

In honor of Martin Luther King Day and his mission to bring the freedom of choice to all people we have provided the following four choice making activities from the Right Choices™ curriculum.

An Excerpt from the RIGHT CHOICES™ manual and four activities that are from the 100's of follow up activities to the 34 DVD lessons in the curriculum kit.

Teaching the MOST IMPORTANT OF ALL LIFE SKILLS:

DECISION MAKING or PROBLEM SOLVING

Examining choices and consequences and thinking into the future is very difficult for our youth developmentally. Students are at varying levels cognitively and many have trouble with the abstract thinking required to make cause and effect deductions. The new brain research shows that the frontal cortex, the area of the brain in charge of impulse control and planning, is still growing and being pruned until about age 25.

If you throw a dose of surging hormones into this mix, we have a formula for disaster if we don't create a safe place for our youth to practice slowing down and thinking through their choices and consequences. Use the process activities which provide a format for students to self reflect and then discuss the choices and consequences they have experienced. Many students need to write down a list of choices and consequences, especially when the decisions involve complex options. The Real Life Scripts that they will be filling out in Skills 2 through 9 will give them practice examining choices and then acting out the steps of the secret skills that will get them more of what they want from life situations.

Many adolescents have never taken the time to examine consequences much less try new prosocial choices due to impulsivity, lack of knowledge, or lack of exposure and motivation. This program is designed to provide answers to these roadblocks with creative opportunities for teens to solve and then rehearse prosocial alternatives to difficult social issues through the DVD lessons, Scripted Role Plays, Real Life Scripts and 100's of activities.

Attached below you will find four worksheets from the Right Choices™ curriculum that will help you do a module on values clarification and decision making (appropriate for grades 4 – 12)

What do you want MORE of?

Values clarification is very difficult for adolescents with a frontal cortex still developing. This exercise is very helpful and insightful as it gently opens the door to a difficult to imagine future.

Directions: Imagine your son or daughter sitting in front of you 10 years or so from now. He/She would be about 4 years old. Write down what you would want to tell him/her about growing up and what is important in life.....you might want to save this and read it to them ten years from now.



A large, empty, rounded rectangular box intended for writing a letter to one's child in the future. At the bottom of the box, there is a decorative border of small blue and yellow flowers.

EVERY CHOICE YOU MAKE HAS A CONSEQUENCE



Deciding on a GOOD choice or a BAD choice seems like a stupid question but.....
Think about it, every problem has many answers!

GOOD CHOICES = Choices with Consequences that get you **MORE** of what you want.

BAD CHOICES = Choices with Consequences that get you **LESS** of what you want.

*List 3 important decisions that you have made or will have to make and list the consequences of each choice (put a * by the GOOD ones).*

1) Problem Situation #1

CHOICES

CONSEQUENCES

2) Problem Situation #2

CHOICES

CONSEQUENCES

3) Problem Situation #3

CHOICES

CONSEQUENCES

PROBLEM SOLVING WORKSHEET

For every single decision we make or problem we solve our brains have to go through the **5 steps model**. Use this worksheet to help your brain make decisions that will get you more out of life!

1. STOP and Think!

Describe the decision you are trying to make?

2. Why is a GOOD decision important here?

3. List possible choices and the positive and negative consequences for each choice:

<u>Choice 1</u>	Rank:	Negative Consequences:
		Positive Consequences:
<u>Choice 2</u>	Rank:	Negative Consequences:
		Positive Consequences:
<u>Choice 3</u>	Rank:	Negative Consequences:
		Positive Consequences:
<u>Choice 4</u>	Rank:	Negative Consequences:
		Positive Consequences:

4. Rank your choices (The best one first etc.)

Pick the best one!

5. How did you do? If you need to go back to your #2 choice

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Practicing the secret skills is like having an

Internal GPS that knows your TRUE POTENTIAL!

It would point out the GOOD choices and help you avoid the BAD ones.

Fill in the blanks with **SITUATIONS** that your GPS might TELL YOU TO:



Prepare to turn ahead

Recalculating Route, problems ahead

You have arrived

Roadblock Ahead, take detour

Warning: This person will bring you down

STOP! Don't try that cigarette; smoking will cost you \$30,000.00 in the next 20 years and you will dye early from lung cancer.

Try that hobby....music is your passion and it will turn into a Very profitable career.....

Take that debate class..... you will become a famous politician.....

Fasten seatbelt and do not progress.....there will be an accident 2 miles in front of you.....