

My Good Choices Activity Guide Grade K-2



Know Your Neuro



Brain Quiz Questions

1. What important body part is inside your head? Draw lines on the board and ask students to fill in the blanks with the answer.

2. What does the brain do? Ask students what they remember from the video 'My Good Choices' about what the brain does. Answer: Thinking & making choices.
3. How can you keep your brain strong? Ask students what they remember from the video 'My Good Choices'. Answer: Practice making good choices. Use the activities
4. What is a good choice? Answer: A choice that is positive for you and others.
5. Should you do what others are doing if they are making a bad choice? Answer: No! It is your brain, so it is your choice. Make a good choice for you and others.

Long-Term Learning

Mindful Moments

Teach students how to practice mindfulness before making a choice. When playing the Stand Up, Sit Down Game (on the right) ask students to take the following steps before answering:

1. Pause to take a deep breath, hold it for 4 seconds
2. Think about what the best choice might be
3. Exhale for 4 seconds
4. Then make a good choice

Pros and Cons

Teach students the definition of 'pros' and 'cons'. When playing the Stand Up, Sit Down Game (on the right) ask students what the pros and cons of each choice would be.

Good Choice Cheer

Teach students the Good Choice Cheer:

Good choice, good choice, 1, 2, 3
Makes things safe for you and me!
If it's wrong, Then I say NO!
Choosing well helps my brain grow!

Stand Up, Sit Down Game

Using the following examples, ask students to stand up if they think it is a good choice and sit down if they think it is not. Then, ask students to give their own examples to share.

1. You choose to be nice to the new student at school?
2. You use art scissors to cut your friend's hair?
3. When it is time to line up for lunch, you quietly stand and wait your turn?
4. You ask a new friend to play at recess?
5. When you hear someone making fun of another student, you tell the teacher?
6. When you see other students doing something against the rules, you decide to follow the rules instead of going along with the others.
7. When standing in the lunch line, you start pushing and shoving the person in front of you because the line is going slow.
8. You share your favorite toy with a friend or your little brother or sister.

