LESSON PLAN GR 2-3

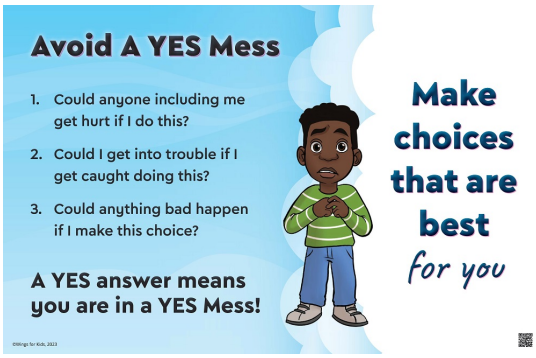
Make Choices That Are Best For You

Description

Supplies

- No supplies needed

Skill Builder



Lesson

1. Ask students to raise their hands if they have ever made a choice that got them into trouble. Allow a few students to share.
2. Explain every choice we make has a consequence. Let them know a consequence is something that happens as a result of a choice that was made. There can be both positive and negative consequences.
3. Ask the group to share some positive and negative consequences. If they are having a hard time, use the examples below.
    - Positive: you study hard on your test and get a good grade; you listen to your teacher and you are chosen to be her helper

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- Negative: you don't share the jump rope with your sister and your mom takes away the jump rope; you don't do your homework, so your teacher assigns you a silent lunch

4. Tell students you'll give both a situation and a choice and if they think it would lead to a positive consequence, they must give you a thumbs up. If they think it would lead to a negative consequence, they must give you a thumbs down.

    - Brian cut Noah in Line. Noah chose to push him out of the way.
    - Dennis' brother dared him to steal chips from the store. Dennis chose to say no.
    - Danielle saw candy on her teacher's desk. She chose to take it.
    - Tiffany saw a girl crying on the playground. She chose to go ask her what was wrong.

5. Tell the group that sometimes it's difficult to decide whether a choice we make will lead to a positive or negative consequence. Review the Yes Mess Skill Builder.
    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?
6. Explain if they can answer 'yes' to any one of the questions, that means they are not making a good choice and will have a negative consequence. If they can answer 'no' to all three questions, they are making a choice that should lead to a positive consequence.

Activity-Blog Tag

1. Remind the students of the Yes Mess Skill Builder.
2. Let the group know today we will be playing blob tag.
3. Depending on group size, assign two to three students to be the first "blobs".
4. Explain the "blobs" role is to run around and try to tag the other players. If a player gets tagged, they must connect arms with the "blob" and run around with them trying to tag other players.
5. The "blob" with the most players attached at the end is the winning "blob".
6. Ask your students what Yes Messes could occur during this game.

    - Examples: someone could fall and get hurt, someone could not tell the truth about getting tagged, etc.

7. Several rounds can be played, assigning new people to be the "blobs" each time.

Category

1. Lesson Plans
2. Responsible Decision-Making

Sel-competency-lessons

1. Responsible Decision-Making

Grade-level

1. Grades 2-3

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