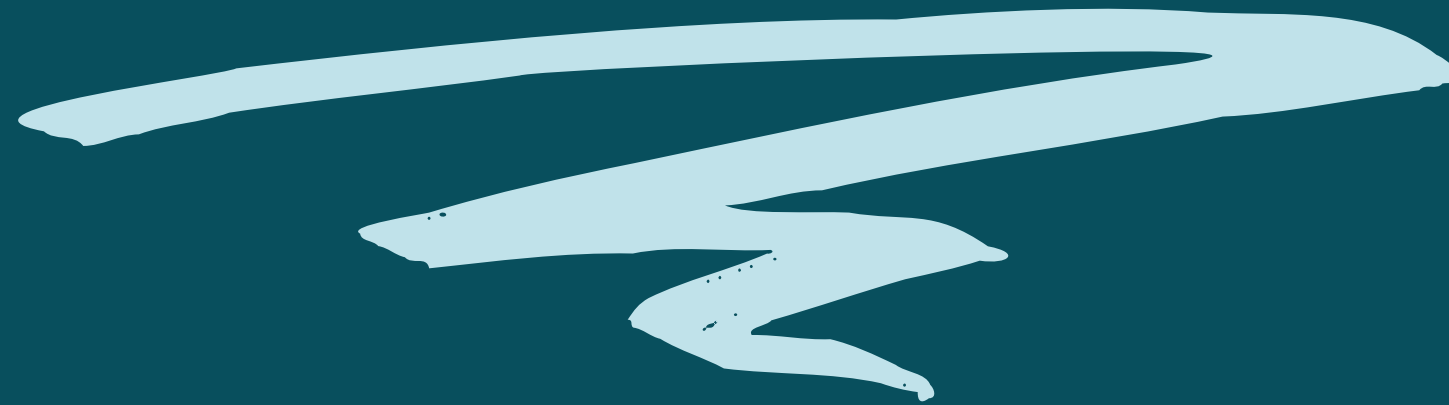




**YOUR CHOICE:
CHOOSE WISELY**

CHOOSE TO CHANGE



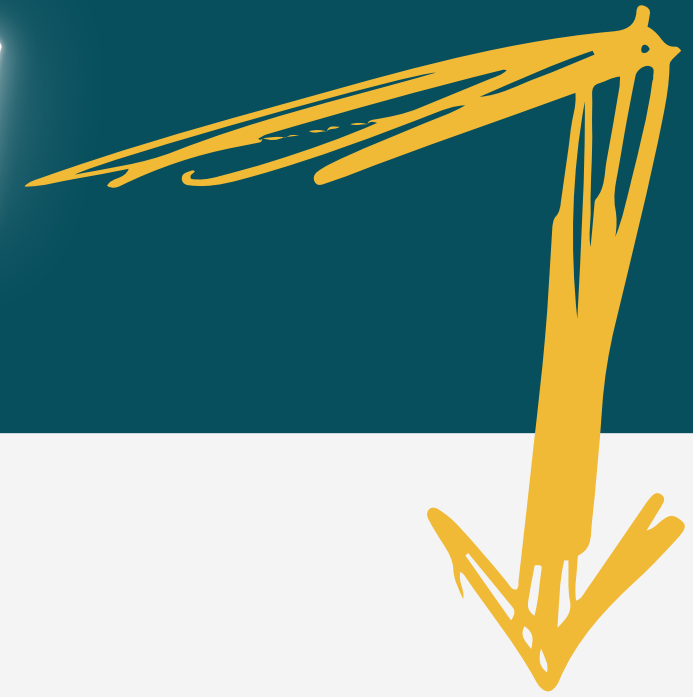
INTRODUCTION

Today, we will

- * Listen to and discuss “High Rises” by Chika
- * Discuss life events that are within our control to change

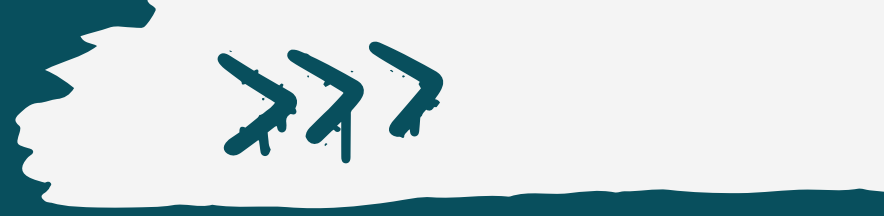
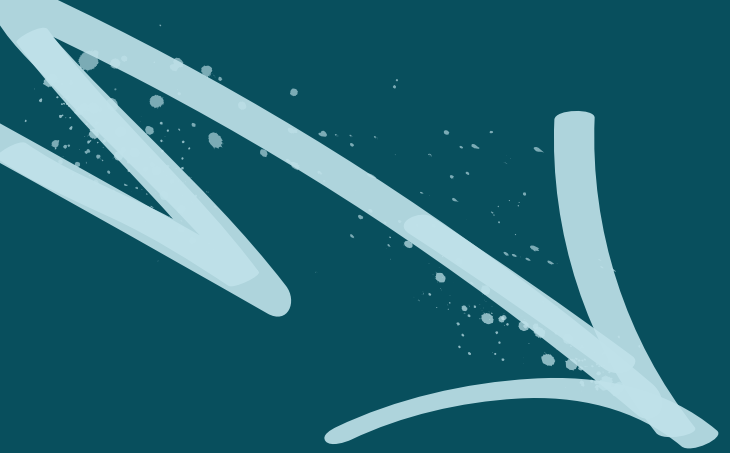


SEL CONNECTION



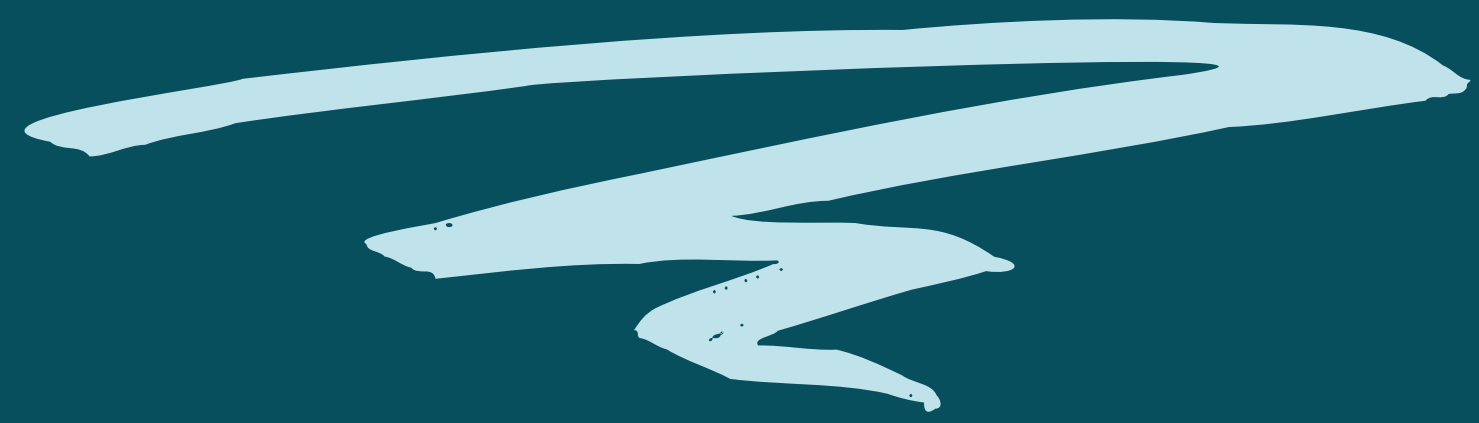
Today, we will practice **responsible decision making** by reflecting on life events that are within our control and **self management** by reflecting on our feelings and attitudes towards a situation.





ICEBREAKER

OUT OF MY CONTROL



OUT OF MY CONTROL

- 1) Form a circle.
- 2) We will go around the circle for two rounds answering the central questions below.
 - Name on thing that is outside of your control.
 - Name one emotion you feel when things are not in your control.





LESSON

PART ONE

WHERE THE CHOICE RESIDES



LESSON: PART ONE



WATCH A VIDEO

WHERE THE CHOICE RESIDES

- 1) Watch Chicka's video for "High Rises."
- 2) Reflect and discuss your reactions or thoughts towards the video



LESSON: PART ONE



TALK ABOUT IT

WHERE THE CHOICE RESIDES

Reflect and discuss the following lyric:

**LISTEN TO THE VOICE iNSiDE, THAT'S
WHERE THE CHOICE RESiDES**



LESSON: PART ONE



TALK ABOUT IT

WHERE THE CHOICE RESIDES

With your group, create lists of the following on your sheet of paper:

GROUP A

Brainstorm all of the things we **CAN** actively make a choice about.

GROUP B

Brainstorm all of the things we **CANNOT** make choices about.





WHERE THE CHOICE RESIDES

- What is on each group's list?
- Were any items on the lists challenged in your group? What and why?
- Is there anything on both list A and B? What and why?
- Is one list longer than the other? Why?
- Can items on one list be used to overcome items on the other list?
- What happens when people are affected by something that they cannot control and they can make a choice to overcome it but they do not?





DEBRIEF / EXTENSION





CHOOSE TO CHANGE

- What changes have you made based on other people's opinions of you?
- How did you feel about yourself as a result?

