

## **April**

### **The Power to Choose** Focus [C-head]

- • Making Choices
- • Consequences
- • Peer Pressure
- Personal Responsibility

#### Theme at a Glance

Making good choices is a lifelong skill and an essential character trait, especially for today's youth. Our students are challenged, tempted, and bullied. They have more opportunities to get into trouble than ever before. Students need to be taught the connection between choices and consequences, how to deal with negative peer pressure and with our support they can recognize their power to make the right choices.

#### Theme Objectives

- • Students will learn about the importance of making the right choices.
- • Students will learn what it means to be responsible for their own actions.
- • Students will practice treating people with fairness and respect.
- Students will learn how to stand up for what they believe in.

#### Teaching Tips

The key sources of anger in children are stress, frustration, feeling rejected, and isolation. Be proactive and alert by paying attention for things students do not say and create a support system that's easily accessible to them.

1. Anger is a normal human emotion as long as students learn how to express it without hurting themselves or others around them.
2. Students need to learn they have the power to choose to respond to conflict in constructive ways.
3. Violence is a learned behavior. With practice and positive reinforcement, students can learn to manage their anger and make better choices.
4. Teach your students how to stand up for what they believe in while keeping their true friends.

#### **Suggested Readings**

- The True Confessions of Charlotte Doyle Avi
- The Dark Is Rising Series by Susan Cooper
- The Arkadians by Alexander Lloyd
- Weasel by DeFelice, Cynthia

### **April What do you think?**

Essay ideas, journal entries, discussion starters

- The hardest thing I ever had to do was...
- Having the power to choose means...
- A time I lost my cool was...
- One of the hardest problems I've ever had to deal with...
- A tough choice I had to make once...
- The best choice I ever made was...
- A poor choice I made once caused me...
- I believe people need to be responsible for their own actions because...
- Using good judgment means...
- A time I needed help to make the right choice...
- Some of the important choices I need to make as I grow up are...
- When I see someone being treated unfairly, I feel \_\_\_\_\_ and I wish I could...

### **Home Assignment**

Have students write a short story about the important things they have learned from their family about making good choices. Ask students to take turns sharing their stories during large group discussion.

### **Social/Emotional Definitions**

**Choice:** Option(s) one can select in a situation.

**Common Sense:** Using good judgment to make good choices.

**Conflict:** A disagreement between people because of ideas, principles, desires, or needs.

**Consequences:** The results of a previous action.

**Critical Thinking:** Ability to research, judge, and choose the best option.

**Impulse:** Sudden desire to do something.

**Misunderstanding:** A failure to understand or interpret something correctly.

### **Phrase of the Week:**

**I have the Power to Choose**

**I am Responsible for My Own Actions**

**Stand up for what's right and for what you believe in**

**Be a Positive Bystander when you see someone treated unfairly**