Lesson:
1. Ask the students to think about what they wore on Saturday. *Why was that outfit selected over other outfits?* They were able to make a choice. Choosing an outfit to wear can be an easy choice to make. *What would happen if they chose to wear a swimming suit to the mall?*

2. Define consequences. Remind them that choices have consequences – some good, some bad.

3. Ask them to think about a choice that was difficult to make. Let them know that at times choices and decisions can make people stressed and burdened. Thinking about the consequences of their choice can make the decision easier to make.

4. Write the following quote on the board: *Life is choices-that’s what makes it hard.* Jean Bunnell
   Encourage students to restate the quotation in their own words. Ask students to use the quotes on the student sheet to explain making choices.

5. Read the school situations while having students brainstorm choices and consequences for the decision making process.

6. Ask students to respond to two of the three letters by creating a response that reflects our school expectations. Keep in mind the consequences for each choice they offer.

7. Remind them to think before acting by thinking of the consequences to their choices

Read and explain the following quotes about choices:
You are always making choices.

What will I wear? Do I want a hamburger or pizza? What time should we go?

Usually you can choose what to do or say. Sometimes you can only choose how to feel or think.

I am going to tell him I don’t like it when he yells at me. I feel angry.

But—
No matter how much or how little you can do about a situation, Choosing how to deal with it is important.

Read the school scenarios. Think about the choices the students can make. List a consequence for each choice.
When you get to class today, the teacher – who is usually very nice – yells at you. He tells you to sit down and be quiet or he will send you to the office instead. You were not even talking to anybody! What are some ways you could choose to react? What is a consequence of each choice?

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You are walking down the hall at school. A fight breaks out in the area in which you are walking. One of the fighters knocks into you causing you to tumble to the ground with the fighters. The principal rounds the corner and spots all three of you on the ground. You are sent with the fighters to the office for a consequence. What could you do now?

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You have been selected to be the advice column editor for your school. Keeping in mind the school expectations, you need to answer the letters by giving the students the best choice to their dilemma. Keep in mind the consequences of their choices!!!

Dear ________________,

I am having trouble focusing on my schoolwork. I used to get good grades, but my grades have started falling since I started sitting next to Billy Bob and Bozo. They are popular, but constantly getting in trouble at school. I really want to hang out with them, But my parents are pressuring my about grades. What should I do?

Signed,  S. O. S.

Dear ________________,

Help! I just found out that my best friend has been telling my other friends some of my secrets. I have told her not to tell anyone. I am so angry with her. What should I do?

Signed, Need someone to trust

Dear ________________,

One of the kids at school has challenged me to a fight. If I get one more suspension, the school will remove me for the rest of the year. If I back down from this student, the other kids might think I am afraid. I really don’t want to fight. What should I do?

Signed,  Not in a Hurry to Fight