

American Medical Association Alliance, Inc.
“I Can Choose” Activity Book
Page-by-Page Teaching Suggestions: Grades 1-5



In general...

Either read or ask children to read the words on each page, including the directions.

I can choose to feel good about myself.

- Read, or ask children to read, the word under the outline of each face. Then ask the children to draw faces that match the feelings the words describe.
- When all faces have been drawn, ask the children which faces make them feel good, and suggest that they color these.
- Ask the children how they feel when they are mad, scared, silly, or surprised; what situations make them feel this way; and what they can do to feel differently if the emotion doesn't make them feel good.

I can choose to make others feel good about themselves.

- Talk about why Joe might feel sad and scared if he just moved to town. How would the children feel if they had a new school, new friends, and a new home?
- Ask the children what they've done to help someone else feel better. How did that person feel? And how did it make the child feel?

I can choose to treat others like I want to be treated.

- Ask the children to complete the maze.
- Discuss other situations that bring out how the children would like to be treated, so they can treat others the same way. Some examples include letting others play with their toys, sharing candy, or helping a friend with homework.

I can choose how I feel when something makes me mad.

- Before you have the children circle the pictures that show what Yolanda should do, talk about the answers to give them some ideas on “right” answer.
- Ask the children if they've been angry recently. How did it happen? What did they do? Why? And how did they feel afterwards?

I can choose to tell others how I feel when they make me mad.

- Ask the children to connect the dots. Tell them that if they talk about how they feel when they're angry—as Yolanda did—their anger will often go away. Explain that talking about anger is more positive than taking emotions out on others through words or actions.

I can choose to solve problems without hurting others.

- Ask the children to color the boxes that show what Joe and Yolanda should do about their dispute. Be sure they understand that there is more than one “right” answer.
- Ask the children how they solve problems. For example, what should they do if four children want to play a video game for two players? Or what if they just got a new skateboard, and a friend wants to ride it, too?

I can choose to play so that everyone has fun.

- Ask the children to find the eight things pictured at the bottom of the page...
- Using these objects as examples, ask the children how they would share them with friends.

I am happy when I make good choices.

- Review the lessons from the book that are printed on the blocks, asking the children to talk about each one. Reinforce any messages that seem unclear. This way you can evaluate what they have learned, and decide whether you need to repeat some of the lessons to reinforce their messages.

I make others happy when I make good choices.

- Ask the children to write down what they can do to make their families, friends, teachers, and classmates happy. Talk about the choices they write down. Encourage them to put their choices into action.

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