



**I Want it Now!!! (🌈 An Emotional Health Story)
(3rd Grade – 8-9 yrs.)
Video: Choices and Consequences**



STORY CONNECTION – SLIDE 13 (Approx Time: 20-25 mins)

You can help your brain by identifying the emotions that are triggering your impulsive behaviors. You can also help your brain by stopping to think when you want to do something impulsive. It also helps if you think about the consequences for what you are about to do. Thinking about the consequences for your actions before you even do them can help you to stop impulsive behaviors.

Materials needed:

- Video Link: <https://youtu.be/gdsCUEXLE-Y> (4:59)
- Equipment to show online video
- Chutes and Ladders game board image (included below)
- Choices and Consequences Reflection Sheet (included below- optional)
- Paper
- Pencils

Preparation needed:

- Preview the video before the activity
- Determine when to stop the video and ask probing questions (included or create your own)
- Print Choice and Consequences Reflection sheet (1 per student)
 - If student(s) use their own paper, have template ready to display so they can use the sentence starters.

Instructions:

1. In this activity, student(s) will watch a video and discuss choices and consequences. They will also reflect on their own choices and consequences.

Part I: Video

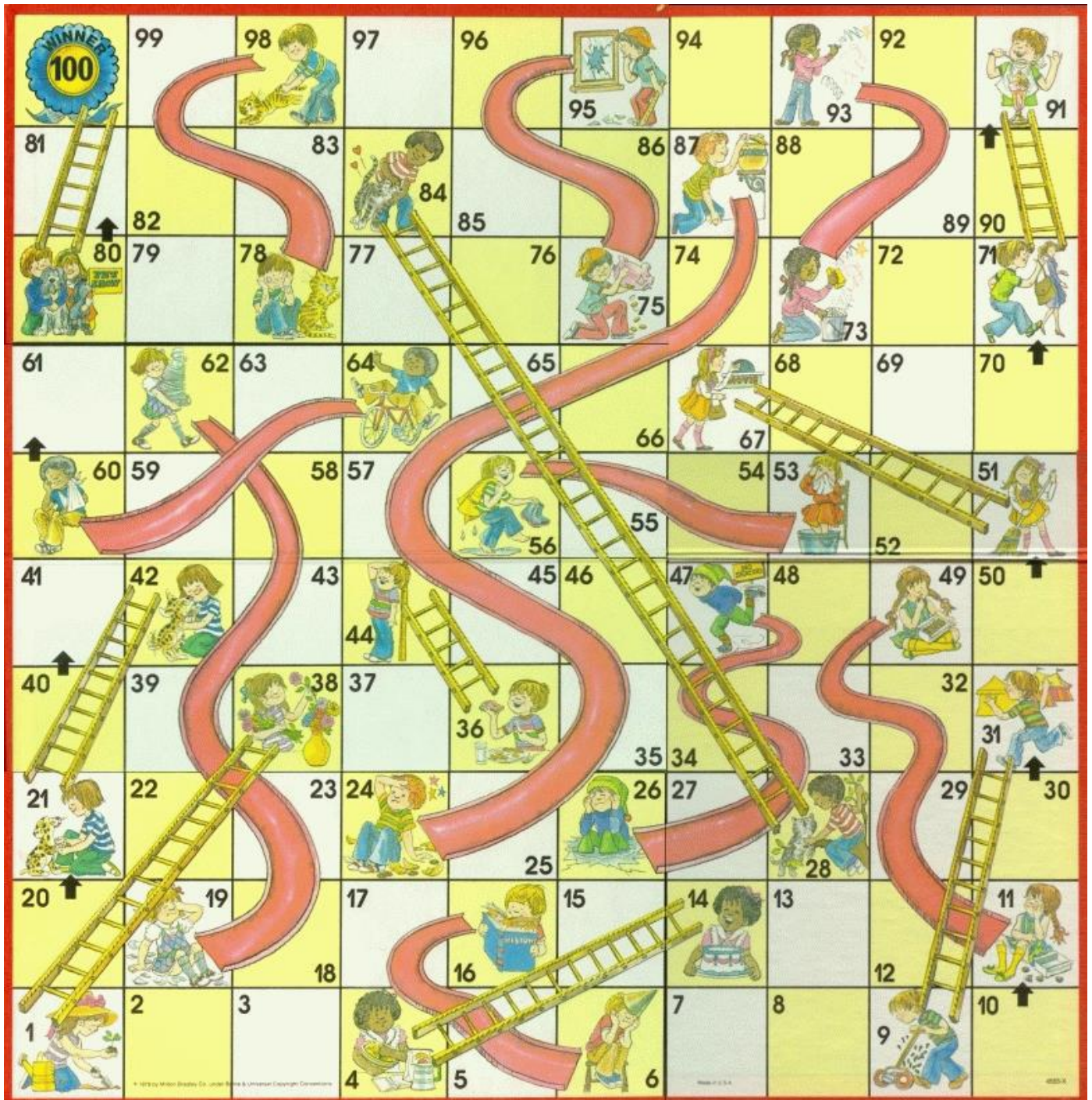
2. First, show the Kid President video from this link: <https://youtu.be/gdsCUEXLE-Y>
3. While watching, stop at the appropriate time and ask the following questions:
 - a. He says “we make thousands of choices every day”. What are some choices the student(s) have already made today?
 - b. After each type of choice:
 - i. Impulsive-What does that mean?
 - ii. Do Nothing-What does that mean?
 - iii. Follower-What does that mean?

- iv. Be Thoughtful-What does that mean?
 - c. What is a small choice that could have a big consequence?
4. After the video, discuss anything else from the video that student(s) are interested in or have questions about.

Part II: Reflection

5. Next, show the image of the Chutes and Ladders game board below.
6. Ask student(s) the following questions and have them respond out loud.
 - Have you seen this game before?
 - What is it called?
 - Have you ever played this game?
 - How do you play?
 - Discuss all the choices and consequences/rewards on the board.
7. Lastly, pass out the reflection sheet.
8. Explain to student(s) they will complete the reflection sheet in an allotted amount of time by writing about one good choice and one not particularly good choice they have made recently. Have them also list the consequence of each.
9. When the time is over or all student(s) have completed the sheet, allow student(s) to share with the group if they feel comfortable.
10. In closing, remind student(s) that if they try to think about the consequences of their actions before they do them, their impulsive behavior might decrease. This will allow them to help keep their brains healthy.

Activity Idea Credit: <https://theresponsivecounselor.com/2017/11/choices-and-consequences-lesson.html>



[Image Credit](#)

Choices and Consequences Reflection Sheet

Name:

😊 A good choice I made recently was...

The consequences of the good choice were....

😞 A not-so-good choice I made recently was...

The consequences of this not-so-good choice were...