

LESSON PLAN

GR 2-3



## What Happens as a Result of Your Choices is on You

### Description

### Supplies

- No supplies needed

### Skill Builder

**SHARE YOUR ID**

Your ID is when you are able to say "I did..." and then tell how you were a part of either the positive or negative outcome



★ Use your ID instead of blaming others when you get in trouble.



★ Use your ID to take credit for something good you did instead of being shy or embarrassed.

**What happens as a result of your choices is on you and no one else**

### Lesson

1. Explain every choice we make in life has an outcome. If you choose to jump into the pool, the outcome is you get wet. If you choose to clean your room, the outcome is a clean bedroom.
2. Let students know every day people are faced with lots and lots of choices – what to wear, what to do, who to talk to, what to eat, etc. Ask the group to share some choices they already had to make today.
3. Explain since there are so many choices to make in a day, it can be easy to forget about the things that could be choices – the outcomes.
  - For example: If you choose not to wear a jacket to school when it's cold, the outcome could be that you are cold when it's time to go home.

4. Discuss the outcomes of our choices. Explain if someone makes a choice, the outcome, or what happens, is on them.
  - o For example: If you make the choice to go to school without your coat, you might want to blame your mom for not reminding you to grab it. It's not really your mom's fault you forgot your coat. That choice was yours and what happened is on you.
5. Explain it might seem easier to blame other people and things for the stuff that happens. Just because it's easier, doesn't mean it's right. It's not fair to blame other people for our mistakes. It is important to always take responsibility for the choices we make.
6. Review the [Skill Builder Share Your ID](#). When faced with either a positive or negative outcome, you need to Share Your ID.
  - o Your ID is when you are able to say "I did!" and then tell how you were a part of either the positive or negative outcome
  - o You use your ID instead of blaming others when you get in trouble
  - o You can also use your ID to take credit for something good you did instead of being embarrassed to be successful
7. Allow students to share their ID and give each student a turn. Model by sharing your ID first. Example: I woke up early this morning so that I could go to the gym.
8. Remind students when they share their ID it helps them become more responsible and allows them to start making better choices.

## Activity-I Did!

1. Instruct all students to stand up at one end of the room in a line shoulder to shoulder.
2. Explain students will have the opportunity to share their ID for both positive and negative things by participating when the statement holds true.
3. Turn around so you can't see the students.
4. Call out a specific number and type of steps people will take if they want to share their ID, then call out the statement.
5. Once a student reaches the teacher, they are the winner, and everyone goes back to the beginning to play another round until the time is up.

### Types of Steps Ideas

- o Baby steps
- o Giant steps
- o Frog hops
- o Forward steps
- o Backward steps

### Share your ID Ideas

- o I did say something nice to someone today
- o I did complete my homework last night
- o I did yell at someone when I was upset
- o I did get angry when I lost in a game

- I did eat a healthy breakfast this morning
- I did study for my spelling this week
- I did watch a TV show I wasn't supposed to watch
- I did leave my library book at home

### **Category**

1. Lesson Plans
2. Responsible Decision-Making

### **Sel-competency-lessons**

1. Responsible Decision-Making

### **Grade-level**

1. Grades 2-3