

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 definition of **GOOD CHOICES**. Read: **Every day we are faced with choices. You are responsible for the choices you make. You make a choice to listen or not. You make a choice to do homework or not. It is important to make good choices. Listen to the following sentences; show thumbs up if you believe the choice made was a good choice and thumbs down if you believe it was a bad choice.**

- You watch television instead of doing homework. (Thumbs down)
- You study so that you can pass your spelling test. (Thumbs up)
- You eat candy for lunch. (Thumbs down)
- You throw a book on the ground. (Thumbs down)
- You go to bed when you are supposed to. (Thumbs up)

As time allows, present more situations. Encourage students to be aware of the choices they make during the day.

***School/Home Link** Tell students to ask a family member to compare good choices to bad choices and help them identify good choices to make.*

LESSON 2

Review the meaning of **GOOD CHOICES**. Read: **The girl in front of you accidentally dropped her wallet. She did not realize it fell out of her purse. The wallet has \$10.00 in it. You are the only one around.** Ask students to tell what they would do in that situation and why they made the choice they did.

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

LESSON 3

Review the meaning of **GOOD CHOICES**. Review the rules of the classroom. Discuss the importance of each rule. Help students understand that following rules requires making a choice. Explain when they follow them; they are making a good choice. When they do not follow the rules, they are making a bad choice. Ask: **What happens when a bad choice is made?** Allow 1 minute for discussion. Then review each class rule and invite students to tell what may happen if they are not followed. For example, running in the classroom could cause injury.

***School/Home Link** Ask students to tell a family member about two good choices they made today at school.*

LESSON 4

Review the meaning of **GOOD CHOICES**. Tell students that eating healthy foods is a good choice, because it gives our bodies the nutrients needed to think and work and play. Tell students to think about foods that are good for them. Write the following words on the board: Apples, Carrots, Cookies, Green Beans, Oranges, Candy, Squash, Peas, Cake, Bananas. Invite students to circle the words that would be a good choice to eat every day and to put an "X" on those that would not be a good choice to eat too often. As time allows, ask students to describe their favorite foods. Make a list on the board and tally the results. Encourage students to make healthy food choices.

***School/Home Link** Tell students to ask a family member to help them identify good food choices when eating at home or when eating out.*

LESSON 5

Review the definition of **GOOD CHOICES**. Tell students that making good choices can help them stay safe and healthy. Have students tell what they would do if a stranger approached them with drugs. Remind students that a person who makes wise choices will always say "no" to drugs.

***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.*