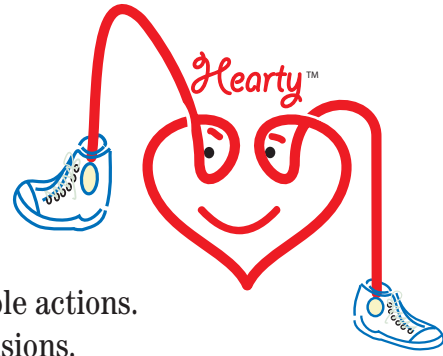


LESSON THREE: HEARTY DECISIONS

APPROXIMATE TIME: 25-35 MINUTES



OBJECTIVES:

- Students will be able to identify the consequences of sample actions.
- Students will demonstrate steps needed to make wise decisions.
- Students will practice making decisions about eating healthy foods and exercising.

Background for Teachers:

Most of your students have little or no experience thinking about how they make choices. This lesson is designed to introduce basic decision making skills as they apply to the choices students make regarding diet and exercise. Learning to link consequences to actions and actions to decisions is a major developmental skill. Taking the steps one-by-one and allowing students time to practice them can result in their development of this important, lifelong skill.

INTRODUCTION: WHAT WOULD YOU CHOOSE?

Ask students to answer these questions:

- *If you were able to choose any food to eat right now, what would you choose?*
- *Now, if someone told you to choose a food that would be the ONLY food that you could eat for the entire next week, what would you choose?*
- *Why did you change your food choice? Or Why did your food choice stay the same?*

Sometimes we change our minds about a decision when the rules or circumstances change. If you know that you are going to have to choose something to eat at a restaurant versus something to eat at the school cafeteria, your choices might be different. We want to know as much information as possible in order to make good decisions.

Today's lesson is all about thinking and planning the choices you make.

Main Lesson: Now Versus Later

Ask students to name what they think will happen next if they:

- Plant a seed and water it daily
- Plant a seed and never water it
- Eat candy every night before going to bed without brushing their teeth
- Constantly ride a bike without a helmet
- Take turns and share their toys with others
- Run around the track every school day for a month

Explain to students that in most circumstances, we feel we can predict what is going to happen later based on what we decide to do today. Being able to predict based on what we know is a helpful skill in making decisions. If you know if someone is going to measure how long you can jump rope and there is a \$20 prize for the person who jumps the longest, would you work harder at jumping than if nobody measured and there was no prize? Sometimes we do things because there is a reward and other times we do it because we like it or want to. Sometimes we don't know what will happen if we decide to do something until after we have done it.