

LESSON PLAN

GR K-1



Make Choices That Are Best For You

Description

Supplies

- Book: *The Bad Seed* by Jory John and Pete Oswald
- A chair for every student

Skill Builder

Avoid A YES Mess

1. Could anyone including me get hurt if I do this?
2. Could I get into trouble if I get caught doing this?
3. Could anything bad happen if I make this choice?

A YES answer means you are in a YES Mess!



Make choices that are best for you



Lesson

1. Show students the book, **The Bad Seed** by Jory John and Pete Oswald, and tell them we are learning about making the best choices.
2. Explain there are many choices we face every day and it's important to slow down and think through the possible outcomes. Some outcomes might be positive, and some might be negative so if we think it through, we are able to make the best choice.
3. Teach the Yes Mess Skill Builder making sure to explain if they can answer 'yes' to any of the questions, then it's not the best choice to make.
 1. Can anyone (including me) get hurt if I do this?

2. Can I get into trouble if I get caught doing this?
3. Can anything bad happen if I make this choice?
4. Instruct students to interact with the read-aloud by giving a thumbs up when the seed makes a good choice and a thumbs down when the seed makes a bad choice. Read the story.
5. Ask follow-up questions after reading the story:
 - Could anyone get hurt if the seed chooses to never put anything back where it belongs? Was he in a Yes Mess?
 - Could the seed get in trouble if he chooses to lie? Was he in a Yes Mess?
 - Could anything bad happen if the seed chooses to never wash his hands or cut the line? Was he in a Yes Mess?
 - Was the seed in a Yes Mess when he chooses to say thank you and please? How do you know?
6. Have students think of a recent choice they made and then ask themselves the three Yes Mess questions to see if they made a good choice or not.
7. Remind students we all have the power of choice and even though we face a lot of choices throughout our day, we should try to think through them so we can avoid a Yes Mess.

Additional Resources

Read-Aloud on YouTube: [Link](#)

Activity-The Bunny Shuffle

1. Remind the students of the [Yes Mess Skill Builder](#).
2. Arrange a circle with everyone sitting in their chair. Choose one student to be the bunny and come to the middle, leaving their chair in circle empty.
3. Tell the students the bunny will hop around on two feet and try to sit back down in an open seat.
4. Explain the other students sitting will move around the circle to prevent the bunny from sitting in an empty chair. They can only move left or right to the empty seat and not across the circle.
5. Let them know if the bunny makes it to an empty seat a new bunny is chosen by the leader.
6. Ask the students to share some possible Yes Messes that might occur during this game.
 - Examples: pushing or shoving, cheating, running and not hopping, etc.
7. Begin the game, reminding students throughout the game to avoid a Yes Mess.
8. This game continues until time is up.

Category

1. Lesson Plans
2. Responsible Decision-Making

Sel-competency-lessons

1. Responsible Decision-Making

Grade-level

1. Grades K-1