

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** Ask students to ask a family member to compare good choices to bad choices.*

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** Ask students to discuss consequences for various situations with a family member.*

LESSON 3

Review the definition of **GOOD CHOICES**. Read: **Every choice has a consequence. Rules provide order and safety. If we choose not to obey a rule, then there may be negative consequences. For example, if someone doesn't wear a seat belt, the consequence could be a serious injury if an accident occurs.** Discuss the consequences of each of the following actions.

- 1) You don't study for a test and you copy from a classmate's paper.
- 2) You complete your science project before it is due.
- 3) You are friendly to a new student in class.

As time allows, present more situations. Ask students to consider consequences before acting.

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

LESSON 4

Review the definition of **GOOD CHOICES**. Tell students that eating healthy foods is a good choice because it gives our bodies the nutrients needed to learn, 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, and 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. Categorize foods into two groups: Healthy or Unhealthy, and tally the results. Encourage students to make healthy food choices.

***School/Home Link** Ask students to talk with a family member about making good food choices.*

LESSON 5

Review the definition of **GOOD CHOICES**. Tell students that making good choices can help them stay safe and healthy. Have students write two complete sentences 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 to use proper capitalization and punctuation.) Tell students that a person who makes wise choices will always say "no" to illegal drugs. Have students read their sentences aloud. Explain that by deciding ahead of time to be drug-free they will be more prepared to say "no." Help them be prepared for different situations by discussing possible positive responses such as: walking away, saying "I don't want to," being prepared to pick different friends, etc. Ask students to give reasons why people shouldn't take drugs or role-play the situations.

***School/Home Link** Ask students to make a pledge to a family member to always say "no" to drugs.*

Louisiana Content Standards and Grade Level Expectations

ELA-1-E6, ELA-4-E2, ELA-4-E5, ELA-4-E7, ELA-3-E3, ELA-7-E1, ELA-7-E2, ELA-7-E4