



TODAY'S TOPIC:
Healthy Choices

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Did I make any choices today?

Lesson

Healthy Choices

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Game page (below the lesson) 	<ul style="list-style-type: none"> none 	Encourage self-care centered choice making.

ACTIVITY: Choice Game! (Read card 1 from the page and let child choose. Then, follow the prompts until the game comes to a natural end. Repeat if desired.)

ASK: That game was full of choices! Do you like having choices to make? What kinds of things do you get to choose in your life? Some examples:

- What you wear
- Who your friends are
- What book to read
- What your favorite color is
- What you eat
- How you take care of yourself

ASK: Are those choices hard to make sometimes? What are some examples of hard decisions you can think of? Ex: Whether or not to tell the truth, standing up for yourself or something when something isn't fair or right.

SAY: Sometimes choices are hard to make because all of the options are so great that you almost can't pick! Like which flavor of ice cream to get! Other times choices can be hard to make because none of the options sound really good, like which

house chore you are going to do before you go out to play. And sometimes choices are hard to make because we think others might make different choices. For example, if your friend wants to play a game that you don't like but you really wanted to spend time with this friend, it can be hard to decide whether to tell them how you feel about the game or not.

ASK: How do you know what to do when you are faced with hard choices? What do you think is the most important thing to think about when you make tough choices: what other people will think or how you will feel about it? Have you ever made a choice that you didn't feel so good about?

SHARE: I know I have made some choices that didn't feel so good before and I learned from those choices how to make better choices and just how important it is to take care of myself, even when it means making a difficult or unpopular decision. You know what though? Even when I have to make a hard decision, if I choose to take care of myself, I ALWAYS feel confident that I made the right choice.

ASK: What can you do to make sure you feel confident in your choice making?

Some Ideas:

- Think about how each choice will make you feel (jump to center)
- Think about what you need

AFFIRMATION: I make choices that are just right for me! Repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .

Choose Your Own Adventure Game:

Card 1 – CHOOSE YOUR OWN ADVENTURE

It is summertime again, vacation time. You go to your grandma's house. She wants to take you somewhere fun.

- Choice: Do you go to the water park? (Like Water World) Go to card 2
- Or: Do you go to the amusement park? (Like Elitch Gardens or Lakeside) Go to card 3

Card 2 – CHOOSE YOUR OWN ADVENTURE

You say, "I want to swim!" At the water park, you can play in the wave pool, or go on the water slide. You have to wait 10 minutes for the waves to start, but there is a really long line for the water slide. Which do you choose?

- Choice: The wave pool. Go to card 4
- Or: The water slide. Go to card 5.

Card 3 – CHOOSE YOUR OWN ADVENTURE

You say, "Let's go to on rides!" The amusement park is very crowded. And the lines for all the rides are very long. Do you choose to walk around and find a shorter line, or get in line at the first ride you see?

- Choice: Walk around looking for a shorter line. Go to card 7
- Or: Get in the line at the first ride you see. Go to card 5

Card 4 – CHOOSE YOUR OWN ADVENTURE

While you are waiting for the waves to start, you are surprised to see three of your friends from school who are about to eat ice cream. Do you go with them for ice cream, or do you wait for the waves?

- Choice: Go with your friends to eat ice cream. Go to card 8
- Or: Wait for the waves. Go to card 6

Card 5 – CHOOSE YOUR OWN ADVENTURE

*Congratulations! They open more lines of the ride you choose and the line goes really quick and you have time to do lots of fun things at the park. Plus you are chosen to get four free passes to come back to the park again on another day. You have a great day. **THE END***

Card 6 – CHOOSE YOUR OWN ADVENTURE

They start the waves early and it's one of the most fun times you've ever had at the water park. THE END

Card 7 – CHOOSE YOUR OWN ADVENTURE

Up ahead you see two of your favorite rides, but you have to turn right to get to one and left to get the other. Do turn right or left?

- Choice: Right. Go to card 9
- Or: Left. Go to card 5.

Card 8 – CHOOSE YOUR OWN ADVENTURE

It turns out they are giving away free ice cream! Plus you have a great time with your friends. THE END

Card 9 – CHOOSE YOUR OWN ADVENTURE

You meet three of your friends from school who want you to go with them to have ice cream. Do you go with your friends or continue on the ride?

- Choice: Go with your friends. Go to card 8
- Or: Continue to the ride. Go to card 5.