

CHARACTER EDUCATION

GOOD CHOICES



GOOD CHOICES



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GOOD CHOICES

PARENT LETTER

Hello Parents,

We are learning all about making good choices. We defined good choices as: making positive decisions that keep you heading in the direction of your goals.

Here are some ways you can encourage
Good Choices in your child at home:



When a problem comes up, help your child make a list, thinking through all possible solutions and then narrowing down the best option.



When your child makes a bad choice, discuss with them why it was a bad choice and what they could have done differently.



Involve your child in the decision making process. Ask them what they think the right thing to do is when a dilemma comes up, and guide their thinking to help them make the best choice. Here are some examples of questions to ask: What do you want to happen? What does that look like? What are the different choices? Has something like this happened before? What solutions did you try/have you tried before? Is that a good solution to use for this problem? What are the pros/cons?

GOOD CHOICES

WRITING PROMPTS

1. What does it mean to make good choices? Is making good choices easy to do? Why or why not?
2. Think of a time when you made a good choice. What happened because of your good choice? How did it make you feel?
3. Describe a time when you did not make a good choice. How did it make you feel? What did you learn from that?
4. What can you do when you are having a hard time making a decision?
5. Are there times when making a good choice is not the popular thing to do? Explain.
6. What are some ways to avoid peer pressure and make good choices?

GOOD CHOICES

RECOMMENDED READ ALOUDS

- *My mouth is a Volcano by Julia Cook
- *I have Ants in my Pants by Julia Cook
- *My Magical Choices by Becky Cummings
- *What should Danny do? By Ganit & Adir Levy
- *Even superheroes have bad days by Shelly Becker
- *It's hard to be five by Jamie Lee Curtis and Laura Cornell
- *Breathe like a bear by Kira Willey
- *Little spot of patience by Diane Alber
- *Clark the shark by Bruce Hale and Guy Francis
- *What were you thinking? Learning to control your impulses by Bryan Smith
- *What if everybody did that? by Ellen Javernick
- *The Way I Act by Steve Metzger
- *We Don't Eat Our Classmates by Ryan T. Higgins

GOOD CHOICES

MORNING ANNOUNCEMENTS

Name: _____

Date: _____

***Week 1:** We are learning all about making good choices. We defined making good choices as making positive decisions that keep you heading in the direction of your goals. Some ways you can make good choices at school are following school rules, treating others with respect and kindness, being on time and present, being honest, completing classwork, being a good friend, raising your hand, and waiting your turn.

***Week 2:** We are continuing to learn all about making good choices. Remember making good choices means making positive decisions that keep you heading in the direction of your goals. Some ways that you can make good choices at home are helping out with chores, brushing your teeth, eating healthy food, and saving your allowance.

***Week 3:** We are continuing to learn all about making good choices. Remember making good choices means making positive decisions that keep you heading in the direction of your goals. Some ways that you can make good choices in your community are by taking care of your yard, picking up litter you see around town, and helping a neighbor in need.

***Week 4:** As we continue to learn about making good choices, let's reflect on this quote by John C. Maxwell, "Life is a matter of choices, and every choice you make makes you." This means that you are in control of your life, the choices we make decide our path and who we are going to be. What is one way you will make good choices today?

***Week 5:** Making good choices is an essential trait to have for many careers.

Nutritionists for example help others make good choices. Nutritionists help people create and stick to eating plans that are healthy by gaining insights into each client's diet, exercise routine, sleeping habits, stress level, career and life commitments, and physical health. They then guide them through the food choices that will best provide the nutrients they need, offer meal and recipe suggestions, and more. Think of a career you may be interested in and how you can make good choices within that career.

***Week 6:** Making good choices is also shown by leaders throughout history and is an important feature of being a leader. One such leader was Dwight D. Eisenhower. He was the 34th President of the U.S., created "The Eisenhower Method", which involves tackling tasks based on their urgency and importance. Throughout his career, Eisenhower consistently made clear and decisive choices. Eisenhower planned and supervised two of the most consequential military campaigns of World War II: Operation Torch in the North Africa campaign and the D-Day invasion of Normandy in 1944. Eisenhower also established NASA and the Interstate Highway System, signed the Civil Rights Act of 1957, and kept America at peace despite the danger and uncertainty of the era. On making decisions he said, *"Life is not made up of just one decision here, or another one there. It is the total of the decisions that you make in your daily lives."* Think about how you can be a leader in your classroom by making good choices.

I CAN MAKE
GOOD CHOICES



**I CAN MAKE
GOOD CHOICES**



**I CAN MAKE
GOOD CHOICES**



**I CAN MAKE
GOOD CHOICES**



**I CAN MAKE
GOOD CHOICES**



**I CAN MAKE
GOOD CHOICES**



**I CAN MAKE
GOOD CHOICES**



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GOOD CHOICES**



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GOOD CHOICES**



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GOOD CHOICES



**I CAN MAKE
GOOD CHOICES**



**I CAN MAKE
GOOD CHOICES**



I CAN MAKE
GOOD CHOICES

BY MAKING

positive
decisions

THAT KEEP YOU
HEADING IN
THE *direction*

OF YOUR
GOALS.



CHARACTER EDUCATION

I CAN MAKE
GOOD CHOICES

BY MAKING

positive
decisions

THAT KEEP YOU
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CHARACTER EDUCATION

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CHARACTER EDUCATION

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CHARACTER EDUCATION

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BY MAKING

positive
decisions

THAT KEEP YOU
HEADING IN
THE *direction*

OF YOUR
GOALS.



CHARACTER EDUCATION

GOOD CHOICES

PRE-SURVEY

Name: _____

Date: _____

I am learning to make good choices.



Always



Sometimes



Hardly



Never

I can define what making good choices means.				
I can identify ways to make good choices.				
I can recognize behavior that shows good choices.				
I make good choices in the classroom.				
I make good choices at home.				
Making good choices is important to me.				
I think about making good choices before I act.				

GOOD CHOICES

POST-SURVEY

Name: _____

Date: _____

I am learning to make good choices.



Always



Sometimes



Hardly



Never

I can define what making good choices means.				
I can identify ways to make good choices.				
I can recognize behavior that shows good choices.				
I make good choices in the classroom.				
I make good choices at home.				
Making good choices is important to me.				
I think about making good choices before I act.				

GOOD CHOICES GOOD CHARACTER AWARD

Presented to:

Teacher



Date

GOOD CHOICES GOOD CHARACTER AWARD

Presented to:



Teacher

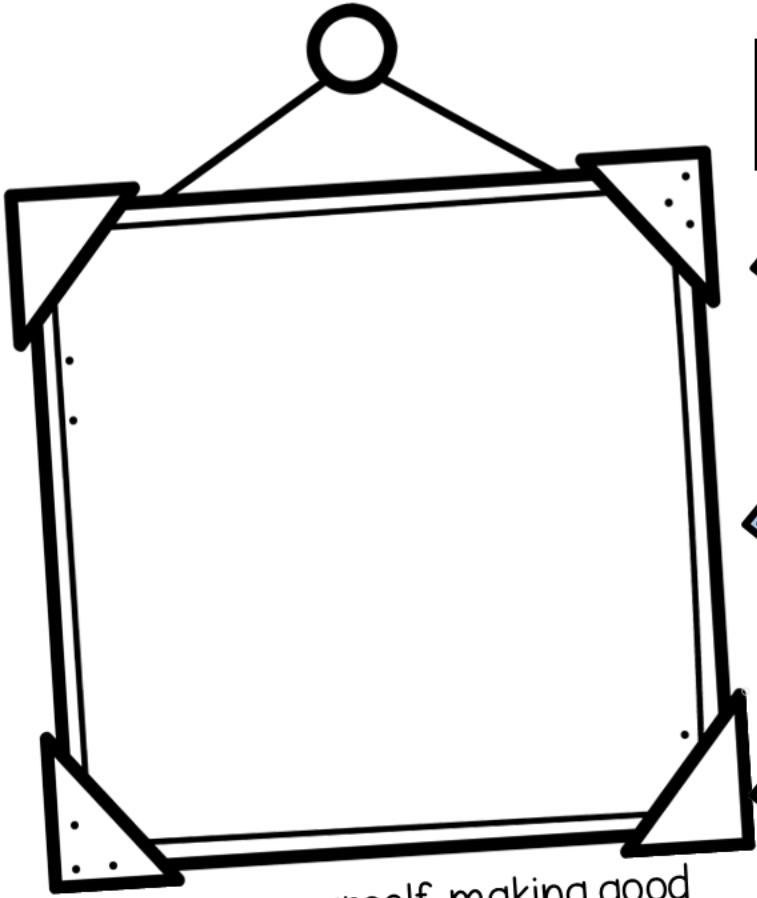
Date

GOOD CHOICES

WAYS TO MAKE GOOD CHOICES

Name: _____

Date: _____



Draw yourself making good choices.

I can make good choices by...



What does making good choices mean to me?



GOOD CHOICES

WAYS TO MAKE GOOD CHOICES

Name: _____

Date: _____



Ways I can make good choices at School



Follow school rules.



Stand up
against bullying.



Complete classwork.



Treat others with
respect and
kindness.



Ask for help if you
don't understand
something.



Be honest.



Be a good friend.



Raise your hand and
wait your turn.



Be on time and
present for school.

GOOD CHOICES

WAYS TO MAKE GOOD CHOICES

Name: _____

Date: _____



Ways I can make good choices at Home.



Complete your homework.



Save your allowance.

Brush your teeth.



Eat healthy food.



Exercise.

Help out with chores.



Get along with siblings.



Get dressed for school on your own.



Wake up for school on time.



GOOD CHOICES

WAYS TO MAKE GOOD CHOICES

Name: _____

Date: _____



Ways I can make good choices in my Community

Take care
of your
yard.



Pick up
litter
you see
around
town.



Help a neighbor in
need.



Volunteer
your time
for a
community
project.



Make a friend in the
neighborhood.



Be respectful to
neighbors.



Honor
commitments.



Donate items to
the needy.



Return money
found in a store.





CUT AND



PASTE ONTO NEXT PAGE

Treat others with
respect and kindness.

Pick up litter you
see around town.

Save your
allowance.

Follow school rules.

Ask for help if you don't
understand something.

Make a friend in the
neighborhood.

Get along with
siblings.

Raise your hand and
wait your turn.

Donate items to
the needy.

Complete classwork.

Brush your teeth.

Stand up
against bullying.

Help a neighbor in
need.

Help out with
chores.

Be on time and
present for school.

Return money
found in a store.

Get dressed for
school on your own.

Be respectful to
neighbors.

GOOD CHOICES

WAYS TO MAKE GOOD CHOICES SORT

Name: _____

Date: _____

Ways I can make good
choices in my School

Ways I can make good
choices in my Home

Ways I can make good
choices in my Community

GOOD CHOICES

STUDENTS WITH CHARACTER

Name: _____

Date: _____

Students making Good Choices

GOSSIPING



Selah has noticed that two of her classmates have been gossiping about another classmate. The gossip has spread to the whole class, and everyone is talking about it, even though it's not true. Selah's classmate is very upset by this, and Selah saw her crying in the bathroom about it. Selah reassures her classmate and offers her kind words. Then, she tells the two gossiping classmates to stop and that they are hurting people with their words. Selah proceeds to tell her teacher what is happening.

How did Selah make good choices?



GOOD CHOICES

LEADERS WITH CHARACTER

Name: _____

Date: _____

Leaders who made Good Choices

DWIGHT D. EISENHOWER



Dwight D. Eisenhower, 34th President of the U.S., created "The Eisenhower Method", which involves tackling tasks based on their urgency and importance. Throughout his career, Eisenhower consistently made clear and decisive choices. Eisenhower planned and supervised two of the most consequential military campaigns of World War II: Operation Torch in the North Africa campaign and the D-Day invasion of Normandy in 1944. Eisenhower also established NASA and the Interstate Highway System, signed the Civil Rights Act of 1957, and kept America at peace despite the danger and uncertainty of the era. On making decisions he said, "Life is not made up of just one decision here, or another one there. It is the total of the decisions that you make in your daily lives."

How did Dwight D. Eisenhower make good choices?



GOOD CHOICES

CAREERS WITH CHARACTER

Name: _____

Date: _____

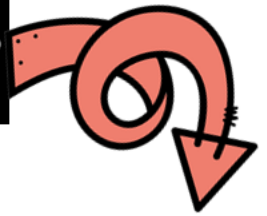
Careers about making Good Choices

NUTRITIONIST



Nutritionists help people create and stick to eating plans that are healthy by gaining insights into each client's diet, exercise routine, sleeping habits, stress level, career and life commitments, and physical health. They then guide them through the food choices that will best provide the nutrients they need, offer meal and recipe suggestions, and more. Nutritionists are passionate about food and wellness and want to help others meet their goals. They help educate their clients so they can lead healthier lives through better food choices.

How do Nutritionist help others make good choices?



GOOD CHOICES

DIGITAL CHARACTER

Name: _____

Date: _____

Digital Good Choices

TABLET TIME



Tyler loves playing on his tablet, it is his favorite activity. His parents only allow him to play on it for an hour a day, and he does not think this is fair. He wants to play longer. He asks his parents if he can keep playing, and they say no. He gets upset but takes a deep breath and thinks about his options. He can throw a fit and possibly lose all of his tablet time, or he can accept his parents decision and enjoy the tablet for the time he has. Tyler decides to stay calm and accept his parents decision and give the tablet back after the hour is up.

How did he make digital good choices?





Cut and



paste onto next page



Waiting your turn/
raising your hand.



Being mean.

Doing your work.



Eating Healthy.

Breaking
things.



Quitting.



Being responsible.

Hurting
yourself
or
others.



Cheating.



Exercising.



Being honest.

Lying or
stealing.



GOOD CHOICES

GOOD CHOICES OR NOT? SORT

Name: _____

Date: _____



THIS IS MAKING GOOD CHOICES



THIS IS NOT MAKING GOOD CHOICES

GOOD CHOICES

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You stay up way too late when you have a big test the next day.

You borrow money from your mom to buy a toy you've been wanting, but you don't have enough money to pay her back.

You keep choosing candy over the vegetables for your side at lunch.

GOOD CHOICES

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You finished your homework before you went for a bike ride.

There is only one piece of cake left at a birthday party. You decide to eat it.

You did not clean up your room when your mom asked you to.

GOOD CHOICES

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

One of your friends starts saying rude things about the other to you. You decide not to add any opinions to the conversation.

It is hot outside, so you choose to ignore the school dress code and wear shorts.

You really want to watch a scary movie for family movie night, but your little brother is easily scared. You pick it anyway.

GOOD CHOICES

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

It is a snowy day, and you and your friends want to build a snow fort. However, you know that you need to dress warmly and wear your winter boots. You choose to wear your flip flops because you like them best.

It's recess, and you are playing with your friends on the playground. You see a student being left out and sitting alone. You ask them to join.

It is a beautiful day out and you really want to walk to the park and play. However, your science project is due tomorrow and you still have a little bit left. You choose to stay in and finish it first before doing anything else.

GOOD CHOICES

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You are asked to set the dinner table. You ignore your dad's request and stay on the couch watching TV.

You are at soccer practice and decide to not listen to your coach. You goof off with friends instead.

It's library day, and you really want to check out new books. You remember you have books that are overdue. You make sure to grab them before you leave for school.

GOOD CHOICES

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

Your teacher gave you homework on Monday and said it is due on Friday. You wait until Thursday night to complete it.

You and your friends at recess decide to start playing a game that is not allowed by the school rules.

Your friends are trying to finish a puzzle, and you accidentally knock over some pieces when you walk by. They didn't see it. You told them it was not you.

GOOD CHOICES

ROAD TO GOOD CHOICES

Name: _____

Date: _____

ROAD TO GOOD CHOICES: COLOR THE CAR OF YOUR ANSWER.

You are getting ready to go outside to play with friends. You see your messy room and know you should clean it up, but you really want to play.



You clean your room before you do anything else.



You leave the room a mess and go outside and have fun!



You shove some clothes under your bed so it looks clean and go play!

You are feeling very thirsty and want to drink your soda, but you know that water is better for your body.



You not only drink the soda, but you grab an extra one for later.



You drink most of the soda, but feel good that you did not drink it all.



You decide to skip the soda and stick with water.

You are trying to finish your homework, but your little sister keeps asking you to play.



Stop your homework and play with her.



Let her know you will play with her after you are finished.



Tell her go to away

GOOD CHOICES

ROAD TO GOOD CHOICES

Name: _____

Date: _____

ROAD TO GOOD CHOICES: COLOR THE CAR OF YOUR ANSWER.

You are playing a game with friends and they are not following the rules.



You log off the game and quit playing with them.



You speak up and give your friends a reminder of the rules.



You continue on without saying anything and let them beat you unfairly.

You are at the grocery store with your mom. You see a candy bar you really want, but you know your mom won't buy it for you.



Save your money so you can buy it next time.



Take the candy bar without your mom knowing.



Beg your mom and tell her you will pay her back.

You are at a birthday party and there are party favors set out for the guests. You know you are supposed to only take one, but you want to take two.



Take two. No one will see you!



Take one, but then keep an eye on the table to hopefully get one more later.



Only take one favor.

GOOD CHOICES

ROAD TO GOOD CHOICES

Name: _____

Date: _____

ROAD TO GOOD CHOICES: COLOR THE CAR OF YOUR ANSWER.

You and your friends are playing a game, but one of your friends is being mean to the other.



You join in and add to the mean comments.



You ask your friend to be kind and stop being mean.



You ignore it.

You are at the park and see a stray dog. You know you should leave it alone because it is not safe to approach an unfamiliar animal, but you REALLY want to pet it.



As hard as it is, ignore the dog and keep on about your own business.



Pet the dog because it is too hard to resist.



Take the dog home as your new pet.

You are at home and bored. You know you should read a book or play a game, but you really want to just sit and watch TV all day.



You choose to still pick the book up because you know it is best for you.



You split your time; half between watching TV and half between reading.



You watch TV the rest of the night!

GOOD CHOICES

ROAD TO GOOD CHOICES

Name: _____

Date: _____

ROAD TO GOOD CHOICES: COLOR THE CAR OF YOUR ANSWER.

You have a test tomorrow, but you have been invited to a sleepover with your friends. You REALLY want to go to the sleepover, but you know you should stay home and study.



You go to the sleepover anyway.



You beg your mom to let you go for a little bit.



You stay home and study so that you are prepared for your test. You can do a sleepover another time.

You are playing with your toys when your little sibling comes into the room and wants to play too.



You invite them to play with you, but they can't touch your new toys.



You tell them to go away.



You invite them to play with you and offer to share your new toys.

It is lunchtime at school and you are deciding what to eat.

You can choose between either a piece of fruit or a candy bar.



You stick with the delicious candy bar.



You choose to eat the fruit.



You do not pick either and decide to just eat pizza.

GOOD CHOICES

ROAD TO GOOD CHOICES

Name: _____

Date: _____

ROAD TO GOOD CHOICES: COLOR THE CAR OF YOUR ANSWER.

You are at the park with your friends, and they want to go on the swings. However, there is a younger child waiting to use the swing.



You tell your friends that you guys need to play something else until the swings are available.



You pressure the little kids to get off of the swings so that you can have your turn.



You stand by the kids swinging and stare at them in hopes that they will be done.

It is time for you to go to bed, but you really want to stay up and watch your favorite show.



You choose to stay up past your bedtime, but not too late.



You choose to stay up all night long and watch it.



You choose to go to bed. You can watch more of it tomorrow.

You and your friends are walking home from school, and you see a group of bigger kids being mean to a small child.



You keep walking.



You tell your friends to stop and watch it.



You tell an adult nearby so that they can help.

GOOD CHOICES

ROAD TO GOOD CHOICES

Name: _____

Date: _____

ROAD TO GOOD CHOICES: COLOR THE CAR OF YOUR ANSWER.

It is a hot summer day, and you want to go swimming in the pool. However, you know that you need to finish your chores first.



You finish your chores quickly, halfway cleaning all of the mess.



You skip the chores and head straight for the pool.



You finish your chores correctly and hope there will be some time left to swim.

You are at recess, and you see a classmate sitting alone.



You tell everyone to look at them and talk about how they are by themselves.



You ask them if they want to play with you.



You don't think twice about it.

It is Friday night, and your parents are going out for the evening. Normally, your bedtime is at 8PM, but they won't be home until later. You REALLY want to stay up to play video games instead of going to bed on time.



You go to sleep at 8 like they ask of you, but then wake back up and play games.



You stay up. Your parents aren't home anyway.



You go to bed at 8. You know that is what your parents expect.

GOOD CHOICES

A WORLD OF GOOD CHOICES

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Name: _____

Date: _____

The Next Right Thing

There are times where we get overwhelmed with making a decision. When this happens, just do the next right thing. The thing you know in your gut to be the right thing, keep moving forward and trust your gut.



Gabe is the best player on the team, another teammate who is struggling, asks him to give him pointers. Gabe is busy and doesn't want to take time or help another teammate outshine him. He also feels bad for the kid and thinks maybe he could help him.

What is the next right thing to do?



Tommy is relaxing in the pool and remembers he has a big project due tomorrow that he did not start on yet. If he starts now, he might be able to finish but it will probably not get a good grade since it's rushed. He could also keep relaxing in the pool and just accept the bad grade for not doing it.

What is the next right thing to do?



Kameron's mom is overwhelmed. Her little brother colored on the wall, her little sister is throwing a tantrum, and the house is a mess. She could ignore it all and stay in her room, she could yell at her sister to stop crying, clean up the wall, or maybe watch her little brother for a while. She's not sure what to do.

What is the next right thing to do?

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GOOD CHOICES

A WORLD OF GOOD CHOICES

Name: _____

Date: _____

Stuck at a Crossroads

Sometimes it's hard to know what the right thing to do is. Think of a problem, and three possible choices to make. Then make a pros and cons list for each choice. Doing this will help you make a decision.



CHOICE #1

Pros:

Choice #1:

Cons:

CHOICE #2

Pros:

Choice #2:

Cons:

CHOICE #3

Pros:

Cons:

GOOD CHOICES

A WORLD OF GOOD CHOICES

Name: _____

Date: _____

The Eisenhower Method

The Eisenhower Method is a simple yet effective tool that can help prioritize tasks and make better decisions. Use the format below to list all of the things on your "to do" list. Categorize them into the different options below. This will help you decide what you need to tackle first and what can be done at a later date.

URGENT AND IMPORTANT

IMPORTANT, NOT URGENT

URGENT, NOT IMPORTANT

NEITHER URGENT NOR IMPORTANT

GOOD CHOICES

A WORLD OF GOOD CHOICES

Name: _____

Date: _____

Peer Pressure

It's hard to know what to do when being pressured by others. We want to fit in but not at the expense of others or our own safety or beliefs. Review the scenarios below and practice standing up to peer pressure.



A student is being pressured by his friends to do something he does not want to do and that's not safe. How should he handle this?



A student is being told she has to be mean to another person if she wants to be in the cool crowd. How should she handle this?



A bunch of classmates are cyberbullying a kid online and there's pressure to join in. How should she handle this?

GOOD CHOICES

A WORLD OF GOOD CHOICES

Name: _____

Date: _____

Problem-Solving to make the best choice

To solve a problem, you need to analyze the problem and determine different choices and possible solutions or actions to take. It helps to write these down, look at them, think of the pros (positives) and cons (consequences) of each choice, and then pick one. Read the problems below and determine four possible choices (they can be good or bad choices) and write them in the boxes. Then circle the best choice.

Possible Choice:

Possible Choice:

You borrowed your brother's bike and got a flat tire.



Possible Choice:

Possible Choice:

Possible Choice:

Possible Choice:

You accidentally spilled water on your friends project.



Possible Choice:

Possible Choice:

GOOD CHOICES

A WORLD OF GOOD CHOICES

Name: _____

Date: _____

Problem-Solving to make the best choice

To solve a problem, you need to analyze the problem and determine different choices and possible solutions or actions to take. It helps to write these down, look at them, think of the pros (positives) and cons (consequences) of each choice, and then pick one. Read the problems below and determine four possible choices (they can be good or bad choices) and write them in the boxes. Then circle the best choice.

Possible Choice:

••
••

Possible Choice:

••
••

You don't understand the lesson being taught and have no idea how to do the assignment



Possible Choice:

••
••

Possible Choice:

••
••

Possible Choice:

••
••

Possible Choice:

••
••

Your friend calls you to tell you gossip about another friend.



Possible Choice:

••
••

Possible Choice:

••
••

GOOD CHOICES

A WORLD OF GOOD CHOICES

Name: _____

Date: _____

Problem-Solving to make the best choice

To solve a problem, you need to analyze the problem and determine different choices and possible solutions or actions to take. It helps to write these down, look at them, think of the pros (positives) and cons (consequences) of each choice, and then pick one. Read the problems below and determine four possible choices (they can be good or bad choices) and write them in the boxes. Then circle the best choice.

Possible Choice:

Possible Choice:

You are playing ball and see that a classmate is left out.



Possible Choice:

Possible Choice:

Possible Choice:

Possible Choice:

You are at the book fair and really want a book, but you don't have any money.



Possible Choice:

Possible Choice:

GOOD CHOICES

A WORLD OF GOOD CHOICES

Name: _____

Date: _____

Problem-Solving to make the best choice

To solve a problem, you need to analyze the problem and determine different choices and possible solutions or actions to take. It helps to write these down, look at them, think of the pros (positives) and cons (consequences) of each choice, and then pick one. Read the problems below and determine four possible choices (they can be good or bad choices) and write them in the boxes. Then circle the best choice.

Possible Choice:

Possible Choice:

You are working on your test and you are not sure of the answer.



Possible Choice:

Possible Choice:

Possible Choice:

Possible Choice:

You are playing with the blocks and a classmate wants them.



Possible Choice:

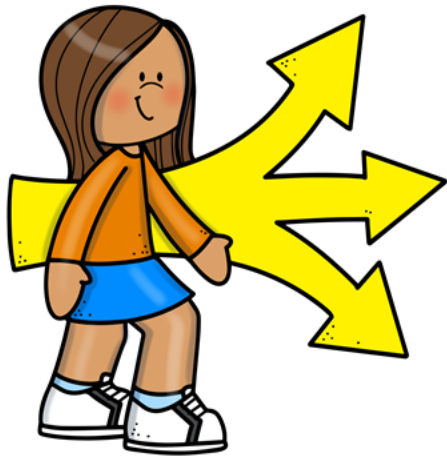
Possible Choice:

GOOD CHOICES

A WORLD OF GOOD CHOICES

Name: _____

Date: _____



I can recognize Good Choices

Read the situations below and determine if they are good choices or bad choices. Put a checkmark on your answer.

GOOD CHOICE

BAD CHOICE

Stealing money.		
Standing up for a friend.		
Doing your chores.		
Skipping practice.		
Telling a lie.		
Helping your sibling.		
Avoiding a conflict.		
Including someone.		
Getting revenge.		
Forgiving someone.		
Holding a grudge.		
Tattling on someone.		
Waiting your turn.		
Being patient.		

GOOD CHOICES

A WORLD OF GOOD CHOICES

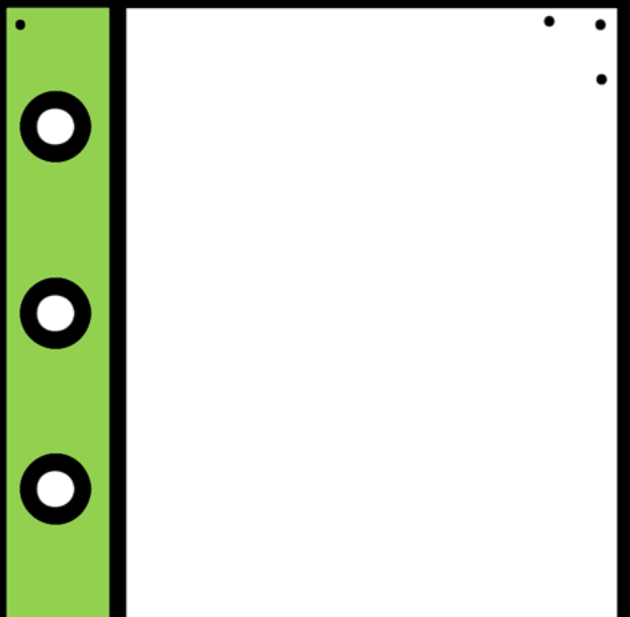
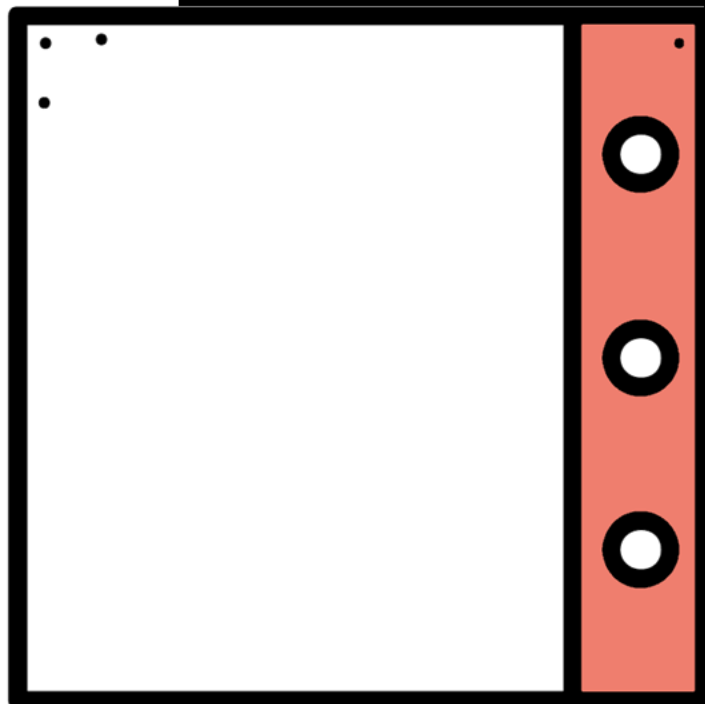
Name: _____

Date: _____

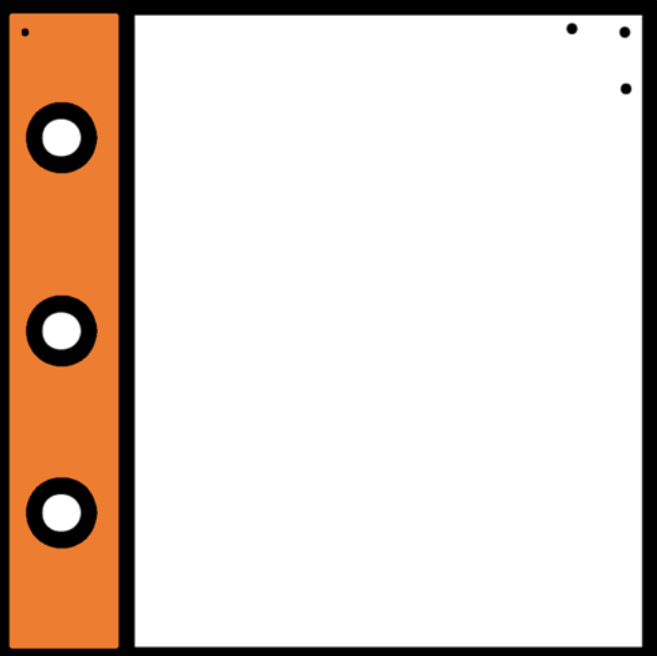
What are some examples of making good choices that you have seen from others?

Parent/Guardian

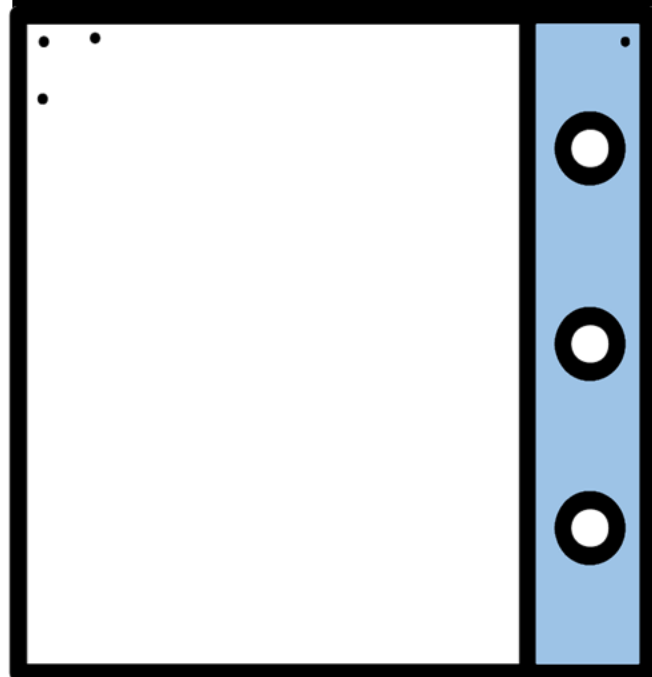
Teacher

A large white rectangular area for writing, with a green vertical bar on the left side containing three black circles. There are small black dots in the top right corner of the white area.A large white rectangular area for writing, with a red vertical bar on the right side containing three black circles. There are small black dots in the top left corner of the white area.

Strangers

A large white rectangular area for writing, with an orange vertical bar on the left side containing three black circles. There are small black dots in the top right corner of the white area.

Friends

A large white rectangular area for writing, with a blue vertical bar on the right side containing three black circles. There are small black dots in the top left corner of the white area.

GOOD CHOICES

A WORLD OF GOOD CHOICES

Name: _____

Date: _____

What would society look like if no one made good choices?



Would you want to live in this society, why or why not?



GOOD CHOICES

A WORLD OF GOOD CHOICES

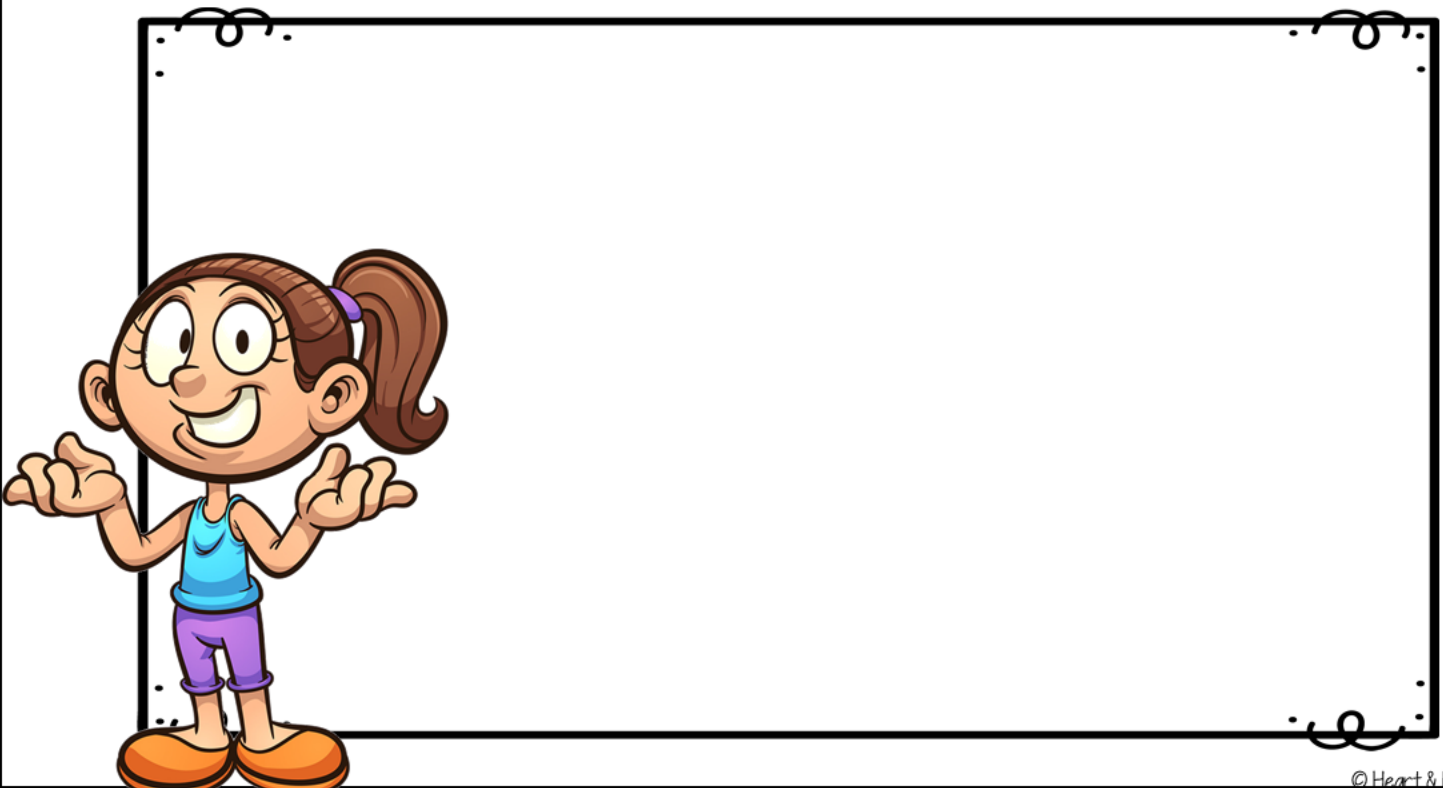
Name: _____

Date: _____

What would society look like if everyone made good choices?



Would you want to live in this society, why or why not?



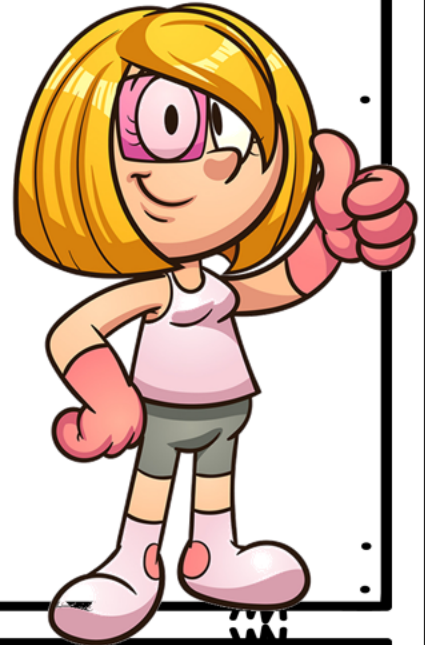
GOOD CHOICES

A WORLD OF GOOD CHOICES

Name: _____

Date: _____

Let's time travel to the **future**, what is one way you would want people to make better choices? Why?



Let's time travel to the **past**, what is one way you would have wanted people to make better choices? Why?



GOOD CHOICES

SELF-REFLECTION

Name: _____

Date: _____

We all make mistakes, that is how we learn! Think of one example of a time where you did NOT make good choices.

I did NOT make good choices when I...



What I learned...



This is how I will make good choices in the future..



GOOD CHOICES

SELF-REFLECTION

Name: _____

Date: _____

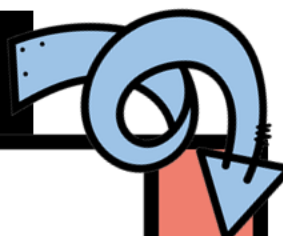
Think about what making good choices means to you and how you like to make good choices or have others make good choices.

One way I would like to make good choices



	<p>• •</p> <p>•</p> <p>•</p> <p>•</p> <p>•</p>	
--	--	--

One way I would want others to make good choices



	<p>• •</p> <p>•</p> <p>•</p> <p>•</p> <p>•</p>	
--	--	--

Making good choices is important to me because



	<p>• •</p> <p>•</p> <p>•</p> <p>•</p> <p>•</p>	
--	--	--

GOOD CHOICES

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you make good choices, pick one that you feel you are consistent in doing and reflects your good character.



GOOD CHOICES

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you make good choices, pick one that you feel you are consistent in doing and reflects your good character.



GOOD CHOICES

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you make good choices, pick one that you feel you are consistent in doing and reflects your good character.



GOOD CHOICES

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you make good choices, pick one that you feel you are consistent in doing and reflects your good character.



TASK

THINK & DISCUSS

CARDS

TIPS FOR USING TASK CARDS

- Encourage students to think about each question and share their response.
- Pair students together to have them take turns answering the task cards.
- Use the task cards as a center activity.
- To make it a writing activity, have students write their responses on paper.
- To make it a class wide activity, read the card out loud and encourage student responses. (see included PowerPoint slides to display on board)



DIG DEEPER QUESTIONS

- Are there multiple answers that could be considered good choices?
- How are your responses different or similar to other students?
- Why are some of our responses similar or different?
- What impacts our decision to make good choices or not?
- What will happen if you repeatedly make bad choices?
- Are there instances where the good choice is not the best choice?

GOOD CHOICES



THINK & DISCUSS

Why is it
important to
make good
choices?



GOOD CHOICES



THINK & DISCUSS

What are ways to
make good choices
as a friend?



GOOD CHOICES



THINK & DISCUSS

What are some
ways to help
make a decision?



GOOD CHOICES



THINK & DISCUSS

What are ways
you can make
good choices
when you are
online?



GOOD CHOICES



THINK & DISCUSS

What can you do to motivate yourself to make good choices when you don't want to?



GOOD CHOICES



THINK & DISCUSS

What are ways to make good choices as a student?



GOOD CHOICES



THINK & DISCUSS

What are ways to make good choices as a family member?



GOOD CHOICES



THINK & DISCUSS

Think of someone who makes good choices. How do they make good choices?



GOOD CHOICES

Is it making a good choice to quit when something is too difficult? Why?



THINK & DISCUSS



GOOD CHOICES

What is one way you make good choices in your life?



THINK & DISCUSS



GOOD CHOICES

Does making good choices mean that everything will be perfect? Explain.



THINK & DISCUSS



GOOD CHOICES

How can you make good choices when under peer pressure?



THINK & DISCUSS



GOOD CHOICES

How can
you make
good
choices in
the music
room?



THINK & DISCUSS



GOOD CHOICES

How can
you make
good
choices in
the library?



THINK & DISCUSS



GOOD CHOICES

How can
you make
good
choices in
the art
room?



THINK & DISCUSS

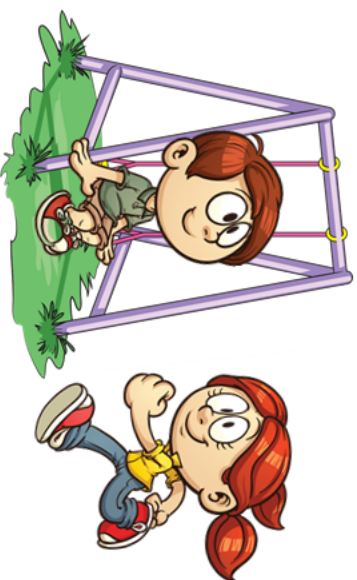


GOOD CHOICES

How can you make good
choices on the playground?



THINK & DISCUSS



GOOD CHOICES

How can you make good choices at P.E.?



THINK & DISCUSS

GOOD CHOICES

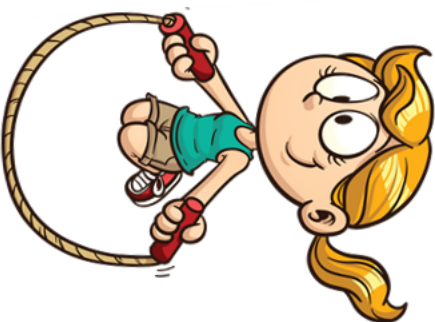
How can you make good choices when you are around people who make bad choices?



THINK & DISCUSS

GOOD CHOICES

How can you make good choices at Recess?



THINK & DISCUSS

GOOD CHOICES

How can you make good choices when you are playing sports?



THINK & DISCUSS

GOOD CHOICES

What is one way you wish people would make better choices?



THINK & DISCUSS



GOOD CHOICES

What is one way that you want to make better choices?



THINK & DISCUSS



GOOD CHOICES

Is it making a good choice to do something that will hurt yourself or another person? Why?



THINK & DISCUSS



GOOD CHOICES

How do you know something is the right choice? Explain.



THINK & DISCUSS



GOOD CHOICES

Is it making a good
choice to break a rule?
Why?



THINK & DISCUSS



GOOD CHOICES

Is it making a good
choice to do something
dangerous or
risky?
Why?



THINK & DISCUSS



GOOD CHOICES

Is it making a good
choice to help others?
Why?



THINK & DISCUSS

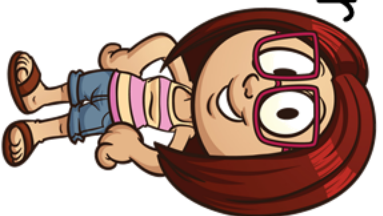


GOOD CHOICES

Is it making a good
choice to be honest
about your behavior
even if you will
get in trouble?
Why?



THINK & DISCUSS



GOOD CHOICES



THINK & DISCUSS

Think of a time
when it was hard
for you to make
good choices, why
was it hard?



GOOD CHOICES



THINK & DISCUSS

Think about a time
that you made good
choices even when
you did not want
to. How did it make
you feel after?



GOOD CHOICES



THINK & DISCUSS

Are there certain times
that making good choices
is not possible?
Explain.



GOOD CHOICES



THINK & DISCUSS

What should you do if you
don't know what the
right/good choice is?



GOOD CHOICES



THINK & DISCUSS

How can making
good choices
change the way
that others view
you?

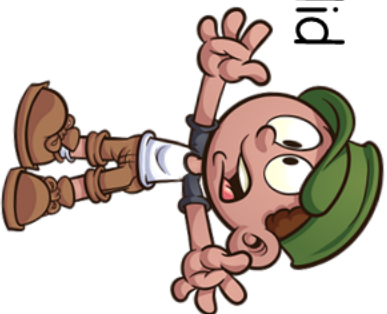


GOOD CHOICES



THINK & DISCUSS

Think about a time
when you made a
bad choice, how did
it make you feel?



GOOD CHOICES



THINK & DISCUSS

When someone
makes bad choices
frequently
how do others
view them?



GOOD CHOICES



THINK & DISCUSS

Is making good choices
an important character
trait needed to be
successful in life?



GOOD CHOICES

Is making good choices an important character trait for a leader to have?



THINK & DISCUSS



GOOD CHOICES

Is making good choices an important character trait to have when using a phone or computer?



THINK & DISCUSS



GOOD CHOICES

Is making good choices an important character trait for a student to have?



THINK & DISCUSS



GOOD CHOICES

Is making good choices an important character trait to show working in a career?



THINK & DISCUSS



SITUATION

WHAT WOULD YOU DO?

CARDS

TIPS FOR USING CARDS



- Encourage students to think about each scenario and what they would do.
- Pair students together to have them take turns answering the task cards.
- Use the task cards during centers having students answer in small groups.
- To make it a writing activity, have students write their responses on paper or in their journals.
- For a class wide activity or morning meeting, use the included PowerPoint slides

DIG DEEPER QUESTIONS

- Which action is the best choice and why?
- What are the possible consequences of this decision?
- What are the possible positive results of this decision?
- What would happen if an alternative decision was made?
- Does your decision help or hurt others?
- Is what you want to do different than what is the best choice? Why?
- What are all the different decisions that could be made?

GOOD CHOICES



WHAT WOULD YOU DO?

You have a healthy snack packed in your lunchbox, but your friend offers to share his pizza.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

Your parents tell you that you can pick out a toy at the store, but you see a toy that costs more than what they said you could spend.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You and your friend found a lost wallet on the playground.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You are at school and your teacher asks you to choose between doing your homework or playing with toys.

What is the best choice to make?



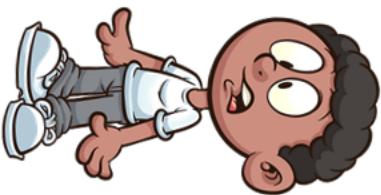
GOOD CHOICES



WHAT WOULD YOU DO?

Your little brother keeps asking to ride your new scooter. You are so worried he is going to break it.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

Your friends want to play a game that involves teasing someone else.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You're feeling upset and want to take it out on someone else.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You're given the choice to join an after-school club or watch TV all afternoon.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You made an impulsive decision and hit your brother. He is crying. Your mom walks in and asks what happened.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You are running late for school and you see a shortcut through someone else's yard. You would have to go through their flowerbed, but you want to get there sooner.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You asked to help someone who dropped their books but you're in a hurry to get somewhere.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You are feeling SO tired and want to skip your homework.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You accidentally broke a classmate's pencil.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

You are given the choice to take an easy way out of a problem or to work hard and find a solution.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

You are playing with your friend at recess who wants to climb up the slide. You know that is against the rules.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

You are asked to help your dad do the dishes after dinner, but you'd rather go play video games.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

You and your friends are deciding what game to play during recess. One of your friends keeps excluding the others.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You find a wallet on the playground with some money and an ID inside.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You have been practicing basketball every day, but you have not improved as much as you'd like.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You tried out for the soccer team and did not make it. You REALLY want to get on it one day.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You have been saving your money for 2 months to buy your favorite toy. You see something at the store that you like and you really want to buy it now.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You want to eat a piece of candy before dinner, but you know it will spoil your appetite.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You have been working on a project for a long time, but you are not happy with how it is turning out.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You are trying to decide whether to take a dance class or a gymnastics class. One of them requires more practice and you are feeling a little overwhelmed with time.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You told your friend a secret that you told them not to tell anyone. They broke the promise and told it to someone else.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

You are headed to your friend's house in the neighborhood and want to get there faster. You think that rollerblading in the street will be quickest.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

Your teacher asks you to shut the classroom door behind you. You run out of the room late and forget to do what she asks. You remember when you are halfway to your next class, but don't feel up to going back to close it.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

You have a big performance tomorrow, but your friend wants to come over and stay up late to play video games.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

Your little sister wants to play with your new football, but you are not sure if she will take care of it.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

You are feeling really tired and not up for school today. You are not sick, but you wish you could sleep more. Then, you remember that you have a math test today.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

Your friend keeps begging you to skip your tutoring class to go play at her house.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

Your classmate is having a hard time with their math homework and asks you to give them answers.



What is the best choice to make?

GOOD CHOICES



WHAT WOULD YOU DO?

You see a classmate sitting alone at lunch.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

Your little sister wants you to play outside with her, but you're in the middle of an important project.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You accidentally spilled paint on your friend's shirt.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You REALLY want to join the student council club because everyone is doing it. You know you don't have time in your schedule after school.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You have a group project to complete, but one of your group members is not contributing.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You are planning your weekend activities and you have a choice between going to a friend's birthday party or spending time with your family.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

You committed to walking your neighbor's dog every day for a week. On the third day, you consider not walking the dog so you can go to a friend's house to play instead.

What is the best choice to make?



GOOD CHOICES



WHAT WOULD YOU DO?

Your dad tells you that you can go to the movies with friends if you finish your homework. You can either rush through it and do a horrible job on it so it is done in time, or you can take your time and do it correctly with the risk of missing the movie.

What is the best choice to make?



GOOD CHOICES

MAKING *positive*
decisions THAT

KEEP YOU HEADING
IN THE *direction*
OF YOUR GOALS.

GOOD CHOICES

MAKING *positive*
decisions



THAT KEEP
YOU HEADING
IN THE
direction
OF YOUR GOALS.

CHARACTER EDUCATION

GOOD CHOICES

MAKING *positive*
decisions THAT
KEEP YOU HEADING
IN THE
direction
OF YOUR GOALS.



CHARACTER EDUCATION

GOOD CHOICES

MAKING *positive decisions* THAT KEEP YOU
HEADING IN THE *direction* OF YOUR GOALS.

Follow rules.

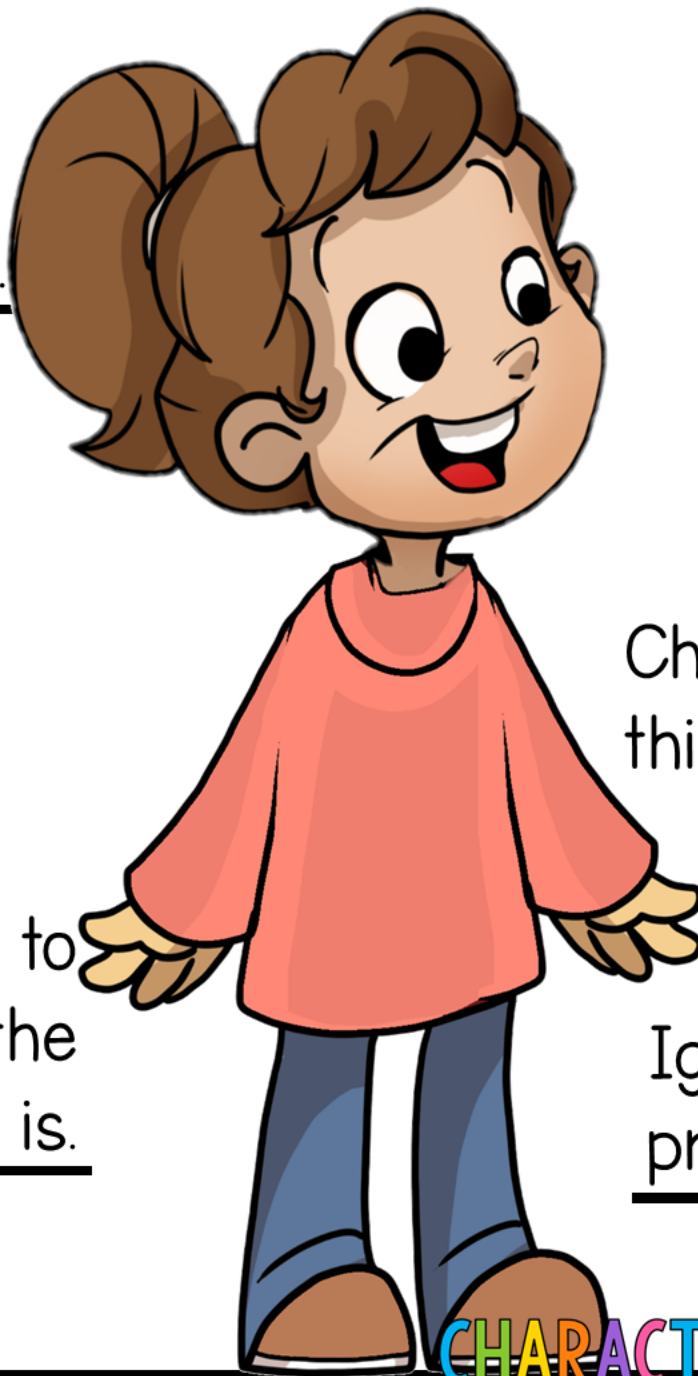
Think before
you act.

Be respectful
and kind.

Choose the right
thing even if it's
difficult.

Trust your gut to
know what the
right thing is.

Ignore peer
pressure.



QUOTE ABOUT

GOOD CHOICES

“LIFE IS A MATTER OF
CHOICES, AND EVERY CHOICE
YOU MAKE MAKES YOU.”

- JOHN C. MAXWELL

STUDENTS WHO MAKE

GOOD CHOICES



THINK ABOUT THEIR ACTIONS BEFORE THEY
ACT, AND CHOOSE THE BEST OPTION.

* Follow the rules.

- * Work hard and give their best effort.
- * Be respectful and kind to others.
- * Do what is right even if it's hard.

CAREERS ABOUT MAKING

GOOD CHOICES NUTRITIONIST



Nutritionists help people create and stick to eating plans that are healthy by gaining insights into each client's diet, exercise routine, sleeping habits, stress level, career and life commitments, and physical health. They then guide them through the food choices that will best provide the nutrients they need, offer meal and recipe suggestions, and more. Nutritionists are passionate about food and wellness and want to help others meet their goals. They help educate their clients so they can lead healthier lives through better food choices.

LEADERS WHO MADE

GOOD CHOICES

DWIGHT D. EISENHOWER



Dwight D. Eisenhower, 34th President of the U.S., created “The Eisenhower Method”, which involves tackling tasks based on their urgency and importance. Throughout his career, Eisenhower consistently made clear and decisive choices. Eisenhower planned and supervised two of the most consequential military campaigns of World War II: Operation Torch in the North Africa campaign and the D-Day invasion of Normandy in 1944. Eisenhower also established NASA and the Interstate Highway System, signed the Civil Rights Act of 1957, and kept America at peace despite the danger and uncertainty of the era. On making decisions he said, “Life is not made up of just one decision here, or another one there. It is the total of the decisions that you make in your daily lives.”

DIGITAL

GOOD CHOICES

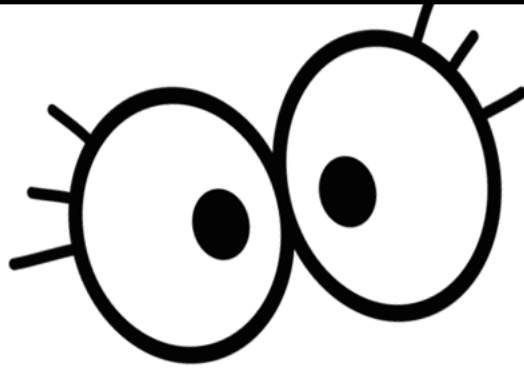


**THINKING ABOUT YOUR ACTIONS
ONLINE AND THEIR IMPACT ON OTHERS.**

- ✱ Think before you send: Is this a good choice?
- ✱ Only visit approved websites.
- ✱ Treat others with respect online.
- ✱ Report any cyberbullying.

GOOD CHOICES

LOOKS LIKE



- * I think before I act.
- * I am kind to others.
- * I follow rules.
- * I eat healthy and exercise.
- * I show self-control.
- * I cooperate with others.
- * I raise my hand and wait my turn.

GOOD CHOICES

SOUNDS LIKE



- * I think before I speak.
- * I ask questions if I don't understand something.
- * I speak politely and respectfully.
- * I speak up for myself and others.
- * I ask an adult for help if I need it.
- * I speak the truth.

GOOD CHOICES

FEELS LIKE



- * I feel proud of myself.
- * I give my full effort.
- * I do what is right even if it is difficult.
- * I am responsible and respectful.
- * I am dependable.
- * I care about my health and taking care of my body.

MY GOOD CHOICES PLEDGE

This is how I am going to make good choices:

--	--	--



Pledge by: _____

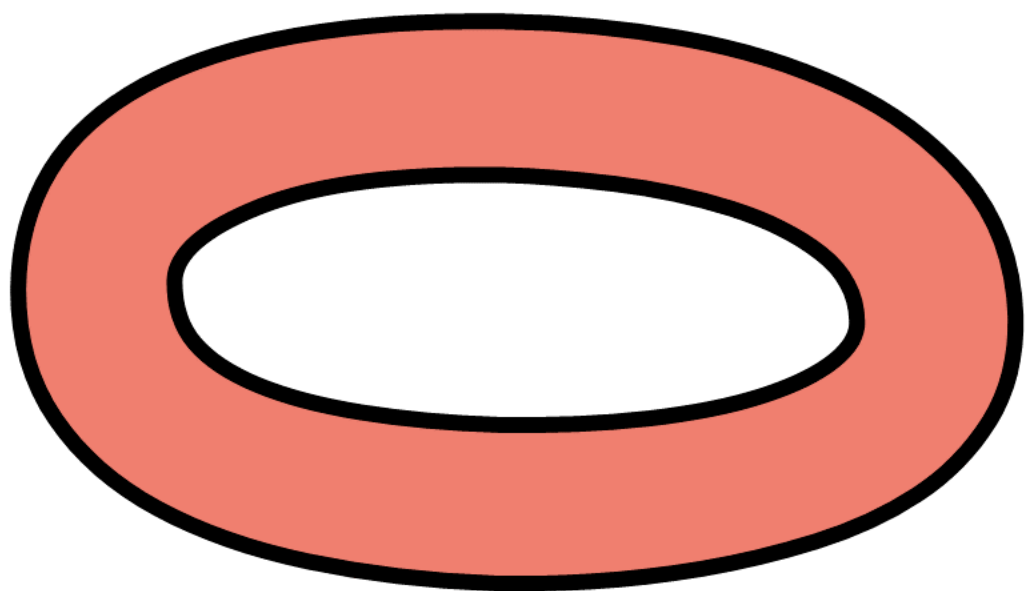
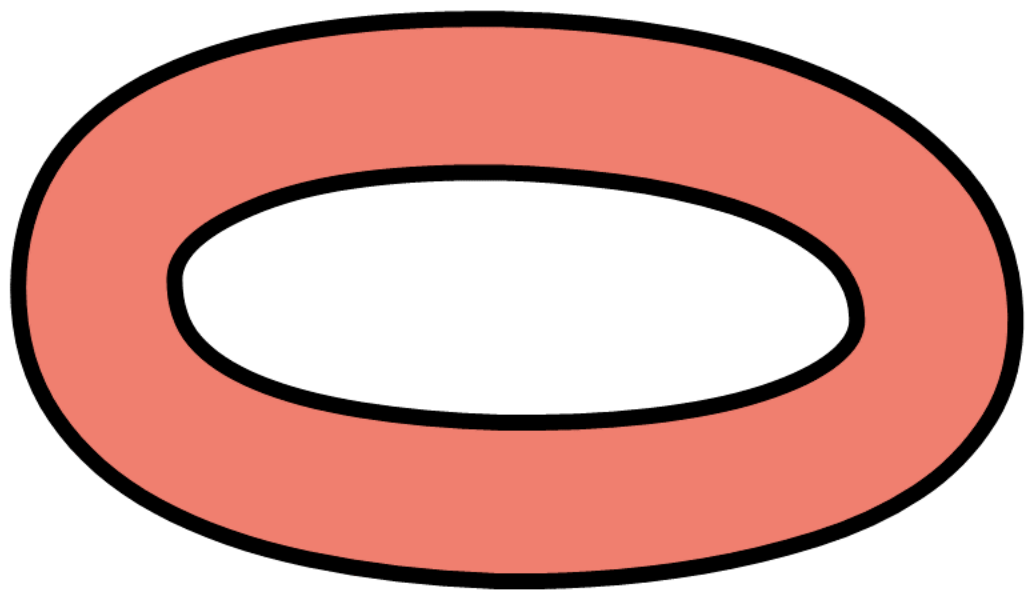
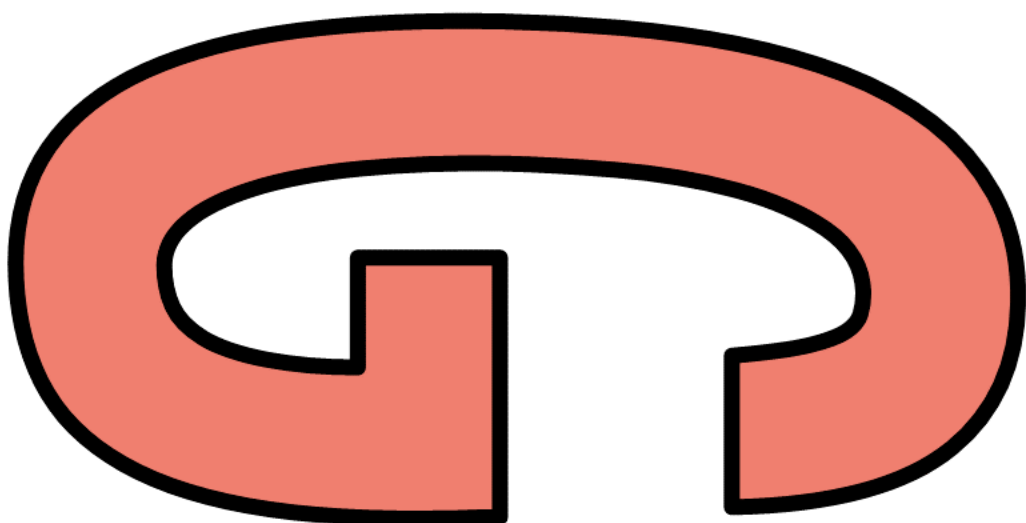
MY GOOD CHOICES PLEDGE

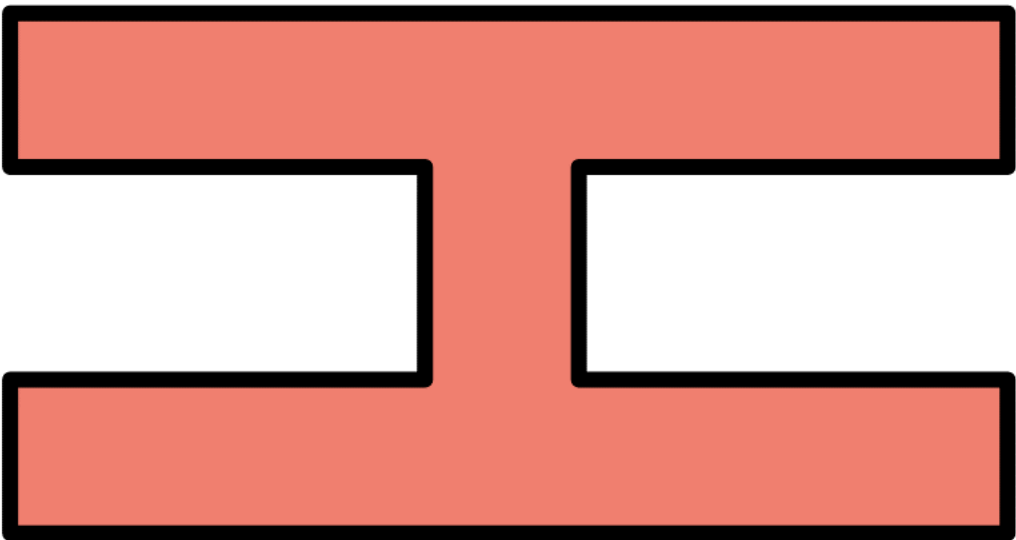
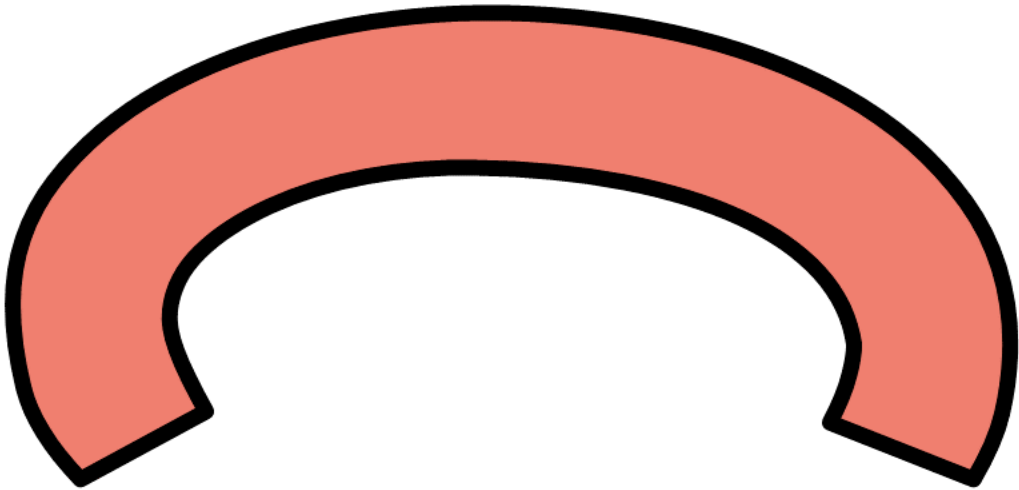
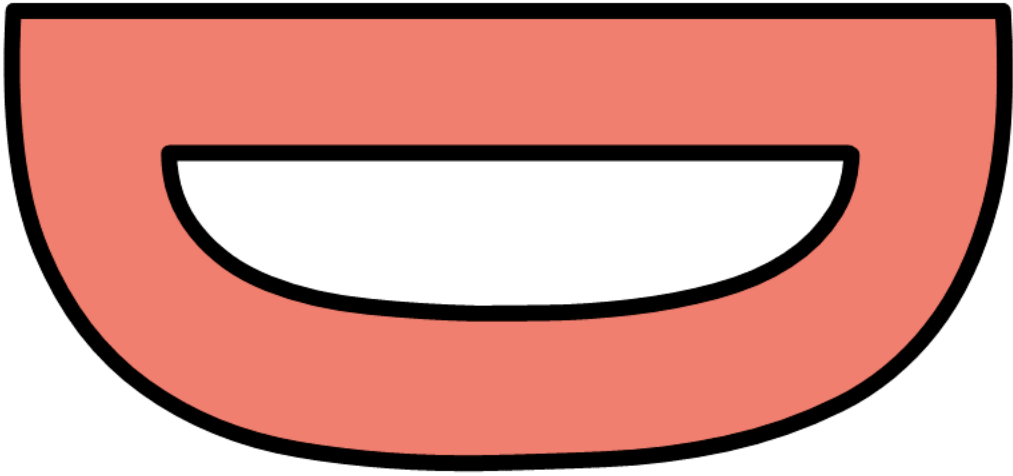
This is how I am going to make good choices:

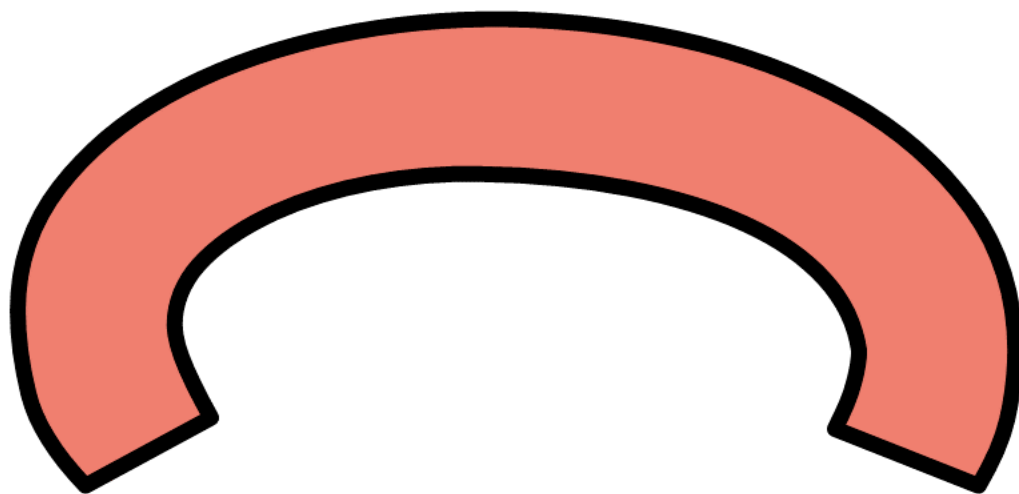
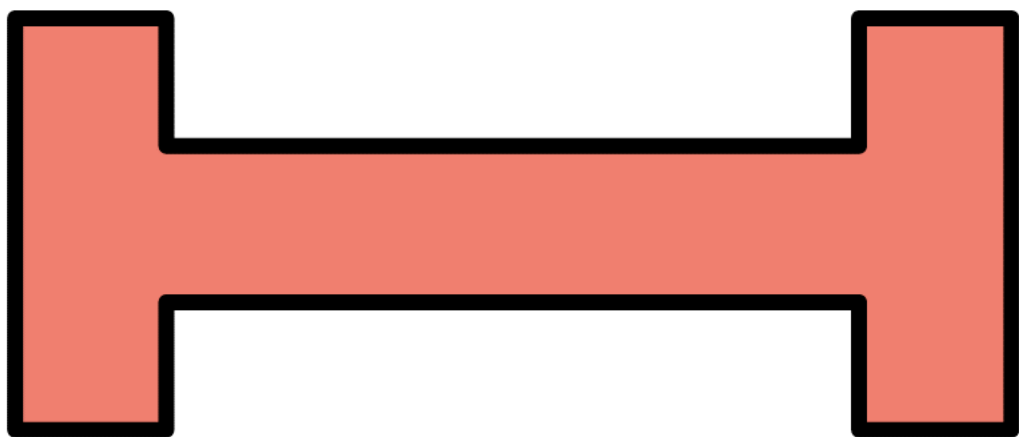
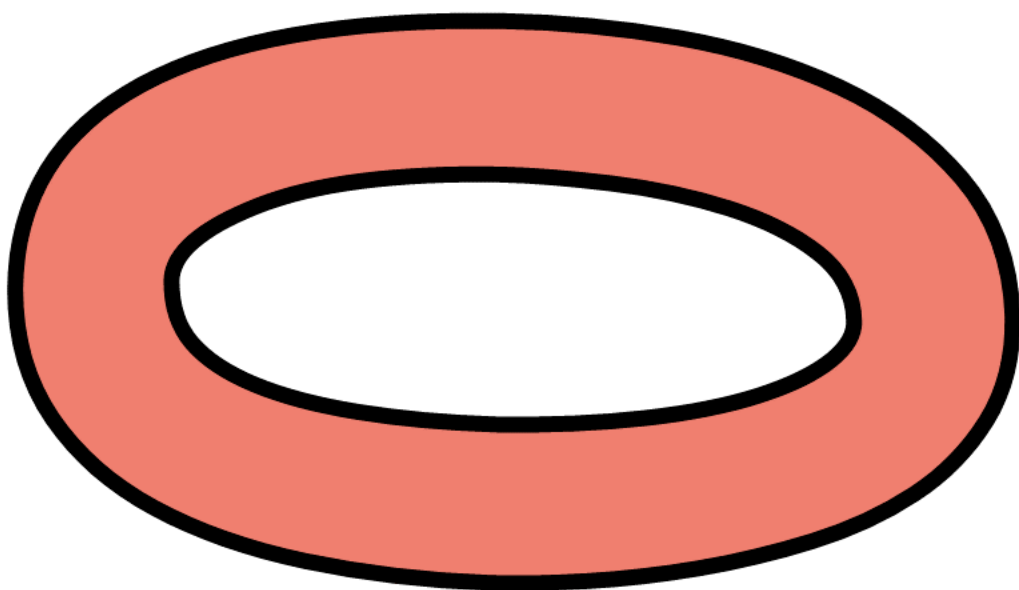
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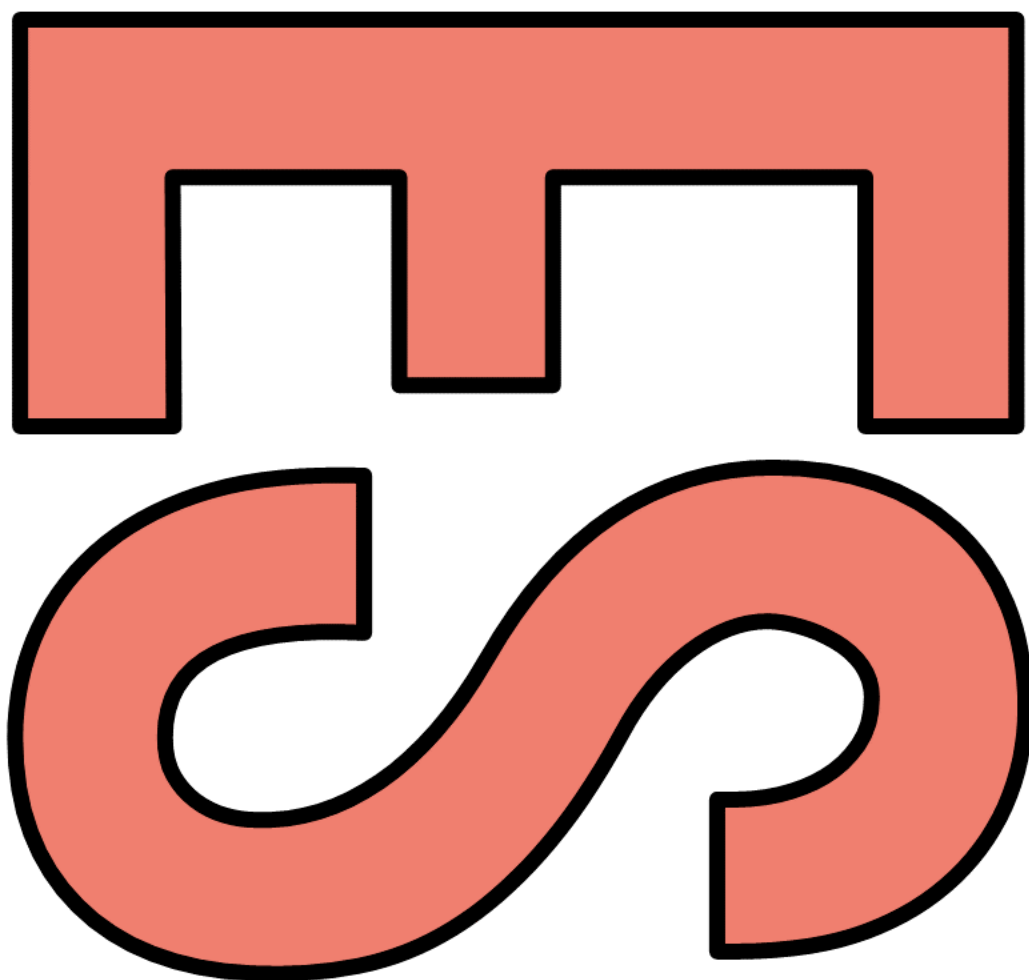


Pledge by: _____









GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Character Education: Good Choices](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

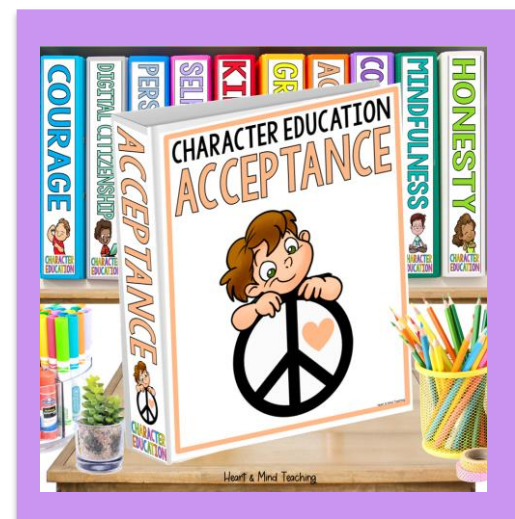
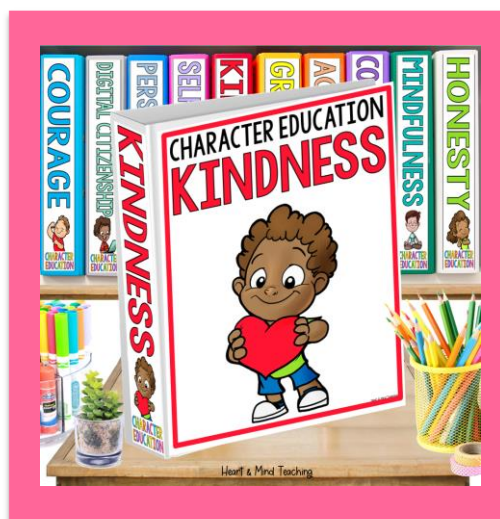
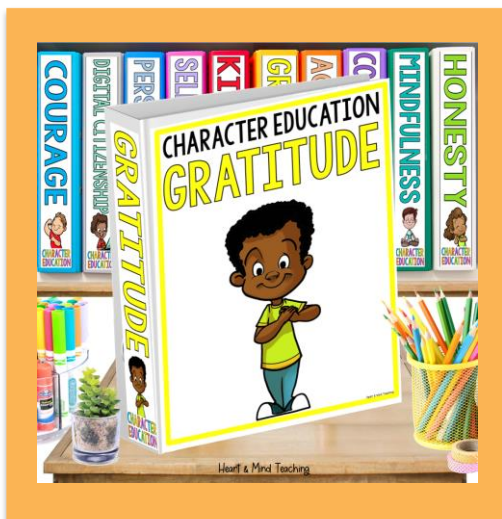
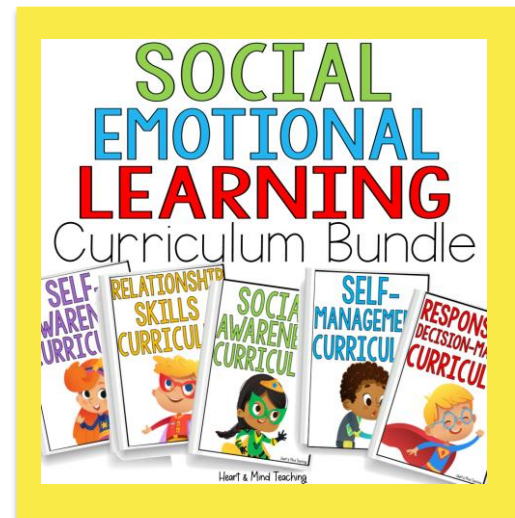
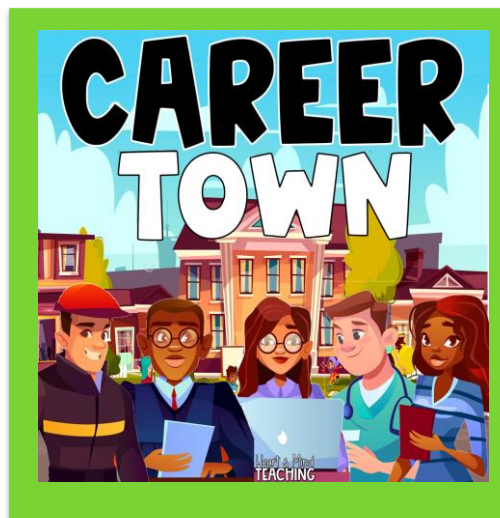
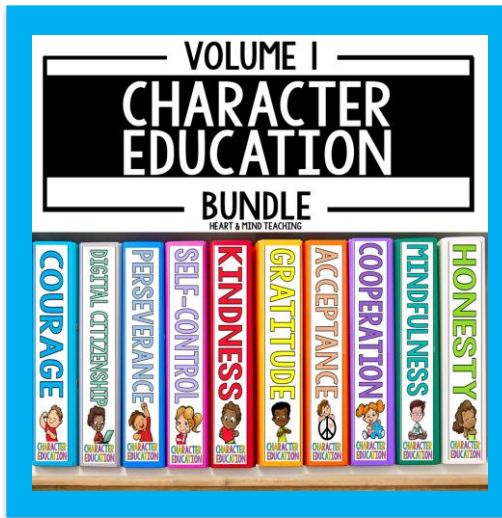
Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



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THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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