LESSON PLAN GR 4-5

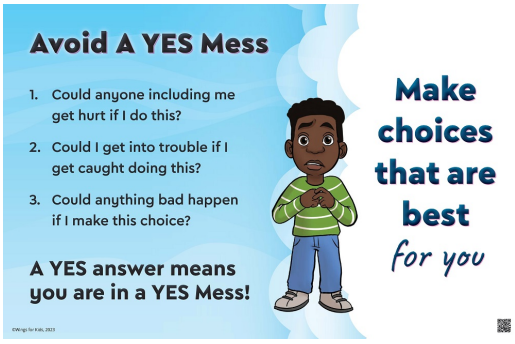
Make Choices That Are Best For You

Description

Supplies

- Three pieces of paper with â??get hurtâ?•, â??get in troubleâ?•, and â??anything bad happenâ?• written individually
- Tape

Skill Builder



Lesson

1. Ask students what the word â??consequenceâ?• means and allow two-three students to share.
2. Explain 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 students to share some positive consequences of the choices theyâ??ve made.
4. Now ask students to think of a negative consequence that happened as a result of a choice they made. Share a bad choice you made and the negative consequence that occurred.
5. Ask if anyone would be willing to share one of their negative choices and the consequence that occurred.

6. Share 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?
7. Explain if you can answer â??yesâ?? to any of these questions, you are in a Yes Mess. That means there will be a negative consequence for either you or someone else. If you can answer â??noâ?? to all three of these questions, you are not in a Yes Mess. That means there will likely be a positive consequence.
8. Have students reflect on the negative choice and consequences they thought of earlier.
9. Instruct them to ask themselves the Yes Mess questions and see if this Skill Builder could have helped them avoid a Yes Mess and discuss as a group.

Activity-Make a Point

1. Choose three points in the room to represent each of the Yes Mess questions and tape up each paper accordingly.
2. Explain how there will be a scenario given and each student will have 10 seconds to move to the point of the room they think they can answer yes to.
3. Each round there will be a different scenario and a unique way for the students to move to the point they think leads to a Yes Mess.
4. Call on each point to give their justification of why they went to that question and how it leads to a Yes Mess. Also, have them give an alternative choice they could make instead.
5. Change and adapt any of the scenarios to fit students and space.

    Scenarios

    - You jumped off the swings on the playground â?? skip
    - You stole an ice cream when going through the cafeteria line â?? hop on one foot
    - You cheated on your math homework â?? walk backward
    - You lied to your parents and said you didnâ??t watch TV after school â?? crab walk
    - You pushed to be first in line â?? grapevine/karaoke step
    - You made a joke about what someone was wearing â?? high knees
    - You ran across the street to get the ball â?? hop with two feet
    - You decided to go to a friendâ??s house instead of walking home â?? side shuffle
    - You turned on the stove to cook when no one was home â?? giant steps
    - You filled up on snacks before dinner â?? bear crawl

Category

1. Lesson Plans
2. Responsible Decision-Making

Sel-competency-lessons

1. Responsible Decision-Making

Grade-level

1. Grades 4-5