school. Walking away from an argument rather than getting into a fistfight prevents bruises and injuries. Standing up for what you believe when others make fun of you is hard, but it is definitely a good choice. The choices you make now will determine who you will become in the future. Make choices that will make you strong. Make it a tremendous day!

DAY 5

Good morning and welcome to *The Principal's Principles*. Making **GOOD CHOICES** is an important skill to develop. Life is packed with choices every day. You choose which clothes to wear, what games to play, and how you treat the people around you. You choose behavior that keeps you safe, like saying “No” to drugs and wearing your seat belt when riding in a car. Dr. Seuss said, “You have brains in your head, you have feet in your shoes, you can steer yourself any direction you choose.” Steer yourself in good directions by making good choices. Make it a fabulous day!