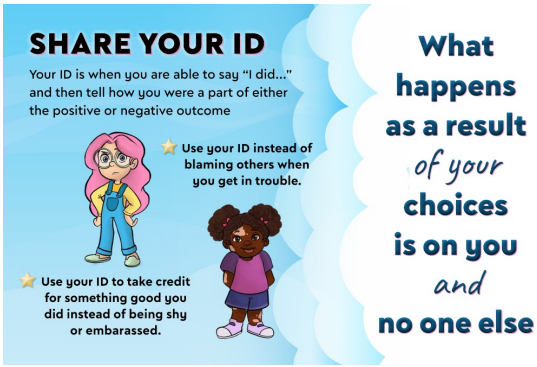
What Happens as a Result of Your Choices is on You

Description

Supplies

- Book: *But Itâ??s Not My Fault* by Julia Cook
- Markers
- Timer
- Paper plates
- Pencils

Skill Builder



Lesson

1. Show students the book, **But Itâ??s Not My Fault** by Julia Cook, and tell them we are learning about taking responsibility or ownership of our choices.
2. Ask students to share a time they blamed someone else for something that happened.
3. Teach the Skill Builder Share Your ID. When faced with either a positive or negative outcome, you need to Share Your ID.

- Your ID is when you are able to stand up and say, â??I didâ?¦â?• and tell how you were a part of either the positive or negative outcome.
- You use your ID instead of blaming others when you get in trouble.
- You can also use it to take credit for something good you did, instead of being embarrassed to be successful.

4. Instruct students to interact with the read-aloud by either holding up their two index fingers in a cross (meaning â??noâ??) or shaking their head â??noâ?? every time Noodle tries to say, â??Itâ??s not my faultâ?•. Read the story.
5. Ask follow-up questions after the story:

    - Who did Noodle try to blame when his teacher was collecting homework? What should he have said instead?
    - Who did Noodle try to blame when Mary Gold got hit? What should he have said instead?
    - What were some other negative choices Noodle made throughout his day?
    - How did Noodleâ??s mom explain responsibility to him?

6. Once finished reading and discussing, ask students to think back to the time they blamed someone else and have them now share their ID.
7. Remind students it isnâ??t always easy to take responsibility for their choices, but they should always try to make the best choices for themselves and not blame others.

Additional Resources

Read-Aloud on YouTube: Link

Activity-Letâ??s Balance

1. Explain to the group they are going to do a bunch of different balancing challenges. After each round, the students must practice sharing their ID for both the positive and the negative outcomes. For example:

    - I stayed balanced for the entire time
    - I lost my balance and dropped the plate

2. Let students know you will announce the balance challenge, say â??Goâ??, and start the timer.

    Balance Challenge Ideas:

    - Yoga tree pose
    - Paper plate on the head
    - Marker standing up in the palm of the hand
    - Plank pose
    - Pencil laying perpendicular across the index finger

3. Tell students the goal is to try to balance for as long as they can in the position called.

4. Once they come out of the pose or drop the item, they must share their ID and announce they are out for that round.
5. After the first two rounds, have students also share their ID for things that happen throughout different parts of their day. For example: at school, at home, on the weekend, with friends, etc.

Category

1. Lesson Plans
2. Responsible Decision-Making

Sel-competency-lessons

1. Responsible Decision-Making

Grade-level

1. Grades K-1