

Objective 1

Regulates own emotions and behaviors

b. Follows limits and expectations

Related Objectives: 1a, 2b, 2c, 7a, 8b, 9a, 11a, 29

What You Do

- 1. Write choices onto index cards to read aloud to the students**, e.g., sharing with a friend, cleaning up, shouting in the classroom.
- 2. Say**, “For this activity, I am going to read to you some choices. After I read each choice, I want you to put your thumbs up if you think it’s a good choice, and put your thumbs down if you think it’s a bad choice.”
- 3. Read each card aloud, encourage students to make their decisions, and discuss why each choice is a good choice or a bad choice.**

- Invite the students to come up with their own good and bad choices. Make a list on chart paper and discuss each one.
- Adapt hand gestures to include moving thumbs to one side if students are unsure whether a choice is good or bad.
- Ask the students to describe how they feel when they or someone else makes a good or bad choice.