

STOP THINK CHOOSE

10 Lessons for Student Character Education: Levels K - 5

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TABLE of CONTENTS

1. Responsibility <ul style="list-style-type: none">● Objectives, ASCA Checklist, and Materials Needed● Story: "James and the Golf Ball"● "If I Did It, I Admit It" Activities and Assessment Questions● Poem/Song: "If I did it, I admit it"● Reproducible Art: "Responsibility Twirler"	Page 3
2. Impulse Control <ul style="list-style-type: none">● Objectives, ASCA Checklist, and Materials Needed● Story: "Stop, Think, and Choose!"● Impulse Control Activities and Assessment Questions● Poem/Song: "Stop, Think, and Choose!"● Reproducible Art: "'Stop, Think, and Choose' Stoplight"	Page 8
3. Anger Management <ul style="list-style-type: none">● Objectives, ASCA Checklist, and Materials Needed● Story: "Kerri's Bad Day"● Anger Identification/Control Activities and Assessment Questions● Poem/Song: "Get Along"● Reproducible Art: "Anger Thermometer"	Page 13
4. Empathy <ul style="list-style-type: none">● Objectives, ASCA Checklist, and Materials Needed● Story: "The Empathy Detective"● Empathy Building Activities and Assessment Questions● Poem/Song: "Empathy"● Reproducible Art: "Empathy Cluebook" and "Empathy Face"	Page 19
5. Self Esteem <ul style="list-style-type: none">● Objectives, ASCA Checklist, and Materials Needed● Story: "Treasure Hunt"● "Treasure Hunt" Activities and Assessment Questions● Poem/Song: "I Am Good"● Reproducible Art: "I Am Wonderful" Self Portrait Mirror	Page 25
6. Stress Relief <ul style="list-style-type: none">● Objectives, ASCA Checklist, and Materials Needed● Story: "The Worry Box"● "The Worry Box" Activity and Assessment Questions● Poem/Song: "You Are Safe"● Reproducible Art: "I Am Safe" Poster	Page 30

Table of Contents (continued)

<p>7. Persistence</p> <ul style="list-style-type: none"> ● Objectives, ASCA Checklist, and Materials Needed ● Story: "I Don't Give Up!" ● Persistence Activities and Assessment Questions ● Poem/Song: "I Don't Give Up!" ● Reproducible Art: "'I Don't Give Up!' Star" 	Page 36
<p>8. Shyness</p> <ul style="list-style-type: none"> ● Objectives, ASCA Checklist, and Materials Needed ● Story: "The Friendship Plant" ● "The Friendship Plant" Activity and Assessment Questions ● Poem/Song: "The Friends Song" ● Reproducible Art: "Friendship Poster" 	Page 42
<p>9. Competitiveness</p> <ul style="list-style-type: none"> ● Objectives, ASCA Checklist, and Materials Needed ● Story: "Prize for Not Winning" ● Competitiveness Activities and Assessment Questions ● Poem/Song: "I'm Good Enough" ● Reproducible Art: "'Good Enough' Ribbon" 	Page 47
<p>10. Witness Bullying Prevention</p> <ul style="list-style-type: none"> ● Objectives, ASCA Checklist, and Materials Needed ● Story: "The Justice Patrol" ● "Super Hero" Activity and Assessment Questions ● Poem/Song: "Look Strong, Speak Strong, Report It!" ● Reproducible Art: "'Witness Super Shield" 	Page 52
<p>Appendix: American School Counselor Association Standards for Students (Competencies and Indicators)</p>	Page 57

COMPANION AUDIO CD Track List:

COMPLETE SONGS:	RUN TIME	KARAOKE VERSIONS:
1. If I Did It, I Admit It!	2:28	11. If I Did It, I Admit It!
2. Stop Think Choose!	2:16	12. Stop Think Choose!
3. Get Along	2:23	13. Get Along
4. Empathy	1:57	14. Empathy
5. I Am Good	1:28	15. I Am Good
6. You Are Safe	2:57	16. You Are Safe
7. I Don't Give Up	2:28	17. I Don't Give Up
8. The Friends Song	2:10	18. The Friends Song
9. I'm Good Enough	2:26	19. I'm Good Enough
10. Look Strong, Speak Strong!	2:33	20. Look Strong, Speak Strong!

Lesson 1: Responsibility

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Objective:

To teach students the importance of taking responsibility for their actions, distinguishing between appropriate and inappropriate behavior, and the liberating power of telling a hard truth. This lesson emphasizes that telling lies and keeping shameful secrets are wrong and hurt us emotionally.

Applies to ASCA National Standards:

(See Appendix on page 57 for complete standards)

A:A1.4 A:A3.1 C:A2.8 PS:A1.6 PS:A2.1 PS:B1.2 PS:C1.11

Suggested Materials:

- A smooth, heavy stone weighing around 15 pounds
- A beanbag chair or pillow to drop it in.
- Enough copies of the "Responsibility Twirler" for every student, with 2 pieces of string or rubber bands each and crayons or other decorating tools.

"James and the Golf Ball" Story:

James was a good boy who normally didn't cause trouble, but then he found the *golf ball*.

He was on his way to school and saw it in some grass. When he bounced it, the ball went really high. It was a great bouncer! James put the golf ball in his book bag. He was really excited about showing it to his friends at recess.

When recess came, things moved so quickly that he forgot to bring the golf ball out on the playground with him. When he saw kids playing four square and basketball, he told his teacher that he had to go to the bathroom so he could get it.

He was all alone in the classroom and he dug the golf ball out of his book bag. James was so excited about showing off with it he threw it on the floor for a practice bounce.

The ball bounced all right! It bounced against his desk, then bounced against a chair, then it smashed into the class fish tank! There was a great big crack in the fish tank and the water started to leak out! James was so scared that he ran out of the room back to the playground, where he hid off

by himself worrying about the poor fish until it was time to get in line and go back to class.

When his class got back to their room, James saw that the water was almost gone and the fish were flopping around in the bottom of the tank, but he still didn't say anything.

After what seemed like forever, finally someone yelled "The fish tank!" and the room went crazy.

The teacher quickly got a bucket from the janitor, cleaned it, and filled it with water and gently placed all the little fish in. Then she looked around the classroom and asked "How did this happen?"

No one said a word. James was so scared.

Now the teacher was getting angry. She said "Someone has to know about this. Who broke our fish tank?" She looked right at James and asked "Does anyone know how this happened?" and James said "No." He lied.

Then over in the corner someone giggled. It was Jeremy, a boy who got into trouble a lot. The teacher yelled "Jeremy Johnson, did you do this to the poor little fish?"

Of course Jeremy said "no". No one else said anything. Since Jeremy had a bad reputation the teacher said "Jeremy, you come with me. We're going to the Principal's Office!" James could hear Jeremy shouting "I didn't do it, I didn't do it!" as they left the classroom and walked down the hall.

Now James felt really bad. He broke the tank. He hurt the little fishes. He lied. And now someone else was in big trouble because of it. His heart was hurting like a big hand was squeezing it and his whole body felt like it was getting squashed down by a giant rock. He couldn't take it anymore!

When the teacher came back, James broke down and started crying. "I did it! I did it! I didn't mean to, it was an accident! I'll help pay with my allowance money! Jeremy didn't do it, I did! I'm sooo sorry!"

When the teacher saw how bad James felt, she forgave him. Then she called the office and had Jeremy come back and she apologized to him. She took the golf ball from James. And no one ever bounced a ball in that classroom again.

p.s. The fish were okay.

"If I Did It, I Admit It" Activities:

"If I Did It, I Admit It!" poem/song suggested hand motions



IF I DID IT



I ADMIT IT!



AND I PROMISE
THAT I'LL QUIT IT



AND I WORK



TO MAKE AMENDS



THAT'S THE WAY
THE TROUBLE ENDS