

Healthy Choices:

Knowing What I Can Control and What I Can't

Prep before class:

1. Make copies of the following:
 - A. ***Jim's Birthday*** (Page 46)
 - B. ***The Fight*** (Page 47)
 - C. ***Which of These Can You Control?*** (Page 48)
 - D. ***What Can I Control?*** (Page 49)

Purpose

Young people will sometimes make unhealthy choices when they get frustrated or angry because things do not go the way they wanted. Some situations are under our control but other times we have no control over what occurred. Recognizing the difference is an important skill for young people to learn because it will help them control their reactions and they will be able to make healthier choices.

Read and Discuss

1. Have a student pass out ***Jim's Birthday*** (page 46), and ***The Fight*** (Page 47).
2. Read together as a class.
3. Discuss the questions at the end of the stories.
4. Reading and discussions can be done as a whole class or in small groups.
5. Questions can be discussed aloud or students can be asked to write their answers.

Worksheet

1. Have student pass out ***Which of These Can You Control?*** (Page 48) and ***What Can I Control?*** (Page 49).
2. Give students time to complete the worksheets.
3. Discuss their answers as a class.